

The Informer

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No Active Cases of COVID-19 at Mayflower

As of today, The Mayflower Community, Grinnell IA has had two positive cases of COVID-19, an employee who has now finished 14 days of home quarantine and a resident of the Health Center.

As announced on July 7, 2020, we received a lab-confirmed positive COVID-19 test for one resident. The resident has remained asymptomatic. A follow-up COVID-19 test was negative. We continue to follow protocol by isolating that resident while providing assigned staff to provide cares during the 10 days following the initial positive COVID-19 test.

Furthermore, we tested other residents living in our Health Center in proximity to the referenced resident as well as a number of staff members. All those tests have come back negative. As a result, there are now no known active cases of COVID-19 at Mayflower.

Observing maximum precautions, we delayed our reopening transition from Phase I to Phase II until July 16th for the Health Center and Beebe Assisted Living. In Phase II, we reopened The Parlor hair salon; begin small group, socially-distanced activities; and expand visitation in the Health Center Courtyard or a Beebe apartment. Visit restrictions will include pre-scheduling, maximum of two visitors, 15-minutes, staff supervision, social distancing, face masks, and hand hygiene. To schedule, contact Julie Roderick (641-236-6151 x210 or jroderick@mayflowerhomes.com), Monday through Friday, 8am to 4pm.

For independent living residents, we have now opened a second Parlor hair salon on the first floor of the Buckley building. Lynette Harris (641-485-7727) is now scheduling appointments. Here are some other independent living resident changes:

- The Buckley building 2nd floor common-area remodeling project is now complete.
- The covers have now come off the libraries with books to be returned to a designated area, not refiled on the shelves.
- The large DVD collection previously housed in the Buckley 2nd floor lounge will be returned to that site and will be available, again without refile upon return.
- Because of the success of the Shrimp Boil on Thursday July 2nd, Mayflower is planning another home-delivery special meal later in the month.

-Bob Mann, Sales & Marketing Director

Talk About Fun...and Delicious!

On Thursday, July 2nd, Grinnell's Mayflower Community provided a home-delivered shrimp dinner. Taking the place of the annual gathering of dozens of residents on the Buckley Courtyard patio to enjoy freshly boiled shrimp, corn on the cob, and potatoes, complimented with sausage, and homemade coleslaw and bread. The meal was topped off with a desert of powdered-sugar covered French beignets, the fried dough fritter prepared on the patio beside the boiling pot.

The meal fix-ins were packed out and delivered warm to almost 100 residents' doors by Mayflower staff.



Kellie McGriff, BSN, NHA, Mayflower's Associate Director/Administrator, delivers shrimp dinners to Watertower Square residents.

Some had socially-distanced parties (less than 10!) in process. Some sat down to candle-lit tables for two in their homes or on their patios. Fun and romantic! The highlight: The large, pink, moist shrimp. Folks said it was great.

The pandemic has slowed down some things, but not the enjoyment of scrumptious Mayflower food and the companionship of neighbors...at a distance.

-Bob Mann, Sales & Marketing Director

Looking for an Absentee Ballot Form?

Go here:

