

The Informer

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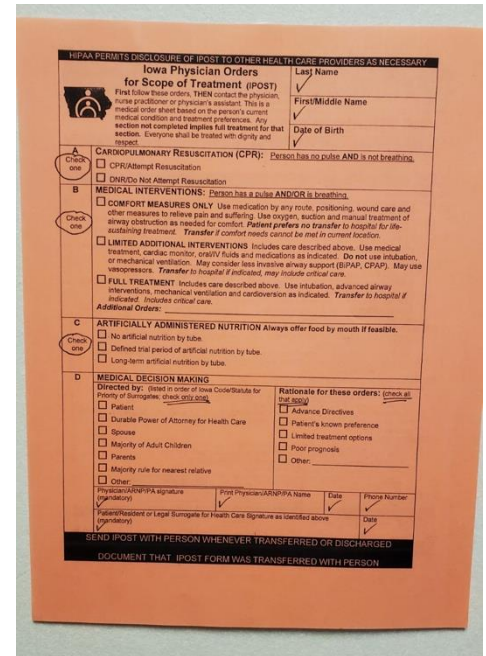
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IPOST. What?

Given the current focus on health, The Mayflower Community that this a good time to remind you of the value of having a current version of your IPOST available in your home.

IPOST stands for Iowa Physician Orders for Scope of Treatment. It contains specific instructions for emergency responders to use to treat you when you are unable to communicate. It is a double-sided, salmon-colored document signed by you and your primary care physician that spells out your wishes for key life-sustaining treatments including resuscitation, general scope of treatment, artificial nutrition, and more. A copy of the form is pictured.

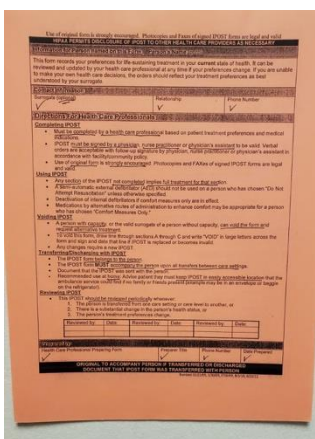


The IPOST is especially valuable for an individual who is older; frail; or who has a chronic, critical medical condition or terminal illness. In an emergency or during the last stages of illness, health decisions can be complicated and difficult for the patient, their families, and the treating health providers. IPOST helps healthcare providers guide and support the patient and their families during this sensitive time. A completed IPOST creates a clear declaration of the patient's healthcare treatment choices and assures that the patient's wishes are fulfilled at the prescribed time.

We encourage you to consider completing or updating your IPOST with your physician. You should keep the completed form on or near your refrigerator, the customary place where first responders will look for it. The original will travel with you and return home with you. Healthcare providers will make a copy for their use.

Copies are available in the lobby of Mayflower's Pearson building, 616 Broad Street.

-Bob Mann, Sales & Marketing Director



**Mayflower Health & Wellness
Infection Prevention and Management**

**Update #12: COVID-19 Information
May 14, 2020**

As of May 14th, there are no diagnosed cases of COVID-19 among Mayflower residents or staff. That is, of course, good news. However, the virus is so insidious that it only takes one person who had acquired the virus elsewhere to start its spread at Mayflower.

Frankly, we have taken all possible steps to avoid infection with COVID-19. But, the real reason that we are COVID-19 free is that we have been lucky. In addition, Mayflower residents have been very responsible in taking suggested precautions against the virus- social distancing, face masks, no large group gatherings, fastidious adherence to washing of hands and use of sanitizer.

We assure you that in the event that we have a COVID-19 diagnosis with a resident or a staff member, we will notify you as soon as possible.

On May 13, our Governor issued a proclamation to open certain businesses and services statewide. How does this affect decisions made at Mayflower to close down spaces and activities?

As of a recent survey, only one local house of worship has reopened for worship services even though all have been allowed to do so. Generally speaking, the churches have stated they do not wish to put worshipers at risk.

We respect this decision. Even though some reopening with certain restrictions has been allowed, it doesn't necessarily mean it's safe to do so. In addition, we do not wish to put any Mayflower resident at any risk.

The Health and Beebe Assisted Living will remain closed to visitors except at the end of life. We have decided to leave the following Mayflower venues closed for now: libraries, Obermiller Center, The Parlor, Buckley Dining Room, and Kiesel Theater. If you have questions, please let one of us know by calling 641-236-6151 or emailing.



