



The Informer

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What's the Latest at Mayflower?

Recently, The Mayflower Community announced that our Health Center and Beebe Assisted Living had completed “Phase I” of the Iowa Department of Health (IDPH) requirements for long-term care facilities. Shortly thereafter, an active case of COVID-19—the first ever at Mayflower—was diagnosed with an employee of our Health Center.

We performed contact tracing among employees and residents, seeking information about possible symptoms and providing personal choice to receive COVID-19 testing for those who are asymptomatic. As a result, 12 staff members were tested. In some cases, this was not their first test. On Monday, June 29th, we received all of the results. 100% of the tests came back negative for COVID-19.

Because of the initial single case, we put on hold transitioning in the three “phases of reopening,” as dictated by IDPH using U.S. Centers for Disease Control and Prevention (CDC) guidelines.

We continue to follow our enhanced COVID-19 protocols and to stay in touch with officials. In order to move from one phase of reopening to the next, a long-term care facility must remain COVID-19-free for at least 14 days. We are still on track to move from Phase I to Phase II following the most current guidelines.

During Phase I, visitation is limited, and those guidelines are still being developed. All staff must wear face masks and face shields and, when appropriate, gowns and gloves.

Our 210 independent living residents in campus apartments and surrounding patio homes are not subject to these strict requirements. However, we have asked that the basic COVID-19 precautions be followed—staying home as much as possible, face masks in public, social distancing, enhanced hygiene, no gatherings of

more than 10 (preferably smaller), suspension of community events and activities, and limitation on travels.

Mayflower independent living residents have been extraordinary in the practice of COVID-19 precautions. In no small part because of this, there have been no reported cases of COVID-19 among this group.

Because of this status, Mayflower will begin soon to slowly expand our offerings that have been curtailed. The first step will be the opening of an interim Parlor hair salon not located in our Health Center building, but instead in the lower level of Buckley using the former Game Room. Eventually, a local podiatrist and an audiologist will set up shop there on assigned days.

We are planning to reopen slowly the Buckley Dining Room with fewer people at tables, more widely separated. In addition, discussions have begun about opening the libraries and finding space for exercise and wellness offerings.

As you have suggestions or concerns, please contact Executive Director, Steve Langerud (641-236-6151 x200 or slangerud@mayflowerhomes.com) or Associate Director/Administrator, Kellie McGriff, BSN, NHA (641-236-6151 x201 or kmcgriff@mayflowerhomes.com).

-Bob Mann, Sales & Marketing Director

NOTICE

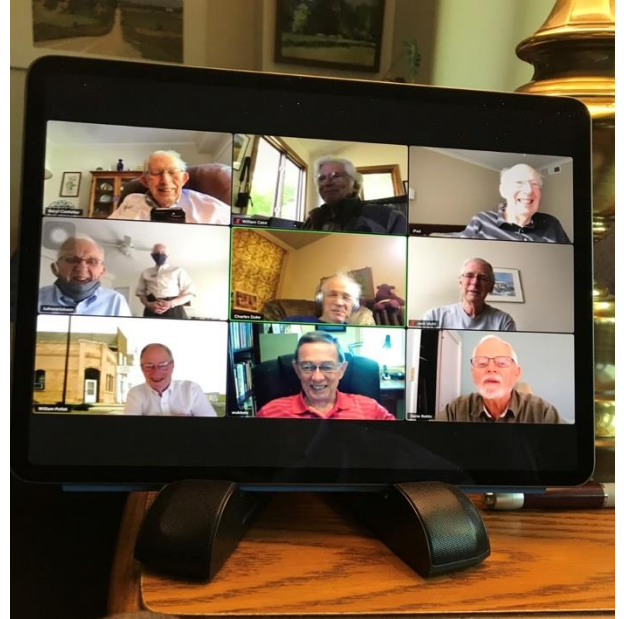
The Mayflower Residents Association will hold a virtual Executive Council meeting on Zoom at 2:00 P.M. on Monday, July 6, and a virtual Town Meeting on Zoom at 2:00 P.M. Monday, July 20. Zoom invitations to both meetings will be sent to all Mayflower residents on email a day or more before each meeting. Recall that the By-Laws welcome residents to attend both types of MRA meetings, even if voting is restricted to Executive Council members at the EC meeting. It is best if you respond to your Zoom invitation in each case 15 minutes or so before the scheduled start; admission to the meeting will occur at the start time.

