

The Informer

February 12, 2021

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The Mayflower Community Vaccinations

On Friday, February 5th, The Mayflower Community (Grinnell IA) Health Center and Beebe Assisted Living residents and staff received their second dose of the Pfizer COVID-19 vaccine. A few staff members received their first dose that day. A total of 135 doses were administered to this group.

In addition, 190 independent living residents received their first dose of the Pfizer vaccine. The clinic was administered by CVS Pharmacies.

For the day, 325 does were administered. Pictured above, residents Merle Zirkle (left) and MJ Zimmerman (right) visit with Mayflower's Associate Director/Administrator, Kellie McGriff, BSN, NHA, RN, who organized the Mayflower independent living resident vaccination clinic.



As of now, 72% of Mayflower's staff, 99% of the independent living residents, 94% of Health Center residents, and 100% of Beebe Assisted Living residents have had at least one dose of the vaccine.

-Bob Mann, Sales & Marketing Director



New Mayflower Trustees

Don Schild, Grinnell attorney and President of The Mayflower Community Board of Trustees, announces the election of these three new Trustees to the Board: Paige Carlson, Jessica Dillon, and Jim Ramsey.

Mayflower is a not-for-profit senior living and healthcare organization served by an all-volunteer Board since its establishment in Grinnell, Iowa in 1950. Over 260 residents call Mayflower home.

Paige Carlson, a resident of Lynnville, Iowa, is the Associate Director of Investments at Grinnell College, assisting with the

management of the endowment fund's investments. Carlson joined the College staff in 2005 as an investment analyst. She currently serves as Treasurer of Grinnell College's Phi Beta Kappa Chapter, Beta of Iowa, having served as an officer for Beta of Iowa since 2006. Carlson received a B.A. in Economics, with honors, from Grinnell College and is a Chartered Financial Analyst® (CFA) charterholder and Chartered Alternative Investment Analyst (CAIA) charterholder. She previously served two three-year terms as a Mayflower Trustee from October 2012 to October 2018.



Jessica Dillon, a Grinnell native, is a Vice President and Certified Private Wealth Advisor® in the Grinnell State Bank's Wealth Management division and provides financial planning and investment management services for individuals and families throughout Central Iowa. Prior to transitioning to the advisory field in 2017, Jessica held Trader and Senior Analyst roles with the Grinnell College Investment Office, Wells Fargo in San Francisco, and The Federal Home Loan Bank of Des Moines. She is active in the community, currently serving on the Grinnell Regional Medical Center Foundation Board, The Grinnell Chamber of Commerce, and the Greater Poweshiek Community

Foundation Investment Committee and is a member of Grinnell United Church of Christ. Dillon earned a BBA in Finance from The University of Iowa and the Certified Private Wealth Advisor® designation through the Investments & Wealth Institute in conjunction with the University of Chicago BOOTH School of Business.

Jim Ramsey is also a Grinnell native and is a generational owner and president of the Ramsey-Weeks real estate, insurance, and financial services agency in Grinnell. He is a past-president of the Mayflower Homes Foundation, having served on that Board from 2007 to 2013. Prior to joining Ramsey-Weeks, Ramsey worked as a financial analyst and assistant property manager for a commercial real estate development company in Knoxville, Tennessee. He earned a BA from Knox College in Galesburg, Illinois and master's degrees from Duke University and the University of Tennessee.

The three new Trustees fill the seats of three retiring Trustees: Joe Deal of Burlington and Austin Jones and Diane Robertson of Grinnell.

Steve Langerud, Mayflower Executive Director, is pleased to welcome the three new Trustees. "Paige, Jessica, and Jim join a skilled group of servant leaders on the current board. Each of them appreciates the importance of governing to our founding values. It is humbling to work with such keenly focused, values-driven, and community-minded professionals who understand the impact they will make on both the Mayflower and Grinnell communities through the their work with the Mayflower Board of Trustees."

-Bob Mann, Sales & Marketing Director

UnLOCKIN the Power of Philanthropy
"Legacy Giving...Simple and Sound!"

