

The Informer

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The Derecho Is Past. The Pandemic Continues.

The August 10th derecho storm came and now is gone at The Mayflower Community in Grinnell IA. It was terrible, with much destruction throughout the greater Poweshiek County area. Likely, if you did not burn up a bunch of energy cleaning up after the storm, you have at least read and heard about all you wish to about it.

As of today, Alliant Energy reports that most of the greater Grinnell community has now had its power restored.

Now, it's back to the coronavirus pandemic. Not much there has changed, as our senior living and healthcare community remains COVID-19 free (with the help of an extremely diligent staff). As a result, we have loosened the visitor and vendor restrictions somewhat in our Health Center and Beebe Assisted Living facilities. Meanwhile, we are seeking the post-pandemic new normal throughout the entire campus.

The wind, rain, and downed trees on top of mask-wearing people has resulted in some new learning experiences. The accompanying photo show residents without power eating on the Buckley patio.

Refrigerators and freezers had to be completely emptied, sanitized, and aired out. Ice and hot coffee became critical staples as the former chilled some foodstuffs and the latter kept people sustained. The Mayflower kitchen provided both, all day long as well as three meals a day on the patio from Monday evening through the Tuesday evening of the following week.

Just as important was the gas-generator charging station that kept electronic devices powered from day to day. It became a social gathering place (face masks and social distancing) as an improvement over blank TV screens and shadowy dark homes. Some frozen goods were transferred to the Mayflower kitchen walk-in to be returned when power came back.



Here are some vignettes from the “dark period:”

- One resident started eating bran flakes with WATER for breakfast. Surprisingly, he said, “It tastes pretty good!”
- In the freezer goods sent to Mayflower’s freezer were a couple of top quality cuts of meat that a wife had purchased to surprise her husband on a special occasion. He discovered them when restocking the freezer and asked her to do some explaining!
- One fairly new resident had eaten few meals in the Mayflower dining room, but was so taken with the emergency meals served on our patio that she has vowed to start eating regularly from our diverse menu.
- Many independent living residents received offers from offspring to “come spend time with us” during the power outage. Most declined because all their needs were being met in their familiar surroundings.
- The Health Center was powered about 80% throughout the outage by the huge diesel generator located in the lower level. Our nursing staff tell us that residents were quite resilient, but did complain that staff was neglecting to turn on lights (ones not powered) and that they wanted to watch TV (cable provider was down).

We have made some extraordinary notes for the next natural disaster!

-Bob Mann, Sales & Marketing Director

Scott Gruhn Catered Picnic...A Slice of Normalcy in Grinnell!

If you have enjoyed food catered from the Mayflower kitchen under the direction of Scott Gruhn, this photo will bring back memories. It is just like the “old days”...except there is plenty of space between table settings!



Scott, Mayflower’s Director of Food Services, and his staff catered a picnic for resident Mary Schuchmann and her guests at Merrill Park on Friday, July 31st.

The meal was served on china inherited by Mary from her grandmother.

Yummmm.

-Bob Mann, Sales & Marketing Director

See How the Mayflower Flowers Grow

Last April, a group of Mayflower Community residents calling themselves FANS (Friends and Neighbors of Mayflower), planted over 400 seed cups and distributed them to independent living residents in apartment buildings, to the doors of Harwich Terrace patio home residents, to Health Center and Beebe Assisted Living residents, and to staff members.



In the photo to the right, Betty Anne Francis displays an early start of her marigold. In the second photo, the seed cup planted at the edge the home patio of nurse Jacki Hicklin, RN, has blossomed.



In case the FUN group members wonder if any good came of all these seed cups, the answer lies in the marigold plantings that have sprouted at the northwest

corner of the Buckley building (see photo, right), compliments of Altemeier residents.

The Altemeier folks nursed the plants along until they could be safely planted outdoors. There are five clumps with four plants each.

-Bob Mann, Sales & Marketing Director



Coming up in September



Now that you have seen our Japanese Dolls, we will soon have some wonderful knitting done by Lisa Case. She and her husband, Bill, have moved into the Pearson building (they also have a home in Iowa City). Lisa is gathering some of the things she has made and is putting them in the Treasure Chest for September. Please wear masks when you go into Pearson to see all exhibits.

