

The Informer

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Mayflower Honors Retirees

86 years of faithful service! Veiled by the isolation that has resulted from the pandemic, four long-serving Mayflower Community employees retired in May. They are (years of service in parenthesis):



Chery Nelson, Health Center and Beebe Activities Director (11)



Betty Lou Schamber, Beebe Assisted Living certified medication aide (33)



Anne Sunday, Independent Living Activities Coordinator (7)



Janet Neff, executive secretary (35)

Since Mayflower will not be able to do a retirement reception for our retired employees, we are, instead, asking that anyone who has had a relationship with any of the four write them a card or letter of congratulations and reminiscence.

The items will be collected and presented after June 25th. Please mail or deliver your writing to Mayflower at 616 Broad Street, Grinnell IA 50112 by that date.

-Bob Mann, Sales & Marketing Director

Continue To Be Careful

The Mayflower Community is still closely monitoring the COVID-19 pandemic “reopening” process in Iowa in regard to a relaxation of current restrictions.



As a populace, we know a lot more about COVID-19 than we did last January. However, assumptions and discoveries are still being made. Most importantly, the coronavirus has not been eradicated nor has a vaccine been developed to help prevent infections. To be sure, this virus is very infectious and potentially deadly.

As statewide restrictions are being modified and lifted (business reopening's, 50% capacity limitations eliminated, larger gatherings sanctioned), it is still critical to observe safety precautions. Succinctly, that is face masks, social distancing, thorough hygiene, and symptom observation and response.

The Mayflower Community brings to your attention the following information provided in the June 9th “CNN Health with Dr. Sanjay Gupta” email newsletter: *Quarantine fatigue is real.*

“If you've found you're no longer disinfecting your hands as often, or becoming more lenient toward unnecessary trips outside, you're not alone. This unintentional phenomenon is "caution fatigue," and you have your brain to blame.

You were likely vigilant at the pandemic's outset, consistently keeping up with ways to ensure you didn't get infected with the coronavirus or infect others. The threat was new and urgent to your brain. And, driven by the human instinct for self-preservation, fresh fear motivated you to eagerly adhere to recommended safety precautions. Fast-forward three months, and that sense of immediacy may have faded.

Caution fatigue has been observed in previous or everyday life situations, such as when you ignore an alarm of some sort, and don't take it seriously because you've heard it before. This mental state happens for a few reasons, including chronic stress, decreased sensitivity to warnings and the inability to process new information with others. You can combat quarantine fatigue with self-care, conversations with loved ones, and shifting your mindset so following guidelines seems rewarding instead of dreadful.”

-Bob Mann, Sales & Marketing Director

Mayflower's First VegTrug Is Installed

On Tuesday, June 2nd, The Mayflower Community installed the first of two "VegTrugs™" in the Health Center Courtyard. The heavy duty, V-shaped fir-wood, elevated garden bed is 72" x 30" and 31" off the ground. It is designed for no-bend, no-kneeling gardening, ideal for people with back or knee issues or for someone using a wheelchair.



Les Hall (left), Nick Mommer (right) and Joe Derby



Imagine Grinnell and Grinnell Giving Gardens collaborated on a grant from ISU Extension Services to buy the trugs. Chad Nath, a Giving Gardens volunteer and Director of Link Grinnell, did all the initial assembly work and delivered the two VegTrugs™ to Mayflower.

The Mayflower Facilities staff moved the first trug to a concrete base in the Courtyard so that Health Center residents can begin their gardening work.

-Bob Mann, Sales & Marketing Director

Life Goes on in The Mayflower Community

285 people living in senior living and healthcare on the Mayflower campus just south of downtown Grinnell during the pandemic...There is a lot happening.

Sure, all group activities and dining has been suspended. People are encouraged to limit physical interaction with others. Face masks are being worn outside. Nevertheless, there is a much happening in spite of these restrictions.

In the photo to the right, Suzanne Schwengels and Arnie Adelberg work in the new Watertower Square vegetable garden.



In fact, five more people are headed for Mayflower move-ins over the next two weeks. Challenging times, but it is work!

