

The Informer

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The Andersons Brighten Days for Mayflower Residents

JT and Tara (Miller) Anderson, Grinnell natives, moved to Marion, Iowa in 2013. However, they have not forgotten their roots.

A couple of weeks ago, Tara got in touch with Kellie McGriff, Associate Director/Administrator of Grinnell's Mayflower Community. Tara asked what her family could do to help healthcare residents during this difficult time of quarantine.

The two hatched the idea of the three Anderson kids—Jackson, 15; Grady, 12; and Reese, 10, creating greeting cards and doing a “we care” poster.

Besides the thoughtful cards, the project has resulted in the development of pairs of pen pals. Some of the residents wrote back to the Anderson artists with thanks and thoughts. An exchange was begun. In the return letters, the Anderson youngsters’ send their school pictures.

When Tara was asked why the family put so much work (and love) into this project, she responded, “We wanted to shine a light and remind staff and residents that there are people who love them and are praying for them, even if they can’t be physically with them right now. We have family members who work for and live at Mayflower, as well as past teachers and fellow community members, so we knew right where the kids could mail their love.”

JT is the CFO/COO of the Linn-Mar School Community School District in Marion. Tara is the Assistant Executive Director for Iowa Association of School Business Officials.

-Bob Mann, Sales & Marketing Director



Left to right: Grady, Jackson, Reese Anderson

Open Slowly

Steve Langerud, Executive Director

As the State of Iowa begins to open more businesses and services, I ask Mayflower residents and employees to GO SLOW!

The best practice recommendation from CDC is to stay home.

If you are choosing to use reopened businesses, there are a few recommendations from Dr. Leana Wen at the George Washington University Milken Institute of Public Health, to keep you and the community safe.

Fifteen tips:

- Don't visit all newly opened places on the same day!
- Select one. The more places you visit the more risk of infection of yourself or others.
- Wear a mask.
- Sit outdoors. Wait outdoors.
- Wash your hands!
- Submit to temperature screening.
- Watch what you touch!
- Consider off peak hours.
- Carry and use wipes.
- Wash your hands!
- Check out the safety protocols of a business or service.
- Follow the guidelines of parks, beaches, and other public areas.
- Know when it is too crowded to stay. If you can't maintain six feet of distance, go home!
- Avoid gyms where you may share sweat on machines that cannot be wiped down.
- Wash your hands!!!

Our new normal is for the good of all of us! Act not to protect only yourself, but to protect others. Assume you are carrying the virus and work to protect your family, friends, and community.

The Latest Mayflower COVID-19 Information May 6, 2020

Mayflower's Steve Langerud, Executive Director, and Kellie McGriff, NHA/BSN, Associate Director/Administrator, have been providing regular updates since the COVID-19 pandemic was declared in early March. Those updates and related information are contained on our website (<https://www.mayflowerhomes.com/>) at the "COVID-19" button on the home page.

The latest update, #11, issued April 29th, contains these highlights:

- There are no known cases of COVID-19 among Mayflower residents or employees.
- Gov. Kim Reynolds declared partial reopening guidelines for organizations in 77 of Iowa's 99 counties. Poweshiek County was not included. The Governor will add re-openings for Poweshiek on May 6th.
- There have been two exceptions to this partial reopening: a) houses of worship, which may reopen with social distancing and proper hygiene and b) elective surgeries may be performed at any Iowa surgical center that can meet certain guidelines.
- The CDC has defined these additional symptoms for COVID-19: Chills, shaking with chills, muscle-pain, headache, sore throat, and loss of taste or smell.
- These are current Mayflower adjustments:
 - No access to common libraries
 - Limitation of work order response to only essential issues
 - Delivery of all independent living residents' meal orders from the Buckley kitchen. Meals may be ordered online by using the link on our website.

-Bob Mann, Sales & Marketing Director

Please Wear Face Masks Around Mayflower

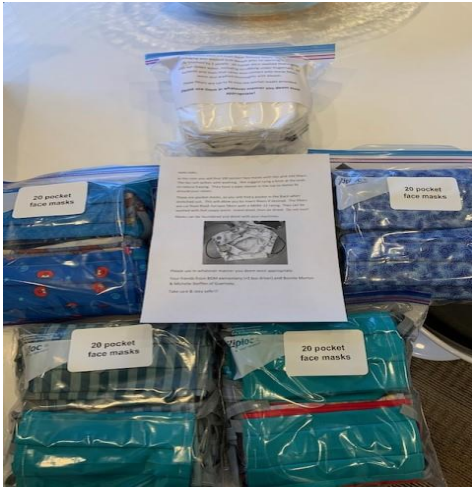


The push to protect others by wearing a face mask continues in The Mayflower Community. We have made face masks available to residents and have asked that they wear them when out and about. This is no guarantee, of course, but this process can help contain possible virus droplets from asymptomatic people.

