

The Informer

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Four Mayflower Nurses Finish RN Degrees

The Mayflower Community is celebrating the completion of Associate Degree Nursing work for four staff LPNs (Licensed Practical Nurses). While working at Mayflower as nurses, Trisha Beyer, Taylor Kirby, Cheyenne Klos, and Kelsey Pothoven attended classes and performed clinical rotations and a preceptorship through the Marshalltown Community College.

The next challenge for these four nurses is their State of Iowa Registered Nurse licensure examinations (the “Boards”).

Trisha works full-time on the weekends as a nurse in our Health Center. She began her Mayflower service in 2012 as a Certified Nurse Aide (CNA). Trisha completed her Licensed Practical Nursing (LPN) degree in June 2018. She is a graduate of Lynnville-Sully High School.



Taylor works part-time in both the Health Center and Beebe Assisted Living. After graduation from Grinnell High School, she began working at Mayflower as a CNA in 2018 while attending school full-time at Marshalltown Community College, where she received her LPN training. She became licensed as an LPN in 2019. Taylor is planning to continue her studies for a bachelor of science in nursing (BSN) this fall at the University of Iowa.

Cheyenne has worked full-time on weekends in Beebe Assisted Living since the summer of 2019 when she received her LPN license. In that process, she served a preceptorship at Mayflower. Cheyenne plans to attend the University of Iowa to study for her Bachelor of Science in Nursing (BSN). In addition, Cheyenne, a graduate of Montezuma High School, is a member of the U.S. Army National Guard.

A native of the Oskaloosa and Pella area, Kelsey graduated from Oskaloosa Senior High School and went on to receive her Licensed Practical Nurse education from Indian Hills Community College, Ottumwa IA. She began working for Mayflower in 2016 in the

Health Center and later transferred to Beebe Assisted Living. In August 2019, Kelsey began schooling in Marshalltown, juggling work and parenthood with her studies. She plans to attend William Penn University, Oskaloosa IA to work on her bachelors in nursing degree.

In her work at Mayflower, Trisha became familiar with the Mayflower Employee Education Fund, an endowment used to help pay for education expenses pertinent to work at Mayflower. The loan that Trisha received is forgivable over time, as she works at Mayflower.

Holly Thomas, RN, Mayflower Director of Health Services, says of the four nurses, “As graduates of the ADN program at Marshalltown Community College, Trisha, Taylor, Cheyenne, and Kelsey have our congratulations. We are thankful for their dedication to working at Mayflower while achieving their professional goals. We know how difficult it is to balance work, life, family, and school through a challenging nursing program.”

In the accompanying photo, Trisha and Taylor stand in front of Mayflower’s Health Center. Cheyenne and Kelsey are pictured separately. The group photo is the spring 2020 ADN graduating class at Marshalltown Community College.

Founded in 1950, the Mayflower Community is the only healthcare provider in Poweshiek County offering Medicare certified skilled nursing care, certified assisted living, and licensed residential care, all on one campus. More than 280 people make their homes in the Mayflower Community’s healthcare, independent living apartments, patio homes, and the new Watertower Square apartments. More information is available at <http://www.mayflowerhomes.com/> or by calling 641-236-6151.

Treasure Chest

Treasure Chest has an unusual exhibit for the month of August. One of our newer residents, Donna Miller, is exhibiting her amazing collection of handmade, wooden kokeshi figures made in Japan. They come in all sizes, carefully painted in a multitude of colors. Some range from over 80 years old to contemporary pieces. Do not miss this exhibit, located on the first floor in Pearson hall.

Also, in this year of a Presidential election, we are urging Mayflower residents and staff to check their closets for memorabilia of past Presidential elections that we could use in our November exhibit. Please contact me if you can contribute to the display. We will mark your contributions and return them to you in December.

-Thank you, Sue Drake, chairperson of The Treasure Chest

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

Kriegel Honored for 15 Years of Mayflower Service

Grinnell native, Bruce Kriegel, was honored today for his 15 years of service to The Mayflower Community. Bruce has been working weekday mornings in the Mayflower dining room since he was 16 years old.

Many locals know Bruce for about the same number of years as he has served as manager of the Grinnell High School football and boys basketball teams. For years, those teams have had a tradition of running behind Bruce onto the field and court for warm-ups.

We have all been fortunate to be associated with Bruce. He is the son of Susan Kriegel and the late Steven Kriegel.

In the accompanying photo, Scott Gruhn, Mayflower's Director of Food Services, presents Bruce with a certificate and a gift card.



-Bob Mann, Sales & Marketing Director

Mayflower Honors Retirees

On July 16th, The Mayflower Community honored four recently-retired employees who had served Mayflower residents for 86 years. Because the pandemic made it unsafe to host a retirement celebration, Mayflower instead sponsored a “card shower.”