<https://sos.iowa.gov/elections/pdf/absenteeballotapp.pdf>

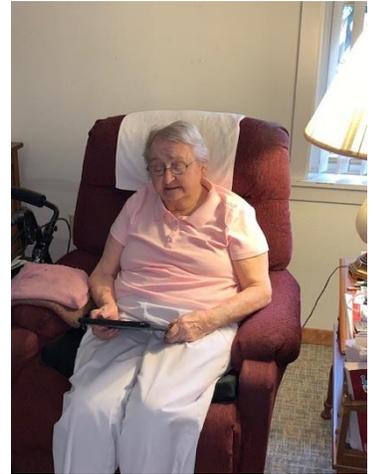


STATE OF IOWA OFFICIAL ABSENTEE BALLOT REQUEST FORM		FOR OFFICE USE ONLY
YOUR NAME AND DATE OF BIRTH	Last _____ Suffix _____ First _____ Middle _____ Date of Birth (month, day, year) ____/____/____	Revised October 2019
ID NUMBER Complete one	Iowa Driver's License or Non-Operator ID Number: _____ OR Four-digit Voter PIN (can be found on Voter Identification Card): _____	Voters who do not appear in the Iowa Dept. of Transportation's Driver's License or Non-Operator ID files are mailed an Iowa Voter Identification Card at the time of registration. Any voter may request a Voter Identification Card.
YOUR IOWA RESIDENTIAL ADDRESS	Home Street Address (include apt, lot, etc. if applicable) _____ City _____ Zip _____ County _____ <i>You must be registered to vote in the county to receive an absentee ballot. If you are registered to vote in the county, this form will be used to update your voter registration if the information provided on this form is different than the information on your registration record.</i>	
WHERE YOUR ABSENTEE BALLOT SHOULD BE MAILED If different than above	Mailing Address/P.O. Box _____ City _____ State _____ Zip _____ Country (other than USA) _____	
CONTACT INFO Important	Phone _____ Email _____	<input type="checkbox"/> Do not add this contact info to my voter record
ELECTION DATE OR TYPE Choose only one election.	Election Date: ____/____/____ OR <input type="checkbox"/> General <input type="checkbox"/> Primary <input type="checkbox"/> City/School <input type="checkbox"/> Special: _____	
PRIMARY ELECTION ONLY	Check one political party <input type="checkbox"/> Democratic <input type="checkbox"/> Republican	
REQUESTER AFFIDAVIT	<p style="text-align: center;"><i>I swear or affirm that I am the person named above and I am a registered voter or I am entitled to register at the address listed on this form. I am eligible to receive and vote an absentee ballot for the election indicated above.</i></p> Powers of attorney do not have legal authority to request an absentee ballot on behalf of another.	
Signature: X	Date _____	

When complete, mail to Poweshiek County Auditor, P.O. Box 57, Montezuma IA 50171.

Grinnell's Music Therapist is Singing...On Zoom!

During the summer of 2018, a group of Grinnellians headed by Dr. J.R. Paulson started a music therapy program for Grinnell School students, UnityPoint Health—Grinnell and UnityPoint Hospice patients, and local seniors, including residents of The Mayflower Community. The Grinnell Area Arts Council became the fiscal and management agent for the program.



Last February, Rachael Schiller, Music Therapist Board Certified (MT-BC), moved to Grinnell as our second music therapist to provide case management-based services through her employer, Music Speaks of Cedar Rapids. Until the pandemic hit, Rachael was living in an apartment provided by The Mayflower Community. Since then, Rachael moved to Michigan from where she is providing virtual music services (VMS).

Music Speaks has been providing 100% VMS during the pandemic. Music Speaks and Rachael have discovered that clients now need additional support and services more than ever. Rachael is a Bismarck ND native who received her music therapy certification at the University of North Dakota, Grand Forks, graduating with a Bachelor's of Music. During her college years, Rachael worked with mission schools in Germany, Liberia, and West Africa for over six months.

She completed her internship at Marwood Nursing and Rehab in Port Huron, MI. Rachael specializes in working with children, older adults, those who have had a stroke, individuals with dementia, and adults with disabilities. In addition, she has worked in the hospital in palliative care, oncology, and general surgery units. She is a member of American Music Therapy Association (AMTA).

Music therapy is a health profession that uses research-based music interventions for non-musical goals, especially to address a client's physical, cognitive, social, and emotional needs. Music therapy is a non-invasive and non-threatening treatment for those suffering from diseases, disabilities, impairments, or ailments. Rachael's role is to assess referred clients to determine therapy goals, provide therapy, and document outcomes.

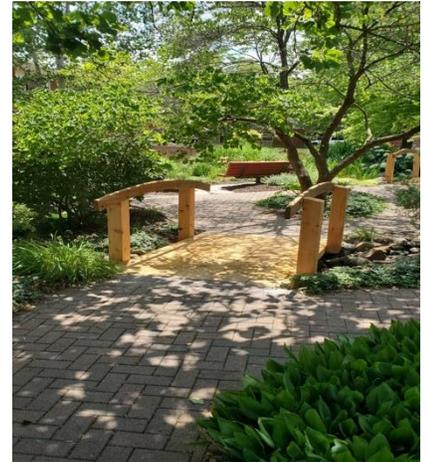
Rachael has been back to Grinnell periodically and plans to return when she is able to provide in-person services. Mayflower is currently providing VMS and has temporarily increased the frequency of services. For other clients, Rachael is providing VMS in their homes.

-Bob Mann, Sales & Marketing Director

Building Bridges at Mayflower

The Courtyard in The Mayflower Community on the west patio of the Buckley building is beautiful. Annually (who knows this year), the Grinnell Area Garden Club tours the outside arboretum to marvel at its variety of vegetation and pristine grooming.

The Courtyard has been the site for numerous senior pictures—Grinnell High School as well as Grinnell College. In addition, it has hosted weddings, birthdays, celebrations, and various family events.



Mayflower's landscaping and grounds crew, headed by Supervisor Ben Pearce, found it necessary to rebuild the two 18-year old wooden bridges that ford the streams running between two koi fishponds.

The building planks were sourced from local contractor, Charlie Criswell. They are 4" thick, 12" wide, and 10' long.