"Proactive is Practical" and an IRA Update

Recently, my dessert following lunch had something in



common with this final message on “relational gift planning.” Dessert was a small bowl of blueberries and even smaller cup of 72% cacao chips, satisfying my sweet tooth and providing a healthy snack (so says my February “healthy heart” calendar.)

The “heart” of today’s message is that “relational” planning can be accomplished with techniques that are both proactive (healthy) and practical (sweet). Ok, the word picture only goes so far, but my lunch tomorrow is going to consist totally of blueberries and cacao chips.

To start, I ask you to keep in mind these general proactive

strategies:

- 1) Give taxable assets to charity and keep non-taxable assets for yourself and your heirs. Taxable items are assets like your IRA, U.S. Savings Bonds, or Deferred Compensation agreements. If you can do some or all of your charitable giving with these assets, you save taxes for you and your family. IRA giving, in particular, is very practical.
- 2) “Bunch” your lifetime gifts for maximum income tax benefit. Make several years worth of charitable gifts at one time, maximizing your total income tax deductions. A number of practical techniques are possible.
- 3) Accelerate charitable estate provisions into lifetime provisions. If you can afford to make some of all of these “planned gifts” during your lifetime, you will create income tax deductions and have more to pass along to your heirs.

Next, please consider proactive lifetime giving strategies that are practical and used most often by Mayflower donors:

- 1) Give assets other than “cash.” Appreciated securities (stocks, bonds, mutual funds), Individual Retirement Accounts (IRAs) or other Qualified Retirement Plans, or unproductive property top the list. Most can be given away as practically as writing a check, but with far more personal tax saving benefits. More about IRAs later.
- 2) Combine “non-cash” assets with the following techniques for greater savings. Donor advised funds and bargain sales are the most practical. Real estate with a retained life interest and Interest-free loans also offer unique opportunities. Please reach out to discuss the details of any of these plans.

Your last will and testament, your IRA, or your life insurance policies are your most practical options if estate giving is your preference. You maintain great flexibility to change or revoke the gifts if necessary, ensuring that personal and family needs always come first.

Finally, I mention IRAs frequently. Here are 2021 updates on IRAs and the opportunities they present for personal and charitable planning.

1. If you are age 72 or greater, you must take a required minimum distribution from your IRA (or other qualified plan) and pay income tax on that distribution. However, for those age 70 ½ or greater, you can make “qualified charitable distributions” (QCDs) from your IRA (to Mayflower and other favorite organizations), AND count these charitable distributions against the amount you are required to take, without paying income tax.
2. Leaving IRA’s to children and other non-spousal heirs is not as advantageous as before. These heirs must now withdraw the full inherited IRA balance within 10 years or face tax penalties. This makes your IRA an even better choice for lifetime charitable gifts (QCDs) or leaving percentages of your IRA to favorite organizations like Mayflower.
3. You can now contribute to an IRA beyond age 70 ½ as long as you have taxable compensation including wages, tips or bonuses. This provides for greater lifetime saving and charitable giving

opportunities.

I welcome conversation to help you explore these topics, or to help you prepare to meet with another professional advisor. Remember that “relational” conversation always precedes “transactional” conversation.

Doug Lockin: dlockin@mayflowerhomes.com or 515.210.6603

Celebrating the Chinese New Year at Mayflower

Chinese New Year will be celebrated on Friday, February 12th. In The Mayflower Community, we have planned a sedate event because there is so much else happening in February—the Super Bowl party menu, a Winter Dinner, and a Des Moines Symphony appetizer and wine event followed by Valentine’s Day two days after the Chinese New Year and Mardi Gras two days after that, all enhanced by a month of COVID-19 vaccinations.



However, in the spirit of the Chinese New Year, the Mayflower Foodservice staff will be providing a treat for Health Center and Beebe Assisted Living residents accompanied with commemorative napkins, mints, and fortune cards. Since residents still can’t gather in large groups, there will be no other partying.



However, we would like to share information about this holiday, as it is especially meaningful to at least one of our residents, Chao Huang. In a recent interview, he shared his thoughts about his heritage and the Chinese New Year.