The four retirees received a bow-tied stack of notes and cards, a photo collage of their Mayflower work, a fresh flower bouquet, and an insulated water bottle. The retirees and their years of service are:

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

Mayflower’s Director of Human Resources, Christy Kaisand, coordinated the event. Activities Coordinator, Tracy Woolfork, produced the photo collages.

-Bob Mann, Sales & Marketing Director



Pictured, left to right, are Janet Neff, Anne Sunday, Chery Neff. Betty Schamber was unavailable.

The Perfect Day

What is, for you, a “perfect” day?
One that lifts your spirits, calms your fears?
Fills you with that over-whelming
Sense of peace—not tears?
Can we order such a day today?
Perhaps we want a peaceful heart
For every day, to share with those in need.
“Perfect” meant “inclusive” (not “flawless”)
In Jesus’ day, so maybe then
Our perfect day is here today! Amen!

Patricia (Pasha) Buck
January 2020



Scottish Dinner and Performance at Mayflower

Don your tartan or kilt and join in an evening of Highland food and music on Thursday, August 6th. Festivities begin with a Scottish dinner prepared and delivered by the Mayflower Food Service staff. The program, sponsored by the Mayflower Residents Association Lyceum Committee, will be Grinnell's renowned Turlach Ur pipe band.

Following dinner, bagpipers and drummers will play at various Mayflower locations. Founded in 2007 by local attorney, Rob Clower, Turlach Ur is the largest pipe band in Iowa with members of varying abilities. The band plays competitively across the country and has won accolades in many venues.

To allow for social distancing, they will play at four different locations on our campus. Never fear, there will be no problem hearing the Highland music from almost anywhere. In fact, they will probably entertain the surrounding neighborhood as well! Watch for details about the time and locations.

The menu will include:

- Steak pie (Scottish version of a Shepard's pie)
- Stovies (bits from the stove, potatoes, carrots, and corned beef)
 - Neeps & Tatties (potatoes and rutabaga)
- Scotch Eggs (hard-boiled egg surrounded by port sausage, bread crumbs, and fried to a golden brown)
 - Feather Biscuit
 - Beer Root Salad
- Dessert – Topsy Laird Trifle (Scottish butter tablet—traditional Scottish fudge)

Cost: \$12.00

For reservations, please call the Buckley kitchen (641-2366151 x216) or email Scott Gruhn (sgruhn@mayflowerhomes.com). Delivery times will be from 5:00 to 6:00pm. Indicate your preference when you make your reservation. Deadline is Monday, August 3rd, 12:00noon.

Resident Business Goes On at Mayflower

The Mayflower Community (Grinnell IA) hosted a virtual meeting of the Mayflower Residents Association (MRA) on Monday, July 20th. With 67 devices logged into the Zoom® meeting, there were almost 100 in attendance as some residents hosted others.



The MRA is an active, self-governing body composed of all residents of Mayflower. It is made up of elected officers and “standing” and “long-term” committees, each headed by a chair and composed of numerous members. Gene Wubbels is the current President, Jack Mutti is President-Elect, Jan Peak is Secretary, and Carmen Raffety is Treasurer.

The MRA sponsors various social, benevolent, supportive, and community-enhancing missions, such as Audio-Visuals, Chapel, Finance, Forum (information), Green Team, Library, Lyceum (entertainment), Memorials, Mini-Gift Shop, Nominations, Social, and *The Log* (resident publication).

The full body—open to any Mayflower resident—meets periodically in a “Town Meeting.” During the most recent Zoom meeting, the agenda included numerous reports about affairs at Mayflower from officers, committees, and Mayflower staff, interspersed with questions and discussion. Business...and fun continue to happen at Mayflower!

-Bob Mann, Sales & Marketing Director

Update about Ariel Lepito



Several residents have inquired of former Mayflower independent living activities coordinator, Anne Sunday, about the whereabouts of Ariel Lepito. A 2017 graduate of Grinnell College, Ariel served during the 2017-18 school year as the Mayflower Resident Intern through the AmeriCorps Vista program.

Recently, Ariel updated Anne. Last fall, she moved to Boston for a new position, Service Year Program Administrator for Tisch College of Civic Life at Tufts University, Medford MA. Ariel departed her one-year Mayflower experience in the summer of 2018 to become an AmeriCorps VISTA campus compact leader in Worcester MA.

In Ariel’s words, “Now I’m working at Tufts University to partner with different AmeriCorps programs across the state. That’s going well, but I think I prefer less independent work. It can be isolating, especially since I am remote.”

Ariel wishes to thank Mayflower residents “...for the cards, collage, and beautiful flowers.”

-Bob Mann, Sales & Marketing Director

New Source of Enjoyment?

