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The Informer

March 12, 2021

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Women of the Air Force Virtual Presentation

The Mayflower Community kicked off Women's History Month Monday, March 1st with a special virtual event from The Museum of Flight in Seattle WA. The event was sponsored by Mayflower's Community Life staff, Leslie Jaworski, Director and Coordinators, Katie McGriff, Tracy Woolfork, and Victoria Collins.



The event was live and presented by docent Leslie Czechowski, former Grinnell resident and librarian. The program featured WWII Women Airforce Service Pilots (WASP). Leslie's presentation was presented through the Zoom platform where she shared photos, maps, and information and opened the session for questions by an audience of approximately 30 people.

Leslie's husband Jan Czechowski will be giving a live presentation on The History of Human Powered Flight later this month on Monday, March 22, 2021. Here is the information, if you would like to tune in:

Presentation # 2: The History of Human Powered Flight

Date: March 22nd, 2021

Time: 2:00 – 3:00pm

Where: Virtual Zoom Tour

[Zoom Link](#)

Meeting ID: 858 869 7586

-Bob Mann, Sales & Marketing Director

Nice Legs at Mayflower!

On Thursday, February 25th, 74 Mayflower resident households enjoyed the leg....braised leg of lamb, that is!



Picked-up or delivered, the meals were enjoyed in residents' homes. The menu started with a wedge salad with choice of blue cheese or 1000 island dressing. The entrée was the braised leg of lamb paired with sides of Parmesan Brussel sprouts with toasted pecans and garlic mashed redskin potatoes.

See photo of the lamb and sides.

Dessert? Well, key lime pie, of course! In the side photo, Scott Gruhn, Mayflower Foodservice Director is garnishing the pie with fresh lime zest.



-Bob Mann, Sales & Marketing Director



Mayflower Shamrock Scavenger Hunt

On Wednesday, March 17th, The Mayflower Community will host a "Shamrock Scavenger Hunt" to celebrate St. Patrick's Day. Between 9:00am and 4:00pm, residents are encouraged to walk the inside routes to find 20 paper shamrocks taped to the walls in tunnels and lounges.

Scavenger Hunt tracking sheets are available in the Pearson lobby library to record where participants find the shamrocks. The completed sheets will be entered into a drawing for prizes.

Residents may participate alone; with a partner; or in small, socially-distant groups. Fortunately, all but one Mayflower independent living resident has had their two doses of the coronavirus vaccine.

Pistachio cookies and lime-shaved ice punch will be served throughout the day in the Buckley Dining Room beginning at 10:00am.

Walking for fun!

-Bob Mann, Sales & Marketing Director



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

Following Their Hearts

If following your (charitable) heart leads you to support Mayflower residents and staff in 2021, you will be interested in how Mayflower supporters creatively followed their hearts in 2020. Before mentioning some specific examples, here is a snapshot of how your 2020 gifts, totaling \$331,100, made a difference for Mayflower residents and staff.

Caring for residents with financial needs

· \$90,877 was invested in Human Needs Endowment Funds.

- \$20,965 was given to the Residents Assistance Fund and spent on resident care.
- \$700 was invested in the Montgomery Church Leaders Fund for housing and healthcare for retired clergy.

Service enhancements and facility improvements for residents

- \$77,155 was given for special projects, notably Beebe Assisted Living elevator repair and derecho recovery projects.
- \$36,500 was given to relocate wellness activities and professional services from the Health Center to the upcoming Pearson Well Being Center.
- \$24,375 was given to the upcoming Open Dining project in Beebe Assisted Living.

Professional education, wellness, and personal advancement initiatives for staff

- \$55,088 was given for education and advancement initiatives.
- \$4,775 was invested in the Employee Education Fund for ongoing initiatives.

Future resident and staff initiatives

- \$20,665 was invested in the Mayflower Foundation's Mission and Vision Fund.

Creative IRA giving led the way.

Three Mayflower benefactors gave larger than required distributions from an IRA account, asking that Mayflower "hold" the funds for application to upcoming projects. And while "required minimum distributions" from IRAs were suspended in 2020, many more Mayflower donors still used tax free distributions from an IRA account to support one or more of the projects listed above.

Appreciated securities are always a favorite.

Three other Mayflower benefactors gave shares of stock they owned which had significantly increased in value. One of these gifts was made just prior to the sharp market downturn caused by the pandemic, giving the donor and Mayflower a particularly timely benefit.