Interviewer: “Where were you born and how long have you been living at the Mayflower?” Chaoteng Huang (Chao) grew up in Taiwan and moved to California in 1985. Later he moved to Oklahoma. Two years ago, Chao moved to Mayflower in Grinnell from another Iowa city.

Interviewer: “How would you define the Chinese New Year? What does it mean to you?” For Chao, the Chinese New Year represents celebrating a long life and being thankful for the family that surrounds you. Chao believes that the overall purpose of the Chinese New Year is to internalize good thoughts and embrace a new start.

Interviewer: “What is the animal symbol for the 2021 Chinese Year? What does that represent?” This is the Year of the Ox. Each New Year, the animal symbol of that year, is considered lucky. If that is your birth year, it will be filled with good fortune. Twelve different animal symbols rotate annually.

Interviewer: “How did you and your family celebrate Chinese New Year growing up? What were some of your traditions?” Chao’s family members gathered to celebrate the New Year. This celebration included eating many special foods; reminiscing; singing; dancing; and playing

traditional games, such as Mahjong. Traditionally, when the clock strikes midnight, the elders or parents would give the children an envelope filled with coins. The children would kneel to their parents or elders and receive the envelope.

Chao added that everyone dressed in new clothes, which symbolize a new life and a new start. Fireworks were set off at midnight, representing the removal of all bad things. Celebrating the Chinese New Year would sometimes last for three days and Chao said that he would typically not sleep much because of the excitement.

Interviewer: “What are some of the traditional dishes served on or around the Chinese New Year?” Dumplings are a main staple of Chinese New Year. Coins are sometimes cooked into a few dumplings. If an individual is to bite down on a coin found in their dumpling, they will have good luck in the year ahead (after a trip to the dentist!).

Steamed whole fish is another popular dish. Eating the fish represents life in the year ahead. Chao recalls various desserts being served, specifically a sweet, rolled pancake dish that he enjoyed.

We certainly appreciate how Chao has enhanced the life here at Mayflower.

-Bob Mann, Sales & Marketing Director



Mayflower Winter Dinner

Cold. Snow. Wind. What better way to deal with it than to offer a special “Winter Dinner” in The Mayflower Community? That’s just what we did on Thursday, January 28th. The menu started with roasted red pepper and tomato soup with feta cheese. The main course was braised beef short ribs with bordelaise sauce, duchess

potatoes, fingerling carrots (three different kinds!), and a French baguette.

Over 100 meals were prepared for resident pick-up or home delivery.

So, how was the meal? Take it from one of the residents. “That was the biggest, juiciest, tenderest beef rib I’ve ever had. [This person has traveled extensively!] The red bell pepper and tomato soup were the essence of freshness. This was the best meal I’ve had in years. I personally hope you continue to offer these fine dining experiences as often as possible. It was well worth the price. Thanks to all your team.”

This is part of Mayflower’s “winding down the pandemic” strategy: Doing as many remote activities as we can.

-Bob Mann, Sales & Marketing Director

Shirley Parrott Named Environmental Dept. Head

Jack Morrison, Director of Facility Operations for The Mayflower Community, announces that Shirley Parrott has been named Environmental Department Head. Shirley has

been employed at Mayflower since 2018.



Shirley was previously the Supervisor for the department and became the Department Head on December 15th. She has responsibility for 12 staff members working in Mayflower’s Housekeeping and Laundry departments in both healthcare and independent living. Shirley is based in the Health Center and reports to Morrison

Morrison says, “The services provided by this department are critical to the health and well-being of our residents and staff especially during the pandemic. Shirley has a wealth of experience working with people and a willingness to determine what needs to be done and how to do it.”

In addition, we are also pleased to announce that Phyllis Turner has accepted the position of Supervisor for the Environmental Service department. Phyllis has been employed at Mayflower since 2012.



Phyllis will report to Shirley and assist with the day-to-day supervision of housekeeping and laundry services as well as special projects. According to Morrison, “Phyllis’ experience in both departments is a real asset along with her deep knowledge of The Mayflower Community.”

-Bob Mann, Sales & Marketing Director

Treasure Chest

The February exhibit remains "Valentines and Cards", collected by Joyce Wubbel’s paternal grandmother, Emma Josephine Hurt. This should remind us that February 14th is just around the corner.