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Mary Ellen Lynch Honored by Grinnell Public Safety

On Wednesday, May 13th, Mary Ellen Lynch, a resident of The Mayflower Community Health Center, was honored with a drive-in visit by members of the Grinnell Police and Fire departments.

Led by Dennis Reilly, Chief of Police, they arrived in front of the Health Center to read by loud speaker, a proclamation directed to Mary Ellen, who was able to watch and hear from inside. The Police were celebrating National Police Week (May 10th – 16th) by honoring a fallen officer.



Pictured: Mary Ellen with CNAs Crystal Carman and Darlene Icenbice Larson

In August of 1948, Warren Binegar, a 23 year-old officer—five days on the job—was hit by a vehicle while at the scene of a car accident on Highway 6 east of Grinnell. He left behind a young daughter and his wife, Mary Ellen.



Grinnell Police Officers salute Mary Ellen Lynch.

In 2014, a memorial designed by Joel Smith and the Smith Funeral Home was dedicated on the site of Grinnell's then-new Public Safety Building.

The Police and Fire departments performed a similar event at St. Francis Manor earlier in the day to honor the widowed wife of another fallen officer. As public servants remember and salute the citizens they serve, they demonstrate why they serve and how they treat us constituents. In Grinnell, we are extremely fortunate.

You may also find a more detailed story in a copy of The Grinnell Herald Register.

-Bob Mann, Sales & Marketing Director



FOR IMMEDIATE RELEASE

May 19, 2020

For more information: Kendra Vincent, 641-236-6555 or kendra@getintogrinnell.com.

GRINNELL, IA – The Grinnell Area Chamber of Commerce is pleased to announce the launch of Grinnell To Go, an online ordering platform for local Grinnell restaurants and retailers. In a time when it has been more difficult to visit your favorite Grinnell establishments, the Chamber has developed this program as a way to continue to support member and non-member businesses while distancing protocols and some capacity restrictions are in place. The program is expected to continue well after all restrictions have been lifted, and organizers say it will be a great way to support businesses post-pandemic as well.

The Grinnell To Go program allows customers to log on and place an order with participating restaurants and retailers to be picked up curbside with plans to expand this program down the road to include delivery services, similar to Uber Eats or Door Dash. Grinnell To Go was built by chamber member, Main Street to Me, is supported through the Chamber with additional funding provided through the Grinnell College Micro Grant program.

“We are excited to debut this platform in an effort to continue our support of our small businesses, and as a way to encourage community members to continue to flatten the curve while still having online access to their favorite Grinnell businesses,” says Rachael Kinnick, President & CEO of the Chamber. “Being able to partner with a local developer to bring the site to fruition has been a fun and rewarding experience, and because they are local, they understand our business community in a way that is extremely beneficial; they shop and eat here, too!”

No Visitors, But Staying Engaged

Since early March, The Mayflower Community Health Center and Beebe Assisted Living buildings have been closed to visitors, with the exception of compassionate visits at the end of life. Fortunately, as of today, not a single case of COVID-19 has been diagnosed among Mayflower residents or staff. Something is working!

For our residents in healthcare, the isolation can get pretty lonely, especially as they maintain social distancing and empty dining rooms.

So, how do you socialize? In senior living, there is one popular method: Bingo! Separate tables. No seeing other players' cards for the call you missed. No grumbling about the square not yet called. But, it works. Pictured here is part of the dining room full of players listening to Tina Frascht made the calls. Life is somewhat restricted...but it is working at their own tables!

-Bob Mann, Sales & Marketing Director



Tina Frascht, Beebe aide and activities assistant calls the Bingo numbers in Beebe Dining Room.

Jennifer Stallman helps Mindy Do Meals Again

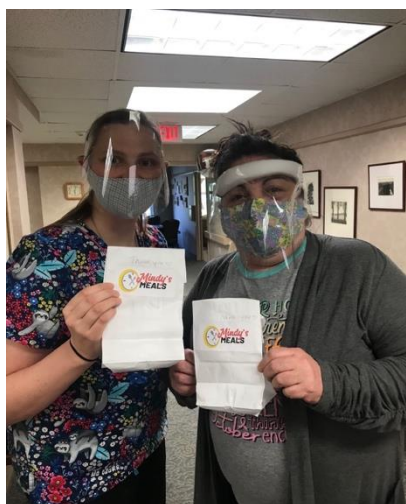
With the assistance of a contribution by Jennifer Stallman of Grinnell, Mindy's Meals again provided free meal certificates to employees of The Mayflower Community. Jennifer is a pharmacy tech at Grinnell's Medicap Pharmacy.