-Bob Mann, Sales & Marketing Director

Grinnell: 4th of July Updates

As representation from the Grinnell Area Chamber of Commerce, City of Grinnell, Iowa, Poweshiek County Public Health, and Poweshiek County Emergency Management Agency, we are announcing changes to Grinnell's Fourth of July Celebration and events previously scheduled for July 3 & 4, 2020.

Although some restrictions have begun to relax in Iowa, we do not believe there are ways to effectively social distance many of these activities in person. We are very mindful of the fact that these are very strongly attended community events, and those that Grinnellians near and far take immense pride in attending; however, our highest priority continues to be the health and safety of our community.

The annual Fourth of July parade will not take place in person. Instead, the Grinnell Chamber staff is working to pull together a virtual option that will allow Grinnellians to celebrate in their own homes while continuing to recognize many of our wonderful businesses, organizations and families who will help us celebrate together, virtually. More information, including how to sign-up for a spot in the virtual parade and how to view the parade on the Fourth of July, will be available at https://www.grinnellchamber.org/.../e.../grinnell_on_the_fourth/.

Unfortunately the ability to social distance with events such as Friday Night Live are simply not easily done. As such, we have chosen to cancel all of these events (June, July and August) in 2020 in an effort to keep our community as safe and as healthy as possible. Finally, the fireworks display that is generally held the evening of July 4th has also been canceled, per a City Council meeting held last month.

Our teams have consulted with many other communities and organizations in determining options for this community celebration - please know that we have explored all sorts of possibilities. We thank you for your patience and understanding - these are not easy decisions to make but please be confident that we are making them with the interest of all Grinnellians' health and safety in mind. We appreciate all that our community members have done, and continue to do, as we work to #GRINNtogether.

Dan Agnew, Mayor of Grinnell

Rachael Kinnick, President & CEO, Grinnell Area Chamber of Commerce

Shauna Callaway, Poweshiek County Public Health Director

Brian Paul, Poweshiek County Emergency Management Agency

-Grinnell Area Chamber of Commerce

Mayflower offices will be closed Friday, July 3rd and *The Informer* will be distributed on Thursday, July 2nd.

AHRENS PARK PLAY AREAS ARE NOW OPEN!



Please follow social distancing guidelines, bring hand sanitizer and stay home if you are sick. Play areas will not be wiped down, so use at your own risk.

Ahrens Park Play Areas are now open!

Ahrens Park play areas are now open. If you go to Ahrens Park, please wear a mask and practice social distancing. Play equipment will not be wiped so please have you and your family members use at your discretion.

Grinnell Games Goes Virtual!

The annual Grinnell Games are hosting their events virtually for 2020. Support those on the frontline by crossing the finish line! A portion of your race registration fee goes towards those on the frontline, including an option to donate to Mayflower Community's frontline workers. There is an additional donation page, as well.

There is a 5k, 10k and Half Marathon option which can be walked or run. The races kicked off on Friday, June 12th and can be completed up until this Sunday, June 21st. You may choose your own route to walk/run and if you wish, submit your times via the RunSignUp platform at the completion of your race for additional prizes. There is also an option to purchase a t-shirt.

You can find more information and sign up here:

<https://runsignup.com/Race/IA/Grinnell/GrinnellGames2018>

-Temesha Derby, Grinnell Area Chamber of Commerce

Excerpt from the Washington Post: Your questions, answered

“If you attended a protest and were potentially broadly exposed to the virus, would getting tested immediately following the protest accurately indicate if you had contracted the virus? What is the time frame from your potential exposure to accurately testing positively or negatively?” — Nancy in California

If you think you've been exposed to covid-19 at a protest — or anywhere else — it's probably best to stay in quarantine for at least a few days before going out to get a test.

If the virus has entered your system and is starting to replicate, you do technically have the infection, but [**it won't show up in the nasal or mouth swab test immediately**](#), which means your result will come back as a false negative (and be a false sense of security).

“Since testing depends on having a certain amount of the coronavirus present in your nose (or nasopharynx), it can take several days from the time you're exposed to when you will be able to be tested,” [according to the University of Chicago School of Medicine](#).