Estate gifts will make a lasting impact.

Four estate gift provisions are included in the totals above. Three were directed to the Human Needs Endowment Fund, where they will indefinitely support residents with financial needs. The fourth was deposited to the Mission and Vision Fund, giving Mayflower capital to initiate new and creative projects in support of residents and staff.

A less traditional idea: "conditional promissory notes"

Residents and non-residents alike loan money to Mayflower via "promissory notes" and earn attractive rates of interest. A few promissory note holders have pledged their outstanding note balances to Mayflower as a gift at the time of their death. I have worked with these "conditional" note holders, giving them an opportunity to document their intentions for Mayflower's use of their generosity should their note balance pass to Mayflower. They appreciate the opportunity to know their gift will be used in a way that pleases them most.

Thanks to all who followed their hearts with one or more gifts to Mayflower last year. Your support of residents and staff through those turbulent days meant even more.

Let's talk about where your heart is leading you and the creative possibilities you have to make a difference for others and for yourself.

Doug Lockin (dlockin@mayflowerhomes.com or 515.210.6603)

**New Community Life Coordinator at
Mayflower**

Katie McGriff is Mayflower's Community Life and Wellness Coordinator. Having begun her work, mostly in the Health Center and Beebe Assisted Living last November, Katie met most of Mayflower's independent living residents as she handled the intake for the coronavirus vaccination events in late February.



Katie is completing her Activity Professionals Certification through the Iowa Healthcare Association and will soon be doing credentialing work as a Certified Nurse Aide.

Mayflower's Director of Community Life and Well-Being, Leslie Jaworski, says, "We are incredibly fortunate to have Katie on our wellness team. Her education, experience, creativity, enthusiasm, and high energy provide a skill set that will allow us to offer and expand wellness opportunities at Mayflower. She has been proactive, jumping into activities with residents at the Health Center and in Beebe Assisted Living and gearing up for classes for independent residents."

Katie is a New Sharon native who received her B.S. in Kinesiology with a Concentration in Exercise Science from Iowa State University. Her ISU work included higher elective classes in Human Psychology. While an undergrad, Katie served as head supervisor and personal trainer and group fitness instructor for ISU's Recreation Services. After graduation, Katie worked as study coordinator for the CardioRACE Research Study in the ISU Epidemiology Lab.

Katie is Red Cross certified in CPR and First Aid and maintains an Iowa sports coaching license. In addition, she is certified as a personal trainer and as a senior fitness specialist. Katie is in the process of becoming yoga and tai chi certified.

According to Katie, "My experience working in the field of exercise and health over the past 6 years has prepared me for this exciting new career opportunity. Mayflower has a strong team with whom to work. I plan to bring new knowledge and skills to Mayflower as we move forward in cultivating an environment that sees holistic health as being one of the main components of how we treat those in healthcare."

Prior to coming to Mayflower, Katie was the Life Enrichment Coordinator/Activities Director for Edencrest at Green Meadows Assisted Living and Memory Care, Johnston, Iowa. Included in that role was a monthly "Dare to Dream" event customized for each resident.

Katie has been an active volunteer in her local communities, including Meals from the Heartland, Operation Christmas Child, student life mission camp youth leader, and CROP Walk.

-Bob Mann, Sales & Marketing Director



Wilma Graden's Love Affair with Her Piano

On Wednesday morning, March 3rd, Mayflower Health Center resident, Wilma Graden, was reunited with her Mason & Hamlin piano. The piano was previously located in Mayflower's Beebe Assisted Living building where Wilma was living. When she moved to the Health Center during the pandemic, precautions prevented moving the piano in 2020.

Now, with 98% of Mayflower residents having received two doses of the coronavirus vaccine, the staff is beginning to initiate more activities. This included moving the piano to the Health

Center.

When Wilma came into the Health Center activity room and saw that the piano had been moved there, she lit up, sat down, and began to play. Later in the day, she gave a concert to a small group of friends. It was music to everyone's ears!

Thank you, Wilma! In addition, thank you to Mayflower staff, led by Joe Derby, Technology and Risk Management Department Head; and Jack Morrison, Director of Facility Operations, for making the move possible.

-Bob Mann, Sales & Marketing Director

Do Your Glasses Fog up When Wearing a Mask?