-Karen Packard, Treasure Chest Committee

Mayflower Reopens the Buckley Independent Living Dining Room

On Monday, August 3rd, The Mayflower Community (Grinnell IA) reopened the independent living Buckley Dining Room. In response to the pandemic, the space had been closed to sit-down meals since last March. During the intervening period, the Mayflower kitchen has been serving and delivering meals directly to residents' homes.

At this time, service is available only to Mayflower residents (no visitors or family members). Service hours are 7:00am to 6:00pm. Seating is available in the main dining room, the Buckley Bistro, and the Anchor Room with two chairs each at tables socially-distanced six feet apart.



The day's menu is available at each table where servers take orders. All food and beverage is served by staff. Condiments are available upon request in single-service portions.

On the first day, residents renewed acquaintances. Some married couples are planning to split up in order to dine with someone that they likely hadn't talked with for a quite a while. (It is possible that during the four-month stay-at-home period, married folks had plenty of time to talk with each other!)

Besides having home-cooked food on china plates, a couple of residents mused that the best part is a glass of Mayflower special ice tea!

For the time being, Mayflower will continue to offer free meal delivery to residents' homes.

-Bob Mann, Sales & Marketing Director

Dinner and a Pipe Band at Mayflower

On Thursday, August 6th, Grinnell's own Turlach Ur pipe band played in The Mayflower Community, while residents enjoyed a traditional Scottish dinner delivered to their homes and gathering places.

The menu for the dinner included Steak pie (Scottish version of Shepard's pie), Stovies (bits from the stove, potatoes, carrots, and corned beef), Neeps & Tatties (potatoes and rutabaga), Scotch Eggs (hard-boiled egg wrapped in port sausage and breadcrumbs, and fried to a golden brown), Feather Biscuit, and Beer Root Salad. For dessert, Mayflower served a "Topsy Laird Trifle" (our version of a Scottish butter tablet, a traditional Scottish fudge). Thursday evening, 121 meals were delivered across the Mayflower campus.



George and Sue Drake receive their Scottish dinner as they await their guests.



A pipe band is a musical ensemble consisting of bagpipers and drummers. The most common form of pipe band consists of a section of pipers playing the Great Highland bagpipe, a section of snare drummers (often referred to as 'side drummers'), several tenor drummers, and usually one, though occasionally two, bass drummers. Pipe bands have their roots in Ireland, but Scotland is credited with their modern development.

Turlach Ur has posted on their website, "With a roster of more than 30 pipers and drummers, [we are] the largest pipe band in Iowa. More than half of the band members are junior players, ranging in age from 10 to 17. Numerous students, both young and less young, are in training to step into the ranks soon."

Founded in 2007, Turlach Ur did not enter the competition arena in earnest until 2015, but immediately established itself as the top competitive band in Iowa. The band won the Grade 5 Midwest Championships in Chicago that year, as well as the aggregate season championship, MWPBA (Mid-West Pipe Band Association) Champion Supreme.

For one year in 2016, Turlach Ur joined forces with the Cameron Highlanders of San Diego, competing very successfully in Los Angeles, San Diego, and Chicago, as well as the World Championships in Glasgow, Scotland, where the Grade 3A band finished fifth.

Upgraded to Grade 4 for the 2017 competition season, Turlach Ur won in Milwaukee as well as at the Grade 4 Midwest Championships at Chicago. In 2018, the Turlach Ur Grade 4 band was undefeated in competition for the second consecutive year, including a repeat win at the Midwest Championships, and was named MWPBA Champion Supreme in Grade 4, earning an upgrade to Grade 3 for 2019.

2018 also saw the debut of the Turlach Ur Grade 5 band at the Wisconsin Highland Games at Waukesha. Of the band's 11 members, nine were first-timers and eight of those were between the ages of 10 and 13.

Turlach Ur performs concerts regularly both in Grinnell and beyond, and is recognized widely for its unusually fun and innovative shows. The band's junior players sometimes perform on their own as the "Turlach Urchins." Since 2010, Turlach Ur has been affiliated with the Grinnell Area Arts Council.

-Bob Mann, Sales & Marketing Director

Unique Flower on Watertower Square Patio



See accompanying photo. Can you name this flowering plant? It is growing on the edge of Gene and Kathy Herman's garden-like patio at the southeast corner of The Mayflower Community Watertower Square building.