False positives are rare, but false negatives can happen for a variety of reasons — mainly because there either isn't enough of the virus in the mouth or nose to identify the infection, or the test was administered incorrectly and didn't get a large enough sample.

“If you test negative for covid-19 by a viral test, you probably were not infected at the time your sample was collected,” [the CDC says](#). “However, that does not mean you will not get sick. The test result only means that you did not have covid-19 at the time of testing.”

Even if you have caught the virus, symptoms might not show up for two weeks. [You might never show symptoms at all](#) — but in either case, experts say, you could still be contagious and [could spread it to others](#).

All of this uncertainty is why health experts recommend social distancing while the virus is spreading, and why they strongly recommend that you self-isolate for 14 days if you think you've been exposed.

Iowa State Fair: Canceled in 2020

According to local Iowa news sources (*Des Moines Register* and *CNN*), the Iowa State fair has been canceled for the first time since WWII. The Iowa State fair board voted via secret ballot and an 11-2 decision was reached. The 2020 Iowa State fair was originally scheduled for August 13th through August 23rd.



“Ultimately, the decision came down to a choice between risk and reward: Should organizers offer an event with the bare minimum, or should they wait until all Iowans can have the full State Fair experience again?” (*Des Moines Register*)

Because of the limited occupancy regulations recommended by medical professionals and the study of attendance trends, the fair would have been a shell of what it has been, if it were to take place. Another factor that came into play was the financial decrease of what a ‘minimal fair’ would have looked like.

Most state fairs in the Midwest have been canceled for 2020, including Minnesota, Wisconsin, Indiana, Ohio and North Dakota. In the 165-year history of the Iowa State Fair, it has been canceled only five times.

Hopefully, the Iowa State Fair will return, along with its attendees, safely in 2021.
-Temesha Derby, sourced from the *Des Moines Register*

LIVE ALONE AND TRY TO LIKE IT

By Netia Worley

The only folks with whom I
chat
Are me, myself and I.
It's funny, but I never can
Get much of a reply

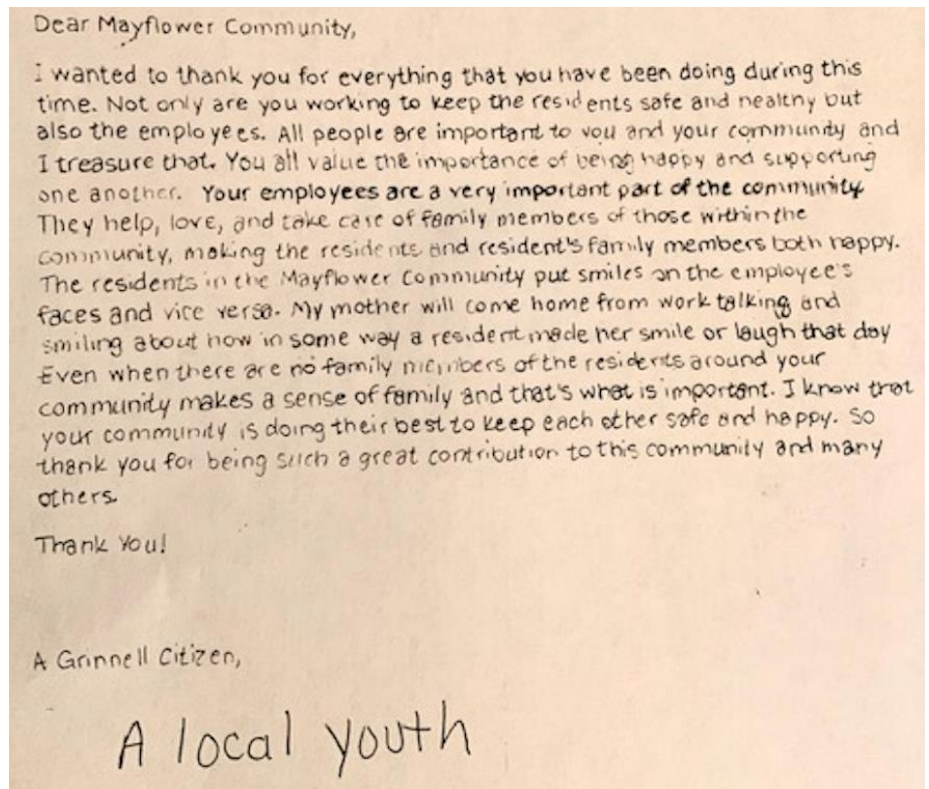
I look into the mirror
And can't believe I see
This frizzy headed old gal
And realize that it's me!