-Gene Wubbels, MRA President

The Mayflower Coffee Group Keeps Talking

With social distancing in place, the Tuesday/Thursday morning coffee group at Mayflower continues to meet. They no longer can gather in person and honor their motto: “Where two or more are gathered, Scott provides coffee!” (“Scott” is Scott Gruhn, Mayflower’s Director of Food Services.)

Nevertheless, the group can meet via Zoom®, a video conferencing application that allows multiple parties to connect on audio and video screen from various sites. As many as 12 participants of the Mayflower group have been on the screen with each other at the same time. This even includes a resident of the Mayflower Health Center who, with assistance from staff, can log into the conversation.



Bill Case hosted this meeting. Beryl Clotfelter shared the accompanying photo that includes, top left to right, Beryl, Bill, Bob Grey, Luther Erickson, Charlie Duke, Jack Mutti, Bill Pollak, Gene Wubbels, and Gene Rohr. Ironically, Bill lives across the hall from Luther.

In the segment shot on Tuesday, June 16th, Grinnell College Professor Emeritus in political science, Bob Grey, led a group discussion about a recent U.S. Supreme Court ruling. Then, the coffeeites weighed in with questions, comments, and reflections. There was even some coffee-drinking, all of it home-brewed.

-Bob Mann, Sales & Marketing Director

Treasure Chest

This exhibit is called, “A visit To Grandma’s House”. It will take the viewer back to the “good old days” with displays that most of us in Mayflower can relate to through our grand parents. Miriam has chosen from her own “Attic” beautiful, well kept, dolls, books, tea sets, games etc that some of us will definitely recognize. Take time out of your day and venture out (with masks) to enjoy this one of a kind exhibit in The treasure Chest, across from Deb Jack’s desk in Pearson Lobby.

-Sue Drake, MRA President

Staying at Home...More Time for Puzzling?

The 40,000 piece puzzle begun by The Mayflower Community resident, John Noer, in February 2019 is now 8/10th complete. The 10-frame Disney characters puzzle produced by has been in process in the Mayflower Basement Craft Room in sections. John just finished “Fantasia.”



John has completed eight of the frames and stored them in preparation for assemblage when the last two frames are complete. At that time, there is likely to be a public display space in the Grinnell community, the arrangements for which are not finalized.

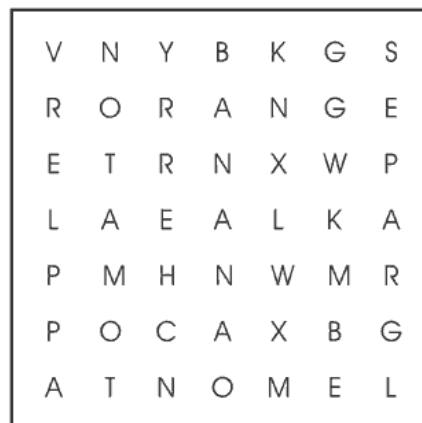
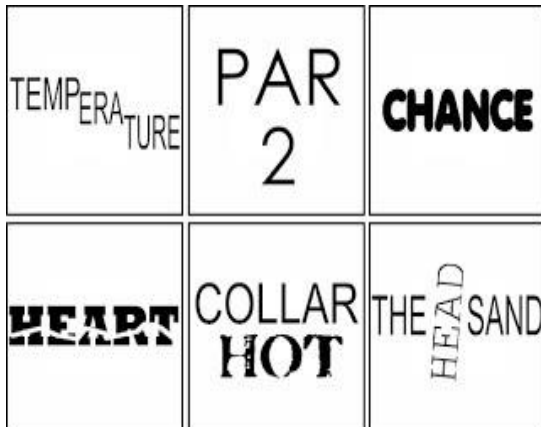
The 6’ x 22’ Ravensburger stumper was delivered to the Mayflower Edwards building in a 3’ x 1’ box containing 10 pouches of puzzle pieces. Each pouch was the makings of one vivid Disney scene and characters.