Some of Kathy's neighbors have been asking her about it. A couple of them mused that it looks like ears of corn. Kathy did not know what it is until Mayflower's Grounds and Gardens Supervisor, Ben Pearce, identified it. Ben is an Iowa State University certified Master Gardener®. That means he knows how to look up exotic plants!

Ben tells us that the flowering beauty is a "Pachystachys Lutea," or more commonly a "Golden Shrimp Plant." It still can't be eaten, but at least you are now that much smarter!

-Bob Mann, Sales & Marketing Director

What Are We Smoking at Mayflower? Brisket!

Brisket is one of the seven prime cuts of beef and the toughest. Cut from the breast or chest of the cow, the brisket is full of connective tissue. In order to soften it and make it tasty, it must be seared and then slow cooked, about an hour per pound of meat at a moderate 250° setting. When cooked correctly, the tissue gelatinizes into a rich, tender meat.

Corned beef and pastrami are made from brisket. However, it takes patience to cook.

In the Mayflower Community (Grinnell IA), we have special ovens in both the Buckley (independent living) and Health Center kitchens. The Rational oven is a combination cooking system composed of shelves that cook at various temperatures. The oven can act as a smoker or a convection oven due to high-performance air circulation and a dehumidifier.

According to Justin Faircloth, Mayflower Food Service Cook, “With the new Vario Smoker® attachment for our Rational ovens, we are able to smoke and fully cook brisket, pork shoulder, and ribs in a fraction of the time a traditional smoker would require. A typical large brisket would require 11 hours in a traditional smoker, but with the Vario in the Rational oven we can reduce it to almost half the time.”



The finished meat is tender and delicious.

Ironically, in the middle of the power outage across Grinnell that followed the derecho storm, we were able to use our generator-powered Rational oven to smoke brisket for dinner in the Health Center, in Beebe Assisted Living, and on the Buckley patio for independent living residents. It was delicious!

-Bob Mann, Sales & Marketing Director

**UnLOCKIN the Power of Philanthropy:
Mayflower Friends Use this Plan Most Often**

Twenty seven friends have created Legacy Plans to help Mayflower care for seniors. The current value of those plans is guesstimated at \$1.6 million. One plan, the Charitable Gift Annuity (CGA), has been used more than all the others combined by these friends of Mayflower. Here is a look at why the CGA is a favorite. In the coming weeks, I plan to follow with details of other popular legacy giving strategies.



The CGA was first utilized in this country in the mid 19th century. It remains popular because of the unique benefits it provides you the donor and organizations like Mayflower you wish to support. It is a hybrid plan of sorts, beginning with a simple documented agreement between you and Mayflower. You make a gift to Mayflower during your lifetime and Mayflower will use that gift to care for seniors after your lifetime. While you are living, your gift is invested by Mayflower and you receive a handsome annual payment (the annuity).

Here is an actual CGA example to cover the basics. I will follow with possible variations of the plan you might use for even greater benefit.

“Terry” gifted \$5,000.00 cash in June 2019 to fund a CGA. In return, Terry is receiving \$385.00 per year for as long as he lives. This is 7.7% of his \$5,000.00 gift and based on Terry’s age (81) at the time. (The older you are, the greater your annuity payment will be.) Terry was also entitled to an income tax deduction of \$2618.00 in 2019 for this gift. When Terry receives his annual \$385.00 annuity payment, he only has to report \$84.00 as taxable income; the remaining \$301.00 is tax free for the first eight years of the agreement. Thereafter, all \$385.00 is taxable as ordinary income.

Beneficial variations to consider ... 1) You can use a CGA to provide income for up to two lives, including yourself and a spouse, or other family members or friends. 2) The CGA may be funded with cash, as Terry did, or with assets including appreciated securities (stocks, bonds, or mutual funds), real estate, or other property. This is often a great way to turn underperforming assets into a meaningful stream of income. 3) CGA payments can begin immediately, or may be deferred (in return for even larger payments) to a date of your choosing. 4) Finally, the CGA agreement can spell out how you want Mayflower to use your gift after your lifetime (i.e. “Human Needs Fund,” “Employee Education Fund,” “Mission and Vision Fund,” or another favorite.)