Available Residences

Apartments	Size	Entrance Fee	Features
Buckley #320	592 ft ²	\$ 51,750	One-bedroom. Vinyl wood floor plank. East balcony.
Buckley #101	681 ft ²	63,750	Two-bedroom. First floor. Two exposures.
Buckley #318	887 ft ²	73,750	One-bedroom. LVP flooring. 1½ baths. East-facing balcony.
Altemeier #205	892 ft ²	67,750	One-bedroom. Long great room. Washer/dryer. Two exposures.
Buckley #203	990 ft ²	74,500	One-bedroom. 1½ bath. Office/den. Eat-at island. Courtyard balcony.

It's Time to Move to Mayflower!

Buckley #203 is recently remodeled and available. At 990 square feet, this large apartment has a dining/living room, a large bedroom and an office/den. Located on the second floor overlooking the beautiful Buckley Courtyard and ponds, the long spacious balcony provides room to relax and entertain.



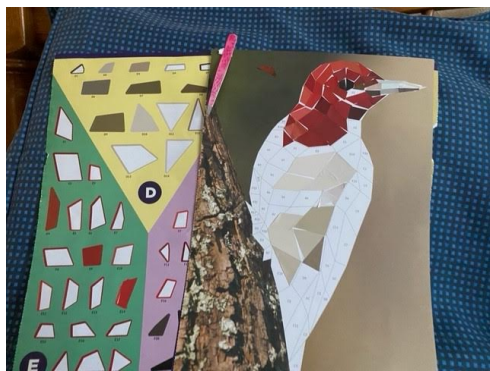
- Open, bright kitchen with lots of cabinets
- Island with dining overhang and cabinets
- All new flooring: Luxury vinyl wood floor plank with carpeted bedroom
- Large bedroom with space for furniture, desk and/or exercise equipment
- One full bath with step-in shower + half bath. Both have high-rise toilets
- Four closets for plenty of storage + 40" x 40" x 8' storage unit

Entrance Fee: \$77,750

Monthly Service Fee: \$1,323 includes, without additional charge:

- High-speed Internet
- High-definition (HD) cable T.V.
- Electricity, heat/air conditioning; water; sewer; trash; recycling
- Appointment-scheduled laundry room with three washers and three dryers
- Property insurance
- Code Alert (nurse call system)
- Three washer/dryer room in building
- All repair and maintenance, including built-in appliance replacement when necessary
- Ceiling fans

Bob Mann, Sales & Marketing Director
(641-236-6151 x167 or bmann@mayflowerhomes.com)



Basement Workshop

Karen Packard, in her role as Basement Workshop coordinator, will be hosting a crafting session to make cut-and-paste bird pictures in the Buckley Dining Room. Come join the fun on Thursday, February 18th from 2:00 to 3:30pm. A sample of the result is pictured. Ten different designs will be available.

Participants will be social-distanced at tables and are asked to wear face masks. There will be time to visit. Please bring your own tweezers. To register, please contact Karen Packard (aquanutkpk62@gmail.com or 641-236-1086.)

-Karen Packard

Booklist for February

Author Last name, First	Book Title	category
Burrows, Steve	A Shimmer of Hummingbirds	Mystery
Carter, Jimmy	An Hour Before Daylight	Biography/Memoir
Center, Katherine	Things You Save in a Fire (Large Print)	Fiction
Gildiner, Catherine	Good Morning, Monster	Social Science
Greenwood, Bryn	All the Ugly and Wonderful Things	Fiction
Hargrave, Kiran	The Mercies	Fiction
Keane, Mary Beth	Ask Again, Yes	Fiction
McDougall, Christopher	Running with Sherman (Large Print)	Fiction
Montclair, Allison	The Right Sort of Man	Mystery
Montclair, Allison	A Royal Affair	Mystery
Moore, Wayétu	The Dragons The Giant The Women	Fiction
Osman, Richard	The Thursday Murder Club	Mystery
Robb, J.D.	Shadows in Death	Mystery
Segovia, Sofia	The Murmur of Bees	Fiction
Stuart, Douglas	Shuggie Bain	Fiction
Westover, Tara	Educated (Large Print)	Biography/Memoir

Movie

February 20th: *Tender Mercies*

A down-on-his-luck country singer wakes up in a motel short on cash. He falls in love with the motel's widowed owner, who he accepts a job from.