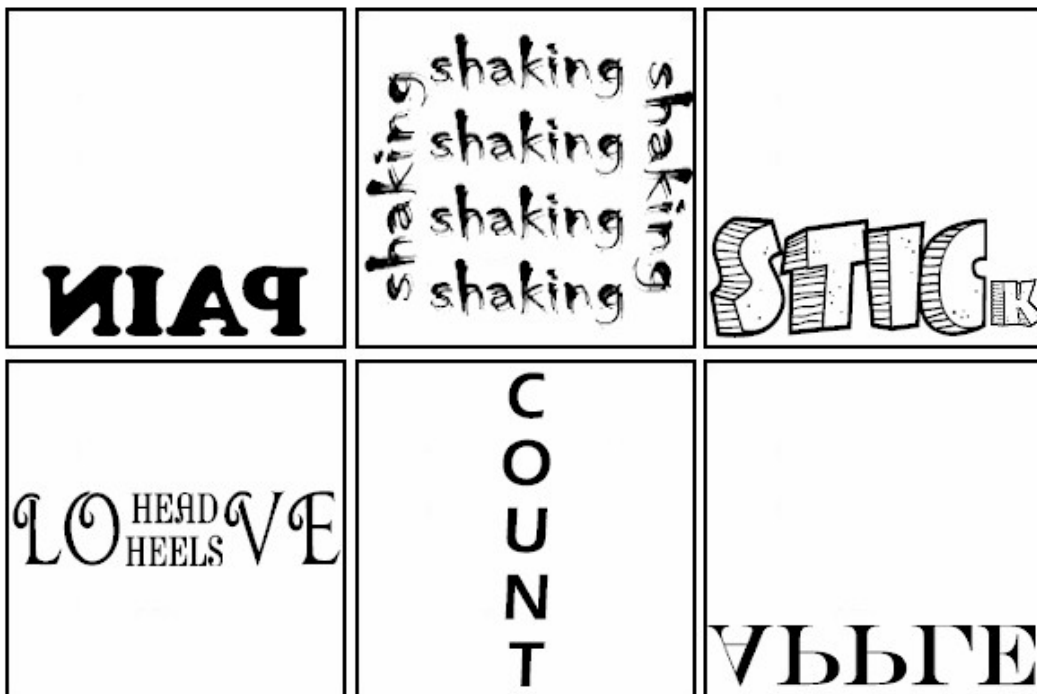
Sue Ahrens has shared via Judy Hunter that Road Scholar, a not-for-profit provider of educational tours, has some quality virtual lectures available on their website: roadscholar.org.

On this site, you will see a tab for "Virtual Lectures" near the top of the page. You do not have to be a Road Scholar member to access the lectures, and they are offered free (though donations are encouraged.) If you enter your email address, they will send you a list of past and upcoming lectures.

Upcoming events are offered as webinars, and registration is requested. Past lectures are available at the site or through the Road Scholar channel on YouTube. Enjoy.

-Bob Mann, Sales & Marketing Director

Quarantine Word Wuzzles:



UnLOCKIN the Power of Philanthropy “The Building Blocks”

In my last column, I noted Mayflower’s ambitious goals to expand services for current and future residents by growing its Human Needs Endowment Fund and Mission and Vision Fund. That message encouraged friends of Mayflower to consider a legacy plan benefitting one of the funds. I follow with strategies and building blocks that make legacy plans possible for almost everyone.



A legacy plan is rarely complicated. Taking thoughtful time to create your plan will yield lasting personal satisfaction and family financial benefit. I plan to expand on the brief descriptions below in upcoming columns.

Legacy Strategies:

- “Give taxable assets to charity and non-taxable assets to heirs” ... equally important for lifetime or future (estate) plans; charity receives your intended gift and your heirs keep more.
- “Bunch’ lifetime gifts for maximum tax benefit” ... or, put another way, fund your charitable plans when it is best for you, and send gifts to charity when it is best for them.
- “Turn future provisions into lifetime provisions, if possible, for maximum tax benefit” ... few Americans face federal estate tax, but almost everyone can benefit from a well-timed income tax deduction.

Lifetime Legacy Plan Considerations:

- “Give assets other than cash” ... Stocks, Bonds, Mutual Funds, IRA distributions, and anything you consider Unproductive Property may be better than writing a check.
- “Consider proactive techniques” ... tricks of the trade that are not tricky:
 - Donor Advised Funds ... a plan to help you give when it is best for you!
 - Bargain Sales ... a sale to charity for less than fair market value!
 - Real Estate with a Retained Life Estate ... a big deduction now, charity benefits later!
 - Interest Free Loans ... a temporary use for excess cash!
 - Charitable Gift Annuities ... turn an unproductive asset into meaningful income!