According to [AARP](#), an easy hack for preventing your glasses from fogging up when wearing your mask is to place a folded tissue between your mouth and the mask. The tissue will absorb the warm, moist air, preventing it from reaching your glasses. Also, make sure the top of your mask is tight and the bottom looser, to help direct your exhaled breath away from your eyes.

-Summary from AARP

Available Residences

Apartments	Size	Entrance Fee	Features
Buckley #312	365 ft ²	\$ 34,750	Studio. Recently remodeled. Luxury vinyl wood floor plank. East balcony.
Altemeier #102	558 ft ²	41,750	One-bedroom. North and south exposure with big south picture window.
Buckley #320	592 ft ²	51,750	One-bedroom. Vinyl wood floor plank. East balcony.
Pearson #213	600 ft ²	48,250	One-bedroom. East windows.
Buckley #101	681 ft ²	63,750	Two-bedroom. First floor. Two exposures. Kitchen storage space.
Buckley #318	887 ft ²	73,750	One-bedroom (large) LVP flooring. 1½ baths. East-facing balcony.
Altemeier #205	892 ft ²	67,750	One-bedroom. East/west windows in large great room. Washer/dryer.
Buckley #203	990 ft ²	74,500	One-bedroom. 1½ bath. Office/den. Eat-at island. Courtyard balcony.

Zoom Exercise Classes to Begin at Mayflower

Virtual Strength and Balance Training Fitness classes led by Mayflower's Community Well Being and Fitness Coordinator, Katie McGriff will begin on Monday, March 22. The classes will be tailored to seniors wanting to increase muscular strength and endurance, reduce risk of falling, and improve overall physical and mental health. Classes will be 45 minutes long to allow for a proper warm up, conditioning period, and cool down.




There will be two separate exercise sessions offered to help accommodate a variety of skill levels:

- Level 1 classes are offered to those that prefer to sit in a chair while exercising, with little to no standing.
- Level 2 classes are offered to those that prefer to stand while exercising, with some time spent sitting or lying on the floor.

Participants can decide weekly which class they will join, based on skill level or how they are feeling.

The classes will be accessed through the Zoom application on a computer or on most mobile devices. Participants are asked to have available the exercise equipment called for each week's



class. Some equipment is available in Mayflower apartment building lounges or may be purchased by the user. Included will be:

- Hand-weights
- Resistance bands (with handles)
- Loop resistance bands
- Balance pad
- Small exercise ball – non weighted

Prior to the start of classes, participants are asked to complete two Google form Surveys in order to determine what days and times work best for most participants. Optional fitness assessments will be available to residents who would like to track their progress during the program and to get personalized reports on your strength, flexibility, balance, and aerobic improvements.

See tentative schedule:

- Week of March 8th – Sign up for exercise classes, using Katie’s email address below. You will receive the first survey and then the second one by return email. I will assist you in completion of the surveys, if you wish.
- Week of March 15th – Additional sign-ups and surveys will be available.
- March 17th – An email (or phone call) will be sent to those who have signed up, detailing the days and times classes will officially take place.
- March 22nd – Classes and optional in-person fitness assessments will begin for those who have completed both surveys and received medical clearance, if required.

-Katie McGriff (kcmcgriff@mayflowerhomes.com)

Virtual Great Courses

Drake Community Library would like to share that Kanopy, their streaming video site, has the The Great Courses videos available at <https://grinnelliowa.kanopy.com/>. Poweshiek County residents get 7 free viewing credits a month.

Who is The Great Courses for?

- Curious about life, and especially want to dive deeper into subjects such as History, Literature & Language, and the Natural Sciences.
- Planning a vacation and hoping to learn more about the history and architecture of their destination before traveling.
- Feeling stuck or adrift, and want to improve their quality of life, build healthier habits, understand interpersonal relationships and negotiations better, or develop new skills for studying and learning.
- Instructors at a high school or university level, and want to pick up ideas and tips for making their own lectures and presentations more engaging, organizing course material, and incorporating visuals.
- Driven primarily by innate love of learning, and simply aspire to continue learning new ideas and skills throughout life.

-Judy Hunter, *Bucket Course Planning Committee, Grinnell Community Education Council*

Treasure Chest

March’s Treasure Chest will contain Grinnellian Bob Wemer’s collection of calculators, mostly Hewett Packard, that he has collected over the years. Bob is the brother-in-law of Mayflower resident Janis Peak. He is the husband of Kim Wemer, Mayflower’s chair yoga instructor (pre-pandemic). Bob and Kim are Mayflower Wait-List members.