Call Deb Jack, receptionist, at 641-236-6151 on Monday after 10am if you would like to attend. Call February 15th.

Informer Submission Deadlines

- Submission deadline: February 19th for publication February 26th
- Submission deadline: March 5th for publication March 12th
- Submission deadline: March 19th for publication March 26th
- Submission deadline: April 2nd for publication April 9th

'Twas the Night Before COVID-19 *Marty Purcell (2020)*

'Twas the night before COVID and we didn't know
When our freedoms were gone how far they could go.

In March some friends chatted while waiting for Schwan,
Then six hours later, our freedoms were gone.

With hopes to protect us, the building locked down
'Til someone was sure how these germs got around.

They'd bring us deliveries, our mail, and our food.
We'd be in our rooms until germ threats conclude.

So Dick, in his big chair, and I, slouched in mine,
Prepared to stay in for this judicious time.

But who could have guessed all the months that have passed,
And we're still uncertain how long this will last?

Our view of the world was the TV, of course.
We surfed through the movies, the shows, but no sports!!

Though what to our horrified eyes did appear,
But murder and mayhem that filled us with fear.

The city in flames; shadows danced in the glow;
Much looting, and riots - how far would they go?

Then came the election, with its smoke and mirrors,
And name-calling, lies, the agendas, and sneers.

Like "mean girls" in high school, the nastiness grew,
And most of us wished the election was through.

But I'm counting blessings, and many there are.
Spirits can vary, but we've managed so far.

Happy endings with Hallmark, game shows to play.
"New normal" football, and our Hawks in the fray.

The emails and phone calls from family and friends.
No virus for us and restrictions have ends.

The building and staff provide service and space.
Our dear Lynn and Gene are close by just in case.

And so we exclaim, as we rhyme out of sight,
Merry Christmas to all – and a year without blight!

Residents' Birthdays

Nancy Wolff on February 14th
Gordon Packard, Frannie Robbins, and Vicki Vinall on February 15th
Elaine Noe and Bill Tinker on February 16th
Addy Hanson on February 19th
Dorothy Williams on February 21st
Phyllis Munitz on February 22nd
Leo Lease on February 24th
George Drake on February 25th
Catherine Rod on February 26th

In Memoriam:

Connie Lou Osborn

Worship Opportunities

Observing Ash Wednesday

Ash Wednesday, a Christian Holy Day and the first day of Lent, falls this year on February 17th. Traditionally, the season of Lent is observed six weeks before Easter with fasting, prayer, and service.

A number of our Mayflower residents have previously attended together local ecumenical Lenten worship services and fellowship meals. Because of COVID-19 precautions, there will be no hosting of these traditional events by the Grinnell Ministerial Association. The Mayflower Chapel Committee is not planning any in-person worship services for the event.

New technologies are providing alternatives, as we seek ways of being together. Your MRA Chapel Committee is working to bring to you several on-line opportunities to observe Lent and to worship together. These video recordings will come to you via email. Announcements will be made in the Mayflower *Informer*.

The Chapel Committee's video Ash Wednesday service will be shared via email to Mayflower residents on Wednesday, February 17th. The Rev. Brigit Stevens, Executive Conference Minister of the Iowa Conference United Church of Christ, will present this service. If you would like the link, please contact Bob Mann (bmann@mayflowerhomes.com).

A listing of online worship services will be distributed at the same time as the Ash Wednesday video service. Several of our local churches will offer a zoom Ash Wednesday service that day at 7:00pm as well as other virtual Holy Week services.

During this time of Lent, I like to think of the "Three R's:" Repair, Reconciliation, and Relationships.

Peace, Shalom and Salaam. Dorothy Noer, MRA Chapel Committee Chair

Listing of Virtual Worship Services

In a separate message, Mayflower will be sending to you a listing of virtual worship services presented by faith and denomination.

Find more of *The Informer* online [here!](#)



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Mayflower
Information