Future Legacy Plan Considerations:

- “Revocable plans help maintain maximum flexibility” ... retain the right to easily change plan details if your circumstances require.
 - A provision in your Will or Living Trust,

- A beneficiary provision in your IRA, Bank Accounts, or other Brokerage Accounts,
- A beneficiary provision in your Life Insurance,
- Move assets intended for charity into a separate account you control,
- “Charitable Trusts and other powerful plans” ... not all taxes are mandatory; these plans help you re-direct dollars destined for taxation to your favorite charitable organizations.

Discussing these building blocks is a great first step with no obligation. I welcome hearing from you with questions or comments.

- Doug Lockin, dlockin@mayflowerhomes.com or 515.210.6603

COVID-19 Vaccines are Making Headway

Although it is still likely that a coronavirus vaccine will not be readily available until 2021, many science and research companies are getting closer to finding a vaccine for the COVID-19 virus.

Pfizer and BioNTech are just two of the leaders in creating a vaccine. On Monday, July 27th, both companies began their late-stages of human trials for a vaccine. The trial will include up to 30,000 participants in 39 U.S. states, and 120 sites around the world.

The first group of participants for this coronavirus vaccine received injections at the University of Rochester.

If the study is successful, the companies will submit their vaccine for review sometime later this year, most likely in October or November. If approved, this research and vaccine creation will lead to available vaccines in 2021.

Moderna is another leading vaccine candidate and will also include 30,000 participants for its trial, which also began on Monday. If the vaccine protects 60% of the people who receive it, then the vaccine will be noted as ‘effective.’

Pharmaceutical giant, Johnson & Johnson, hopes to begin late-stage human trials for their coronavirus vaccine in late September, which is ahead of their schedule.

-Temesha Derby, sourced from NYTimes, CNBC, Yahoo News

Become a Chamber Champion!

During these difficult times, the Grinnell Chamber Area of Commerce has been working diligently to uplift local Grinnell businesses and community members. Because of the COVID-19 pandemic, the Chamber has not been able to host in-person events, which are revenue-generating for the Chamber and the community at large.

Because of this discrepancy, the Grinnell Chamber is currently seeking “Chamber Champions” to help generate revenue for the Chamber and the community. You can become a “Chamber Champion” for as little as \$25!



Find more information here:

<https://www.grinnellchamber.org/index.cfm?nodeID=95849&audienceID=1>

Grinnell Farmer's Market



Have you been to the Grinnell Farmer's Market yet?

Now is the perfect time to go! The Grinnell Farmer's Market offers a variety of produce, plants, herbs, baked goods, homemade bread,

popcorn and various craft and art items from a variety of vendors.

Attend the Market Thursdays 3-6pm or Saturdays 10am-noon. It is strongly encouraged that you wear a mask. Please do not attend if you have not been feeling well or have been in contact with someone who is ill.

There are many options to choose from the Grinnell Farmer's Market. Be sure to shop local!

Resident Birthday List:

July 31	Harriet Adelberg	August 1	Mary Lemke
August 2	Tom Szary	August 3	Karen Stevenson
August 5	Stella Anderson	August 7	John Noer
August 9	Sue Ahrens		
	Sheila Gause	August 14	Judy Thompson
August 15	Alice Breemer	August 16	

SPIRITUAL CARE CORNER

By Rev. Pasha Buck, Interim Chaplain

We may not think of the Scripture, Luke 22:14-19, which is about Jesus (the Master Teacher) serving that “first” communion to his Disciples (students who are learning to imitate him), as being a powerful teaching image/lesson. But let’s look back at what the Disciples would have known about their own history and what this pointed to.

The history of Aramaic speakers, including Hebrews, is that as desert people, mothers always seemed to want (and prayed for) their sons to grow up to be shepherds.

In this time period, a young man, in need of a dowry so that he could get married, could, because of his shepherding skills, sign on with a caravan. There is even evidence in India that both Jesus and John the Baptist were there, likely as part of a caravan “work team.” Caravan jobs were “animal caregiver jobs,” and the young man would be paid likely with a lamb or a goat. But the routes to China and India and all around the area were dangerous, and there was always a possibility that the young man could be killed.

Therefore, before he left on this trip, the entire community would join his family for his “last supper. “ The men and boys ate together, and as they are to begin, the young man about to leave for the Far East holds up the bread saying, “Eat my body.” The words “eat my body” are an Aramaic idiom meaning “we will never be separated.”

This old “original” communion service was filled with images of common life—especially of common dangers needing everyone to work together. During all these years, communion was a meal eaten together—this alone was a powerful image. Rich and poor sat down to share the last supper.

And, after Jesus’ ministry had brought together both Jews and Gentiles, **they** sat down together and shared the same meal. Nearly unheard of, and a powerful teaching image indeed!