The Ravensburger Publishing House was founded in Ravensburg, Germany in 1884 with the production of the game, “A Trip Around the World.” Today, the company has global sales of about \$600 million and has been trying to meet the sudden blizzard of orders as social-distancing measures have limited the number it is able to produce in its factory.

For each frame, John works on two side-by-side six-foot tables. When he empties a bag, he scoops up pieces with a big spoon and spreads them out by color and edge shape. The last two frames will be “Ariel the Little Mermaid” and “Peter Pan.”

-Bob Mann, Sales & Marketing Director

Quarantine Puzzlers



APPLE
BANANA
CHERRY
GRAPES
LEMON
ORANGE
TOMATO

Poweshiek County, Mayflower each record new COVID case

Poweshiek County has recorded only one new COVID-19 case since June 22. An employee of the Mayflower Community has tested positive for COVID-19.

One new case of COVID-19 has been confirmed in Poweshiek County since our last issue on June 22, raising the total of confirmed cases in the county from 96 on June 22 to 97 on June 25. Poweshiek County had 90 confirmed cases as of June 1 and has recorded a total of seven new cases in the first 25 days in June.

One person who had COVID-19 has been declared recovered since our last

issue on June 22, which brings the total of those who have recovered from the virus from 84 to 85 or 87.6 percent of those who contracted the virus.

No one in Poweshiek County has died from COVID-19 since May 14, and the number of those who succumbed to the virus remains eight.

A single case of COVID-19, the illness resulting from the novel coronavirus, has been diagnosed in a staff member of The Mayflower Community.

COVID UPDATE —

**Grinnell Herald Register,
June 2020**

Now There Are Two!

In the midst of social distancing, how do you get outside safely and enjoyably? The Mayflower Community (Grinnell IA) has one answer: “Fun2Go” three-wheeled cycles.

Mayflower has now purchased its second Van Raam adaptive cycle, named “The Chat.” Training was recently completed, and the new cycle along with a Van Raam “Side-by-Side” cycle purchased last fall, are now in service.

Gifts from individual donors made the purchase of the first three-wheeler possible. The most recent purchase was supported by a generous grant from the Theisen “More for Your Community” grant administered by the Community Foundation of Dubuque. (Theisen’s have a Farm, Home, Auto store in Grinnell at 208 West Street S.)

The rickshaw-style Chat is peddled by one “driver” and can ferry two passengers on the front bench seat. There are seat belts and a hood for rain or bright sun. See photo.

Mayflower has scheduled set times for use of The Chat and the Side-by-Side with residents of the Health Center and Beebe Assisted Living. Mayflower's independent living residents can schedule use of the cycles during any of the free times. The cycles can be driven by staff members, volunteers, or family members who have completed training.

Given Mayflower's close proximity to Grinnell's downtown Central Park and business district, cycle rides can provide entertaining sightseeing along with the running of errands. Other destination parks are in close vicinity, such as Arbor Lake, Nyanza Lake, and Marvin Gardens.

Mayflower Executive Director, Steve Langerud, observed, "The joy and utility of bicycling transcend age and ability. For seniors, this simple pleasure also helps improve mobility, build social connections, and stimulate brain development to support memory and neurological function that impacts quality of life."



A wellness survey of Mayflower residents, conducted last fall by Grinnell College faculty and students, revealed that the opportunity to get out of doors was a key desire, particularly for those in healthcare. A second market research study of Mayflower residents found that two services—transportation and running errands—topped their list of needs. Langerud said, "We believe that these All-Ability cycles will provide a creative, healthy, and collaborative solution to both wellness and home service needs of residents and the community."

With the Side-By-Side cycle, one person steers while one or both pedal, using the freewheel switch, whereby the second rider can disengage or pedal at any speed. With The Chat, one driver pedals and steers. Each cycle has a battery-powered engine to assist in climbing inclines. The riders can easily converse as they travel together.

Langerud added, "Cycling is fun! Imagine a community errand and transportation service for seniors where you are picked up, delivered, and returned home by bicycle. Imagine intergenerational programs in which seniors and students are riding together for fun and transportation. Our ministry drives us to be collaborative and active leaders in supporting the health of all seniors in Grinnell and Poweshiek County.