I always suggest you seek input from professional advisors before creating a CGA, yet the agreement can be completed between you and Mayflower without cost. I can provide an illustration to fit your specific circumstances; and we can explore the possibilities over the phone, via a Zoom meeting, or any other safely distanced conversation.

With a CGA you get paid to leave a charitable legacy.

Doug Lockin 515.210.6603 or dlockin@mayflowerhomes.com

C. J. Box Review for the Informer
Betty Moffett

C. J. Box's novels are not for the faint of heart or the queasy of stomach: In *VICIOUS CIRCLE*, a woman is pushed into a canyon with a noose around her neck, and a man has his ears pulled off. As in Box's other 'Joe Pickett' books, the game warden has to connect the clues to find the (very) bad guys and, this time, to prevent the worst bad guy from murdering his whole family.

As usual, Box balances the violence with splendid descriptions of the Wyoming landscape: "The snow had stopped. The setting sun was transforming the muted beige-and-gray into something dramatic and electric."

If you're feeling brave, *VICIOUS CIRCLE* is good entertainment.



New Library Acquisitions:

***Beartown* by Fredrik Backman LP**

***The Vanishing Half* by Brit Bennett**

***The Pull of the Stars* by Emma Donoghue LP**

****Comino Winds* by John Grishman**

***The Great Believers* by Rebecca Makkai**

***Ship of Brides* by Jojo Moyes**

***Dead Land* by Sara Paresky**

***Rodham* by Curtis Sittenfeld**

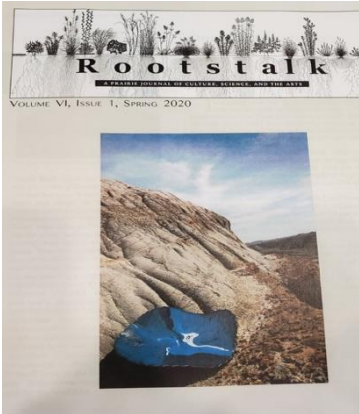
***All Adults Here* by Emma Staub**

***The Last Trial* by Scott Turow**

***Redhead by the Side of the Road* by Anne Tyler**

All are 2020 Fiction except the * Comino Winds Mystery

Mayflower Resident Is Published in “Rootstalk”



“Rootstalk: A Prairie Journal of Culture, Science, and the Arts,” is a multimedia, interdisciplinary journal published by Grinnell College’s Center for Prairie Studies. The glossy-paged publication full of photos was first produced in the spring of 2015.

The mission of the journal is “...to foster a forum for creative expression, commentary, and scholarship that will stimulate thoughtful dialogue about significant issues in the prairie region of North America.” It features previously unpublished works.

In the Spring 2020 edition, Pasha Buck, a resident of Grinnell’s Mayflower Community, is the author of a short story entitled “One of the Stories” about an older man living with memory loss in a nursing facility as he recalls his childhood.

A copy of this edition of “Rootstalk” is available in the Mayflower Library located in the Pearson building lobby.

-Bob Mann, Sales & Marketing Director



Resident Ada Coleen McGriff (103)

Date of Birth: 2/10/1917

Date of Death: 8/18/2020

Resident at Mayflower:

Beebe Assisted Living: 1/31/2018

Health Center: 6/10/2019

In lieu of flowers, memorial contributions may be made to the **New Sharon United Methodist Church. Holland-Coble Funeral Home of New Sharon** is in charge of arrangements.

308 Maple St., New Sharon, IA 50207

Beware of COVID-19 Contract Tracing Scams

Here is the newest COVID-19 scam as reported to The Mayflower Community administrative staff:

“Good morning. According to our system, you are likely to have been in close proximity to someone who has tested positive for COVID-19. This means that you now need to self-isolate for 7 days and take a COVID-19 test.”



Typical response: “OK. Can you tell me who that person was?”

“I’m not able to tell you that. It is confidential information. But you do need to be tested within the next 72 hours. So can I just get the best mailing address so that we can send a kit to you?”

“Okay.” (Gives address)

“Thank you. I just need to take a payment card so that we can finalize this and send the kit to you.”

“Huh? A payment card? I thought this was all free?”

“No - I’m afraid not. There is a one-off fee of \$50 for the kit and test results. Could you read off the long card number for me. Please, when you’re ready.”

“No. That’s not right.”

“I’m afraid it is. Can you give me the card number please. This is very important. There are penalties for not complying.”