-Bob Mann, Sales & Marketing Director

Two of our well-traveled Facility staff members, Jeff Oliver and Justin Routier, are faithful in wearing face masks.

Face Mask Makers Donate to Mayflower



A group of craftspeople recently donated 100 face masks and 100 filters to The Mayflower Community to be used in our Health Center and Beebe Assisted Living. The donors were “your friends from BGM elementary (including a bus driver) and Bonnie Morton and Michelle Steffen of Guernsey.”

They made the face masks with ties and pockets to hold filters. The filters, one for each face mask, were cut from new furnace filters with MERV-12 ratings. A MERV-12, the Minimum Efficiency Reporting Value, is a high rating for filtration of harmful pollutants in the air.

Masks delivered from BGM

Included with the gift were laundering instructions: Machine wash and dry for the masks and hand wash and air dry for the filters. A special touch is the pipe cleaner in the top of each mask to fit it around the nose. This work is a very thoughtful gesture for which Mayflower is appreciative.

-Bob Mann, Sales & Marketing Director

Karin Connelly's New Zealand Paintings in Mayflower's Treasure Chest

Recently, Mayflower Community resident, Karin Connelly returned from a trip to New Zealand. After a period of self-imposed isolation, we have now seen Karin again. Just in time! She volunteered to adorn the Mayflower Residents Association (MRA) “Treasure Chest,” a glass-front display cabinet in the Pearson building lobby. This photo shows Karin displaying paintings that she brought back with her.

-Bob Mann, Sales & Marketing Director



Overseeing Karin's work is resident Sue Drake.

Is Your Bio in the Mayflower Online Directory?

This time of sheltering in place is a good time to write your bio for the on-line directory. Many residents have already done this, but many more have not. The Grinnell College team helping us with the on-line directory has increased the word limit for those bios from 250 words to 500 words. You may write this bio yourself, or you may ask for help from Karen Phillips in writing your bio. Karen has access to the bio that was written for the Log when you first moved to the Mayflower Community, and that can be added to the website if it meets the new limit of 500 words or less. If you would like to work with Karen on putting a bio on the website, you may contact Karen Phillips to find out how to do this. The bio will need to be uploaded to the site by her or one of the other residents working with the college students. Her email is: ksiglerphillips@gmail.com or call her at 236-8114.

-Karen Phillips

Mayflower Will Be Washing Windows

During the week of June 1st, the Mayflower Housekeeping staff will be washing Mayflower building windows. This includes the outside windows of first floor apartment buildings, Beebe, and the Health Center as well as Harwich Terrace patio homes. Also, included will be inside common areas, such as lounges and outside doors. This is all subject, of course, to weather and any potential pandemic limitations.

Mayflower's Housekeeping staff will also wash your homes inside windows. The cost is \$4.00 per window. If you would like this service, please contact Joleen Jorgensen, Environmental Services Department Head (jjorgensen@mayflowerhomes.com or 641-236-6151 x 207) by **May 15th**.

-Joleen Jorgensen



Art M Heimann- March 13, 1922 to April 14, 2020

Carl E. Vinall- October 19, 1918 to April 27, 2020

Ed Colliton- August 16, 1920 to April 29, 2020

Happy Birthday Wish While Social Distancing

Friday, May 1st is Janet Ferguson's birthday. (How many? You will have to ask her!) To celebrate from afar during this time of social distancing Janet's daughter Susan and granddaughters Gillian and Alana, came to her balcony to sing "Happy Birthday."

While the younger Ferguson women stood in The Mayflower Community Buckley courtyard and broke into song, Janet and husband Jim leaned over their Buckley apartment balcony to enjoy. They all had fun.

A birthday celebration doesn't get any better than this...during a pandemic!

-Bob Mann, Sales & Marketing Director



Left to right: Gillian, Susan, Alana

The Anderson Kids' Pen Pals in Process

Three more Pen Pal partnerships have emerged from the homemade greeting card gesture on the part of Jackson, Grady, and Reese Anderson of Marion, Iowa. The parents of the three youth are Tara and JT Anderson, formerly of Grinnell.