-Bob Mann, Sales & Marketing Director



UnLOCKIN the Power of Philanthropy: Doug Lockin, Charitable Gift Planner Encouraging “Legacy” Giving

My previous column introduced two unusually large goals, “growing” Mayflower’s Human Needs Endowment Fund to \$8 million and its Mission and Vision Fund to \$5 million. Mayflower has never published charitable visions of this magnitude. However, reaching the goals has appealing benefits for all Mayflower residents and staff.

With the information that follows, I encourage all friends of Mayflower to explore a “legacy” giving conversation. “Legacy” giving is not defined by the amount of the gift or its timing. It is most importantly a gift (or series of gifts) that “keep on giving” beyond the lifetime of the giver.

A “Human Needs” fund of \$8 million will provide annual distributions that fully cover the costs of care for residents whose personal funds have been exhausted. Currently, the “Human Needs” balance is \$2.3 million, and it makes annual distributions of \$100,000. The average annual cost of charitable care is \$400,000, with the \$300,000 difference coming from other Mayflower revenues. A big part of this “legacy” vision is freeing the \$300,000 for services that benefit all residents and staff.

A “Mission and Vision” fund of \$5 million will provide another \$250,000 annually for resident and staff initiatives. For residents, this includes expanding services in therapy, transportation, nutrition, counseling, complementary medicine, palliative care and hospice care. For staff, the vision calls for further enhancements to professional education and development, wages, and flexible benefits.

No two “legacy” giving plans will be the same. In the weeks ahead, I will write about the creative ways friends of Mayflower have already put “legacy” plans in place. In the meantime, I welcome hearing your “legacy” giving aspirations, for Mayflower and other organizations you care about.

Doug Lockin 515.210.6603 or dlockin@mayflowerhomes.com

SPIRITUAL CARE CORNER

by Rev. Pasha Buck, Interim Chaplain

We’ll look today at a few more images that Jesus used to help his “hearers” understand more about the “Divine Kingdom of Heaven.” Do remember that heaven was never thought of as a place, but as a state of being where nothing deteriorated or decomposed. (In a desert culture, this would have had an especially important meaning.)

Matthew and Luke, in Chapter 13, say the “kingdom of God is like a grain of mustard seed.” Instead of just a “plant,” this tiny seed produced a huge shrub they called a tree which gave the “birds of the air” a place of refuge and shade.

Listen to the emphasis on “tiny but powerful” or “ordinary but with power to transform.” This kind of image reinforced the ancient belief of all varieties of “near-Eastern” people who believed that the “Divine” or “God” (called by many different names) might seem so tiny as to be unseeable, and therefore overlooked, but was, in fact, powerful enough to change evil into good! “Transform” literally means to change the “base,” and Jesus is saying that the “Holy” (“The Kingdom”) changes the base from which everything grows and becomes the Good, Beautiful, and True.

If we look at the chosen twelve, whom we call “Disciples” (students), we see that Jesus did not pick men who could be said to be revered in their society! Several were fishermen and, like farmers, they always handled dead animals/fish, and so would have been unacceptable in Temple worship. Even though these men fished for a living, they actually had an incredible big market in Rome. Perhaps they could not write or read, but they were not poor!

Another of the Twelve, Levi Matthew, the tax collector, was hated by everyone! Most tax collectors added in whatever they thought they could get, so they collected more than they had to pay Rome! But Matthew, as a tax collector, had to speak about five languages, and read and write! We know much of the history of the years of Jesus’ ministry because he could record it. And he, himself, was an example of transformation.

Next time, we’ll look at “Imaging” as critical in our praying, since it is more powerful than words.



In Memorium

Gretchen Godby Isenberg

Date of Birth: 02-16-2941

Date of Death: 06-27-2020

Resident Birthday List:

July 7:	Jim LaCasse	July 8:	Anne Igoe
July 12:	Steve Lovig	Katherine McClelland	Peggy Kolpin
July 14:	Walda Gustafson	July 15:	Montie Redenius
July 17:	Esther Bethel	July 20:	Deena Wellborn