Mindy Kriegel is the owner of Mindy's Meals in Grinnell. She has been providing take-out dining experiences to locals (Grinnell, Brooklyn, and Newton), especially during the pandemic. With a gift card, the recipient can "take their family out to dinner."

Jennifer decided that she would like to honor local caregivers who are making a difference for seniors in the Grinnell community. So, a drawing was held at Mayflower to select the recipients of the free meal certificates.

The four Mayflower employees who will treat their families with a Mindy's Meal are Janice Anderson; Taylor Kirby, L.P.N.; Cheyenne Klos, L.P.N.; and Cyndi Sheppard, CMA.

-Bob Mann, Sales & Marketing Director



Cheyenne and Cyndi hold bags containing meal certificates.

SPIRITUAL CARE CORNER

by Rev. Pasha Buck, Interim Chaplain

In the last issue I mentioned how powerful images are. Historically, in our distant past, human beings survived largely because their “sense” or “image/picture” of danger made fatty acids rush into the bloodstream so that they could hit hard or run away fast.

We’ve inherited that. Negative or threatening images, even on the evening news, can create a lot of fatty acids in our arteries—and if we don’t use it up, we can develop hardening of the arteries.

The “counter-image,” one that evokes a feeling of peace, has the beneficial effect of NOT cluttering up our arteries with unnecessary fatty acids. (Only when we can use fatty acids up in “exercise,” are they a benefit!)

We can choose. If we know the down-side of violent images, we can choose to let them go and replace them with images that bring us ease. Interestingly, “letting go” is most easily achieved when we do it with images!

This very easy way of “letting go” is the part no one talks about. Nearly every doctor has, at one time, told a patient, “Just let go of the things that make you upset and stressed out.” I have not yet heard of anyone explaining HOW to let go!

Using an image to “let go” bypasses the left brain’s analytical and logical approach to the problem. The image impacts directly the endocrine and immune systems, and the reptilian brain (which we share with all animals, it would seem). This permits us to “let go” without our logical brain activity giving us all kinds of reasons for holding on!

It is also true that every culture “adopts” images into their language and mind-sets to explain a truth, often about Divinity or the “meaning of life” or “what the kingdom of Heaven is like.” In the Middle East, many “religious” concepts were shared by many cultures, including Persian, Egyptian, Babylonian, and Hebrew, most of them Aramaic speaking cultures.

So when Jesus wanted to help people understand what the Kingdom of Heaven was like, he used images which would be understood. Since the cultural expectation was that the “Holy” might seem to be tiny or ordinary, but it has a powerful impact, we can see why Jesus used common, everyday scenes like this: “The Kingdom of Heaven is like a woman with leaven,” or “The Kingdom of Heaven is like a grain of mustard seed.”

Next time, we’ll look at what his hearers “heard” when he used this kind of imagery to help them understand their relationship with Abba, their heavenly Father.



In Memory of:

Grace Kathleen Heffner, 11/22/1924 to 05/08/2020

Katherine Irene Arment, 03/28/1939 to 05/14/2020

Resident Birthday List:

May 22: Kathy Herman
 May 23: JoAnn Britton
 Roger Stafford
 May 24: Linda Myren
 May 25: Dorothy Christinson

June 1: Dick Weeks
 Joy Weeks Anderson
 June 3: Suzanne Schwengels
 June 4: Rosey Mathews
 June 5: Bev Anderson

Super Boggle: Try It!

1. Make words of four (4) or more letters,
2. Each letter in the word has to be adjacent (corner or side) to the next letter in the word.
3. Proper nouns or other capitalized words are not allowed.
4. A square cannot be used consecutively. The next letter in the word must be one that is touching. However, you can return to a former letter.
5. An "s" may be added to a word to make it four or more letters.

E	E	H	C	N
R	S	T	O	U
P	T	A	R	B
S	L	E	M	N
O	D	I	W	O

There are lots of 6, 7, and 8-letter words possible, even some 9-letter. There are over 370 possible words. For guidance or to report, contact John Noer, Edwards #14 (jdnoer@gmail.com or 712-431-6685).