In addition, the Mayflower crew, which included Curt Vos, Les Hall, and Nick Mommer, also sanded down all the existing handrails in the Courtyard.

-Bob Mann, Sales & Marketing Director

MRA Town Meeting

A virtual Town Meeting of the MRA will be held on-line using Zoom at 2:00 PM Monday, July 20. All residents are invited to attend. If you need assistance in accessing Zoom, please contact Joe Derby at: jderby@mayflowerhomes.com or 641-990-4546. Joe will send out the Zoom invitation a few days before the 20th, and we invite you to log into the meeting with your computer or smart-phone a few minutes before 2:00 PM on the 20th. Gene Wubbels will send out by email the minutes of the last meeting and the agenda for the Town Meeting during the week preceding.

-Gene Wubbels, MRA President



HARVEST FRESH FRUITS AND VEGETABLES AT THE GRINNELL GIVING GARDENS!

Grinnell Giving Gardens

The Grinnell Giving Gardens are now 'open' and available for community use.

These gardens exist to provide free produce and green space for Grinnell residents.

You may visit, harvest or plant at the various Grinnell Giving Gardens locations.

LOCATIONS AT
MARVIN AVENUE
SUMMER STREET
AHRENS PARK
BAILEY PARK
DAVIS
ELEMENTARY
FAIRVIEW
ELEMENTARY
ST. JOHN'S
LUTHERAN
CHURCH



The Grinnell Giving Gardens exist to provide free produce and green spaces for all Grinnell residents. Visit, volunteer and harvest at a garden near you!

FOR MORE INFORMATION, VISIT WWW.IMAGINEGRINNELL.ORG/GARDEN

FROM THE LIBRARY COMMITTEE

The Mayflower Library has reopened with a few changes to meet today's challenges. Please read the following procedures that we hope will keep everyone safely sharing our collection.

- Remember, anyone entering Pearson needs to be wearing a mask. Please be sure to sanitize your hands before touching any books.
- Please return books to the Pearson lobby. We have designated large plastic totes clearly labelled for book returns. We will quarantine the books for several days before reshelving. For your own safety, please do not remove books from the return boxes.
- We have moved the "New Book" collection from the table to the shelves. You will find new books directly to the left of the returns table. More new books will be added in the next few weeks, and we will soon be providing reviews again.

If you have new fiction books that you have been enjoying this spring and are willing to share with the community, please email us. We would love to supplement the library purchases with donations of the current best reads of broad interest!

On the other hand, we cannot currently take other book donations. When we get donations that do not fit our needs, we have, in the past, brought the books we cannot use to the Drake Library for their book sale. They are not currently accepting any donations and we have no good storage place, so please do not leave any book donations without consulting us on the specific titles. We will let you know when we can resume taking all donations and passing on the extra books to Drake.

-Katherine McClelland and D'Ann Kely for the committee

Word Wuzzles:

BED	cycle cycle cycle	STAY NIGHT
1 — 1	i SLEPT	RACE

Resident Birthdays:

July 17:	Esther Bethel	July 20:	Deena Wellborn
July 21:	Norma Veldboom	July 22:	Harley Henry
	Matthew Kely		Joan Brand-Landkamer
	Cindy Crandon	July 23:	Seymour Raffety
July 25:	Miriam Baumann	July 26:	Ed Adkins
July 27:	Pat Yungclas	July 31:	Harriet Adelberg

SPIRITUAL CARE CORNER

by Rev. Pasha Buck, Interim Chaplain

Today, we'll be looking at how images help us in our own prayer and meditation times.

I know you weren't taught to pray for yourself first, but that's where you should start, and here's the reason: we, as temples of the Holy Spirit, need to make sure we have a "clean temple"! And so our first images, when we pray, need to focus on **our** "well-being," or "house-keeping."

To do this, we can image ourselves putting **our** concerns, cares, anxieties, and worries **on the altar**. Take your hands off and leave them there. And do this every day until it becomes automatic. For most people it will take months, but a research scientist at the Triangle in North Carolina wrote me years ago that she had done it until letting go had become automatic! (She had been in one of the classes I taught in Santa Fe, NM.)

What good is your worry to your children, grands, or even our caregivers throughout the community? No good at all! In a counseling session, one woman told me, "My mother's worry about me is **so** hard for me to live with."

We often mistake "worry" for a sign of love and caring, but actually, it's a sign that we don't trust anyone, even God!

In each prayer time, start with "letting go" images, and then use one in which you "picture" yourself and others in God's light and love—surrounded, and filled from the top of the head through the body, and then out again. We need to "let go" here, too, because in a very real way, we are (as Temples) sharing God's love and light with anyone in need, whether we know them or not.

Next time, we'll look at several scriptures that have strong "teaching images."