Time to hang up! This is how scammers work. Vulnerable people may fall for it. Be aware.

The U.S. Medicare website (<https://www.medicare.gov/medicare-coronavirus>) provides the following information about COVID-19 scams:

If you've been in close contact with someone who tested positive for COVID-19, you may be contacted by a contact tracer or public health worker from your state or local health department in an effort to help slow the spread of the disease. Here's what to know if you get a call:

- A contact tracer may call to let you know you may have been exposed to someone with COVID-19. All information you share with a contact tracer, like who you've been in contact with and your recent whereabouts, is confidential.
- You may be asked to self-quarantine for 14 days. This means staying home, monitoring your health, and maintaining social distance from others at all times.
- You may be asked to monitor your health and watch for [symptoms of COVID-19](#). Notify your doctor if you develop symptoms, and seek medical care if your symptoms worsen or become severe.

[Be aware of scammers pretending to be COVID-19 contact tracers](#). Legitimate contact tracers will never ask for your Medicare Number or financial information. If someone calls and asks for personal information, like your Medicare Number, hang up and report it to us at 1-800-MEDICARE.

Sincerely,
The Medicare Team

-Bob Mann, Sales & Marketing Director

Beebe Building Elevator Out of Service

Recently, it was necessary to make a major repair on our Beebe building elevator. Upon completion of the repair, it was discovered that there are additional mechanical issues that will need to be addressed before it can be put back in service. At this time, we are awaiting the repair bids. However, we do know that it will be sometime before the elevator will be serviceable.

Julie Smith, BSN, BS, Director of Assisted Living, wants to reassure you that Beebe Assisted Living residents' needs are being met during this difficult time. "This year has posed several challenges, for both residents and staff, but without hesitation, every department has come together to ensure our residents' physical, emotional, and mental needs are met. With a temporary dining area set up on the 2nd floor of Beebe, I'm excited for every resident to experience dining together again! Sometimes it's the smallest things that make the biggest impact."

-Steve Langerud, Chief Executive Officer

Mayflower Holds Zoom Update Meeting



Residents of The Mayflower Community (Grinnell IA) were invited to a Zoom meeting on Tuesday, August 25th to learn of current developments. Conducted by Jack Mutti, President-Elect of the Mayflower Residents Association, the meeting featured Mayflower senior managers discussing basic ideas for utilizing available services, especially during this period of social distancing.

In addition, individual residents shared their suggestions for engaging Mayflower's outstanding staff for on-going support as well as for emergency needs.

The management staff who spoke included Steve Langerud, CEO; Kellie McGriff, Associate Director/Administrator; Jack Morrison, Director of Facilities Management; Scott Gruhn, Director of Food Services; Pam Vosburg, CFO; Christy Kaisand, Director of Human Resources; Deb Jack, Receptionist; and Bob Mann, Sales & Marketing Director.

The accompanying screen shot of the meeting, displays one of the multiple pages of attendees.

-Bob Mann, Sales & Marketing Director

'IT' with You and Me

- 'IT' with You and Me is a new technology service that our Community Development and Well – Being Coordinator, Victoria Collins, will be offering for Mayflower residents
- 'IT' stands for Information Technology
- This service entails a one-hour technology training session with Victoria, where you will be learning how to communicate with technology during the pandemic
- Learn more about Zoom
- Get a tutorial on how to use your iPhone or other smart cellular device
- Ask general technology related questions
- This is a great opportunity to learn more about technology and your personal devices
- There will be a sign-up sheet for 'IT' with You and Me on the activity desk located in Pearson or call Deb Jack at the Receptionist desk (641-236-6151) and ask her to add your name
- Please sign up for a day and time that works best for you and Victoria will come to your home to work through all of your technology questions



No Bucket Courses. Alternatives.

The Grinnell Bucket Course Planning Committee has announced that they are not planning to hold the Bucket Courses this fall, given the ongoing pandemic. They will decide later this fall about whether to hold them next winter/spring.

In the meantime, the Committee hopes that you can take advantage of other opportunities for learning. They list these sources of virtual courses:

- Grinnell Drake Community Library – <https://grinnell.lib.ia.us/lifelong-learning/>
- ROAD SCHOLAR – <https://www.roadscholar.org/collections/adventures-online/>
- CORNELL CHRONICLE – <https://news.cornell.edu/stories/2020/07/adult-university-goes-virtual-free-education-vacations>
- TED Talks – <https://www.ted.com/>

-Bob Mann, Sales & Marketing Director

An Albino Squirrel? No. Just a White-Tailed One.