Sadi's Thank-You

An unsolicited letter from a Grinnell High School junior has brightened the day for many healthcare workers in The Mayflower Community. Sadi Flanagan was moved to write about what she has been observing about life in Mayflower's Health Center by witnessing her mother Kristi, an LPN (licensed practical nurse) and Mayflower employee.

In Sadi's letter, she stated among other thoughts, "The residents in *The Mayflower Community* put smiles on the employees' faces and vice versa. My mother will come home from work talking and smiling about how in some way, a resident made her smile or laugh that day. Even when there are no family members of the residents around, your community makes a sense of family and that's what is important."



This pandemic quarantine is cruel...but, still people are staying healthy and thriving.
-Bob Mann, Sales & Marketing Director

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Fun Word Wuzzles During Quarantine

Try to figure out these mind-challenging word wuzzles! To confirm your guesses, you may email them to:
temesha@mayflowerhomes.com



June 8, 2020

Mayflower Residents and Staff,

A number of long-serving Mayflower staff members have retired recently. Due to the COVID-19 restrictions in place, we have been unable to celebrate their many years of service with a reception in the traditional manner.

Those who have recently retired (years of service in parenthesis) are:

- Janet Neff, executive secretary (35)
- Betty Lou Schamber, Beebe certified medication aide (33)
- Chery Nelson, Health Center and Beebe Activities Director (11)
- Anne Sunday, independent living activities coordinator (7)

As an alternative way of celebrating their Mayflower commitment and work, we would like to shower these four women with cards and letters of expression of your appreciation.

Here is how it will work:

1. Write a card or letter and include a special memory or picture, or even a special act of kindness they showed you. Mayflower will be providing a gift to each. It is just the cards are what we are asking you to provide.
2. Mail or drop the cards off to Christy Kaisand, Human Resources Director, by June 25th by dropping them at the Pearson reception desk.
3. I will tie the stack of cards with a bow and deliver them to each retiree. I will capture the moment for you all to see later.

We hope to honor all four retirees later in the year in true Mayflower style. Until then, please help us by making sure there are cards and letters for them to show how much they have meant to Mayflower.

Thank you for your consideration.

Christy Kaisand
Human Resources Director



June 12, 2020

Dear Mayflower Residents and Families,

The past few months have been challenging due to the COVID-19 virus and the related safety precautions that had to be put in place. The limitation of in-person visits to the Health Center and Beebe Assisted Living necessary to protect our residents, has been especially difficult. Thank you for your patience and the sacrifice you have made to help in this work.

We are now pleased to report that the state of Iowa is implementing a *phased approach* for safely reopening long-term care facilities for visitations. The purpose of this approach is to provide as safe a pathway as possible to resident and family visits. There will be three phases for transitioning to reopening for visitation based on a facility's current COVID-19 status.

In The Mayflower Community, we are currently working through Phase I. This is the stabilization phase that includes elective testing of staff and residents. We will continue end-of-life compassionate care visits. As usual, virtual visits will be available via Zoom, Duo, FaceTime, Skype, Doxy, and telephone landline and cell phone.

Once Phase I is completed, we will be ready to move to Phase II. At that point, there will be limited change except that the Mayflower Parlor will reopen to Health Center and Beebe residents for scheduled hair appointments, one at time. (We are in the process of setting up a second "Parlor," not in the Health Center building, for independent living residents.)

We will continue to keep you informed as we work through this phased reopening, and we will let you know each time we reach a new phase in the process, including the visitation options available at each phase.