The newest pen pals are Diana Long and Grady, Jeanette Tisdale and Reese, and Rudi Munitz and Grady. Diana is a first cousin of the Anderson's grandfather, Mike Anderson of Grinnell. Jeanette was the music teacher of JT and Tara when they were about Reese's age in the Grinnell schools. Rudi Munitz's daughter lives in Grinnell.



Jeanette Tisdale

Socially distanced...but connected.

-Bob Mann, Sales & Marketing Director

“UnLOCKING the Power of Philanthropy”
May 2020, By Doug Lockin, CPA, Charitable Gift Planner

Gift planner or fundraiser? Let’s explore! ‘Gift planner’ is my title, and my job description is ‘fundraiser.’ Many people wonder if these are the same. ‘Yes!’ and ‘No!’ are both correct answers.

At Mayflower, I am “fundraising” when I ask you for an appointment, pointing to a conversation about (for example) a project like Open Dining. These conversations typically involve project questions and answers a request that you consider a contribution. “Fundraising” is more “transactional” in nature.

‘Gift planning’ is relational and exploratory in nature. The focus is not a specific Mayflower project, but your charitable priorities. Perhaps your charitable priorities include Mayflower; but if not, the conversation continues. The ultimate goal is maximizing your ability to provide for yourself, your children (or other heirs), and your favorite organizations.

Finally, “gift planning” and “fundraising” can complement one another. If you decide to support a “fundraising” request, exploring when you make the gift and/or which property you choose to give are “gift planning” opportunities that may yield surprising results.

During these unusual COVID-19 days, I am primarily seeking ‘gift planning’ conversations. Exploring your hopes and dreams for family and favorite organizations could be uplifting. “Gift planning” gives you the freedom to separate the timing of your thinking with the fulfillment of your plans. It would be a pleasure to be a sounding board, and perhaps to help where I am able.

Deb Jack (641.236.6151) can connect us; or I welcome hearing from you directly any time at 515.210.6603 or dlockin@mayflowerhomes.com.

Resident Birthdays

Please wish a special belated birthday Diana Long, who celebrated on Tues, May 6th!

May 8: Wilma Graden

May 14: Jim Ferguson

May 21: Doug Cameron

May 9: Sandy Moffett

May 15: Marilyn Schuler

May 22: Kathy Herman

May 13: Jean Carpenter

May 17: Carolyn Runyan

SPIRITUAL CARE CORNER

By Rev. Pasha Buck, Interim Chaplain

At this time of extremes, it occurs to me that while we are being deluged with images of violence and situations certainly out of our ability to control, we need a positive way to respond, even minute by minute. We need to use positive images and learn to let go of the negative ones.

Forty some years ago, I discovered a way to reduce my own stress (as well as that of my children) by putting on the altar in light everything that was a stressor: anxiety or fear, worry about children, and anger or rage.

It happened in this way: I said to God, “I need help!” And, there in front of me in my living room I saw an image of a tall pile of stones with a flat top.

“Oh,” I said, “that’s an Old Testament altar!”

And I knew instantly that I was to put all my anger and rage from my years in a difficult marriage, even just my anxiety or fear, up on that altar and give it to God. I did it every day for months and months.

I have shared these “images” in worship services, so this will not be new to some of you. They worked so well for me that in about nine months, I (at 42) looked and was mistaken for 19, the older sister of my children.

There are three images I’d like to suggest that we use during this time. When my 19-year-old babysitter was recovering from a second tonsillectomy, with throat full of scabs, I went to a nearby church early on a Sunday morning and imaged her on the church’s altar. On Monday, she came over with a friend—not only out of bed, but talking normally! She did not say a word about her throat, but on Thursday she came back to tell me the story. She said she felt prayer all around her that Sunday morning, and put her hands to her throat. The scabs just disappeared; she said she was too scared to swallow!

I suggest that we put our **own** “concern” (worry or anxiety) on the altar! If an altar is not a good image for you, try a mesa! That has even more room at the top!

The second image is one of bringing peace, and for this, choose something that makes you feel at peace: a mountain, the ocean, a plowed field, a little stream of water, or lake are possibilities. Remember to make that image one that you would enjoy the reality of—being beside the lake, looking at the ocean, etc.

The third image is to think of yourself as having God’s light and love pour through the top of your head and go through your entire body and out again. Letting it go **through** you, is very important.

Try this every day. I think you’ll be glad. Images have a powerful impact on our brains.