Mayflower resident, Montie Redenius, captured a photo of a white-tailed squirrel. Said Montie, “We see her/him from our apartment windows when it is running around the yard and trees on the lawn of Montgomery (The Mayflower Community apartment building at 2nd and Broad). There are or were two of them, but we don’t always see them together. We were glad to see it running around a few days after the storm. We were afraid it might have blown away.”



A resident in the Montgomery building, Anne Sunday, added, “I have seen the two of them together hanging out or alone on Park Street, 1st and 2nd avenues and Broad Street. They seem very young.”

Per one Google site, “White-tailed squirrels are uncommon but locally they can become common. They are not albino squirrels. The color variation can come from a recessive trait that will occasionally appear in the genetic line. If the mother has a white tail, that characteristic is carried to offspring.”

In an Iowa Public Radio broadcast (“Iowans Seeing Rare, White-Tailed Squirrels,” November 19, 2012), it was stated, “We’re all too familiar with whitetail deer. But,

there also have been a few recent sightings in Iowa of rare white-tailed squirrels. The rodent with the bushy, snow-white tail has been seen in [various parts of Des Moines]. Earlier this year, several were spotted in the town of Osage.”

Vince Evelsizer, a biologist with the Iowa Department of Natural Resources, says that the white tail is probably a rare, genetic trait that has emerged naturally. “I am not sure what’s causing it to show up right now,” he says. “I would guess it’s not weather, but I’m not sure. I would guess it’s something that has just emerged in one or two squirrels and maybe those bred with some other squirrels and got a few of them to have it show up in them.”

Evelsizer says the white-tailed trait may stick around and become more common, or it could fade from the squirrel population. He says he's never seen a whitetail squirrel himself, but anyone who does should consider themselves lucky.

Montie and Suzanne Redenius and Anne Sunday are “lucky.”

-Bob Mann, Sales & Marketing Director

Resident Birthday List

August 28	Barb Lease Doug Caulkins
August 29	Karen Phillips
August 30	Lisa Adkins
September 2	Gloria Clay Temesha Derby
September 7	Bob Williams Suzy Raffety Lynn Budding
September 9	John Buck
September 12	Nancy Brown



SPIRITUAL CARE CORNER (8)
By Rev. Pasha Buck, Interim Chaplain

For our last column, I'd like to do a little review of another of Jesus' teachings that we call "The Lord's Prayer." This might seem more like an outline, but I am sure you can fill in the rest!

When Jesus used the words, "Our Father," it seems that he was both being inclusive (our) and equating God with the nurturing fathers (Abbas) who had learned to be nurturing by learning how to take care of all the sheep—lambs, ewes, and ram. These "gifts" had transferred to taking care of children!

The word "heaven" meant "state of being where nothing rots"!

Holy or Hallowed means "so different from us that we could not begin to know what God really is!" And "name" meant to that culture the "character of the person"!

"Thy Kingdom Come and Thy Will be Done" actually appears to be our promise to help this happen!

"Give us this day our daily bread" would have triggered in everyone a remembrance of the stories of the Israelites escaping from Egypt and being told that every morning there would be manna in the desert, but they were to take only what they could eat that day. (A "hoard" would literally rot, if kept overnight.)

The hardest part of the prayer is the one that starts "forgive us our debts/sins as we have forgiven those who...." Then Jesus goes on to say "if you don't forgive, your Father in Heaven won't forgive you." What we don't seem to understand is the cultural meanings of the word debt or sin, and of the physical attributes in us when we DON'T forgive. Sin was more often better translated "error" (not an evil act, necessarily). But the real issue for us is that when we are unforgiving, our muscles tighten up to the point where we can't receive!!! To be able to receive forgiveness means that we have to quit "getting ready to hit" the person who harmed us! Tight muscles don't let go and can't receive!

Let me suggest that to rush through the prayer without giving real thought to the words we are saying is like offering trash to God. And let us give thanks that Jesus used this simple prayer to give us a starting point for our prayers: let go of anxiety, worry, anger, and let God's love flow through us and out to others in need. Amen!