For questions, please contact:

- Health Center – Holly Thomas, RN (641-236-6151 x162; hthomas@mayflowerhomes.com)
- Beebe Assisted Living – Julie Smith, BSN, BS (641-236-6151 x214; jsmith@mayflowerhomes.com)

Sincerely,

Kellie McGriff, BSN, NHA
Associate Director/Administrator
[kmcgriff@mayflowerhomes.com]

UnLOCKING the Power of Philanthropy By Doug Lockin, CPA, Charitable Gift Planner

A Wish List or a Needs List?

The following is more than a “Wish List.” For seventy years generous donors have played an important role in Mayflower’s care for seniors and equipping its compassionate staff. Thankfully, neither is it a “Needs List.” Avoiding COVID-19 has been costly, but Mayflower is not in dire straits.

Mayflower’s current charitable opportunities are diverse, ranging from COVID-19 challenges to an energizing vision for the future. Thank you for considering a gift or a gift planning conversation between now and the end of the year.



COVID-19 related opportunities

- a. Comfortable personal protective equipment (PPE)
- b. Relocation of the Obermiller Center (exercise room) and Beauty Shop.
- c. Technology for expanded Tele-Health visits and more resident-family communications.

More traditional opportunities

- a. Non-slip stair treads in the Buckley apartment building (\$8,000).
- b. Beebe “open dining” conversion (up to \$150,000.)
- c. Resident assistance funds: current help for those unable to afford their own care (\$200,000.)
- d. Staff education, training, and enhanced benefits (\$25,000.)

Visionary opportunities for today and tomorrow

- a. Human Needs Endowment Fund growth to \$8 million to fully fund annual charitable care;
- b. Mission and Vision Fund growth to \$5 million to provide \$250,000 annually for Resident and Staff wellness initiatives;

As always, I welcome conversation that will be centered on your charitable priorities and personal needs. -Doug Lockin 515.210.6603 or dlockin@mayflowerhomes.com

SPIRITUAL CARE CORNER

By Rev. Pasha Buck, Interim Chaplain

Images, we'll discover, are a major way we have of communicating our emotions, as well as "cultural and religious truths."

Remember these: "I'm just climbing the walls today!" "I'm between a rock and a hard place!" Both are images/expressions of frustration commonly heard by us who grew up in the 1930s "American culture." Perhaps, then, it should not be odd that Jesus relied on images well known in Aramaic-speaking cultures of the first century, C.E. Images make reference to deep-seated assumptions, not just to what we think we "believe"; note the kind of images Jesus chose to help people understand God and "The Kingdom of Heaven."

Every morning the mother of the household would get up before dawn to bake bread for that day. She baked enough to feed any stranger who came in need of food. During the centuries that desert people had lived in yurts and moved often, mothers baked flat breads on fire-heated rocks outside the yurt. By the time people lived in houses, they had inherited another kind of bread-baking, begun by the Kushites and Egyptians, in little ovens, with the fire-pit on the ground.

The reason these little ovens could be used was that the Kushites had introduced a bacteria we call yeast, which, when mixed with the flour, made the "bread" rise. It could no longer be baked on a flat rock. The image of the mother baking bread reminds us that yeast, once it is mixed with flour, is invisible. Tiny as it may be, it has the power to transform "flat bread" into "raised bread," tasting better than flat bread! The Kingdom, Jesus says, is like this ordinary, daily piece of work—a woman getting up early to bake bread, adding yeast to flour to create a bread that's a miracle to taste. You may not see it, Jesus says, but there is power to transform in this tiny Kingdom!

There is an irony here, too. By the time Jesus was teaching, the Sanhedrin had outlawed using yeast during Passover—or even having it in the house! Mothers hid the yeast in a hole in the yard during the holiday commemorating the Exodus from Egypt, the very place where mothers had learned to use the yeast! During the time since the exodus, the fine for having yeast in the house was very heavy. Leaven, you see, could not be **controlled!**

Next time we'll look at some of the other images that help us understand this powerful Kingdom of Heaven that Jesus was describing.

Resident Birthday List:

June 29:	Karen McNally	July 7:	Jim LaCasse
June 30:	Luther Erickson	July 8:	Ann Igoe