-Jan Peak

Notice: Spring Forward!

Daylight Saving Time goes into effect Saturday night, March 13th. Don't forget to reset your clocks, or you just might end up oversleeping (who says that's a bad thing?!)



Book Review: *Sherman* by Christopher McDougall

-MRA Library Committee Member

From the author of *Born to Run*, comes the heartwarming story of Sherman, a rescue donkey who would overcome all odds to run one of the most unbelievable races in America. Christopher McDougall agreed to adopt a donkey and thought it would hang out in a field, look cute, and eat carrots. Chris's neighbors – Amish farmers and an equine expert with a donkey of her own- were happy to help. Sherman needed a purpose and Chris got a crazy idea. He remembered researching burro racing, a unique type of race in which humans and donkeys run side by side over mountains and through streams. So their quest began to train Sherman for burro racing. This is a charming story.

MRA ZOOMs the Future of Mayflower

each will take place at 2pm via ZOOM

March 22, 2021 – Life after the Vaccine! What can we expect? Kellie McGriff, Associate Director and Administrator; Jackie Hicklin, Associate Director of Nursing and Infection Specialist; and Steve Langerud, Executive Director

April 5, 2021 – Engineering, Infrastructure, and Sewers... Oh, my! What is on tap for the next year of repairing and replacing infrastructure at the Mayflower. Jack Morrison, Director of Facilities; and Steve Langerud, Executive Director

April 19, 2021 – Major projects: BeeBe Renovation with Open Dining and the new Pearson Well-Being Center. Plans for renovation and programming in assisted living Scott Gruhn, Director of Foodservice; Leslie Jaworski, Director of Community Life and Well-Being; Kellie McGriff, Associate Director and Administrator; and Steve Langerud, Executive Director

May 3, 2021 – Digital Transformation at Mayflower. The role of technology on Mayflower operations, communications, and lifestyles. Victoria Collins, Community Life Coordinator; Bob Mann, Director of Sales and Marketing; Jack Morrison, Director of Facilities; and Steve Langerud, Executive Director

Booklist for March

This booklist includes new additions to the Pearson Library, located in the main Pearson building. This booklist changes each month. Make sure to visit the library and check out a book for your enjoyment. You can even leave a book review and submit to the MRA Library Committee to be included in *The Informer*!

Austin, Lynn	<i>If I Were You</i>
Butler, Nickolas	<i>Little Faith (Large Print and All Iowa Read)</i>
Clark, Mary Higgins & Alafair Burke	<i>Piece of My Heart</i>
Donoghue, Emma	<i>The Pull of the Stars</i>
Erdrich, Louise	<i>The Night Watchman</i>
Esty, Katharine	<i>Eightysomethings</i>
Foley, Lucy	<i>The Guest List</i>
Grisham, John	<i>A Time for Mercy</i>
Harper, Jane	<i>The Survivors</i>
Johnson, Nancy	<i>The Kindest Lie</i>
Krueger, William Kent	<i>This Tender Land</i>
Michaelis, David	<i>Eleanor</i>
Morton, Kate	<i>The Clockmaker's Daughter (Large Print)</i>
Perry, Anne	<i>Brunswick Gardens</i>
Steel, Danielle	<i>The Wedding Dress (Large Print)</i>
Williams, Eley	<i>The Liar's Dictionary</i>

Informer Submission Deadlines

- Submission deadline: March 19th for publication March 26th
- Submission deadline: April 2nd for publication April 9th
- Submission deadline: April 16th for publication April 23rd



[Submit here.](#)

Movie

March 13th: *Walk the Line*

The rise of country music legend Johnny Cash (Joaquin Phoenix) begins with his days as a boy growing up on the family farm, where he struggles under the scorn of his father (Robert Patrick). As the years pass, Cash ends up in Memphis, Tenn., with his wife, Vivian (Ginnifer Goodwin), and breaks into the music scene after finding his trademark sound. While on tour, Cash meets the love of his life, singer June Carter (Reese Witherspoon), but Cash's volatile lifestyle threatens to keep them apart.

Call the reception desk at 641-236-6151 if you would like to attend.

Memory of Timer McCombs Brightens Mayflower

Late Mayflower Community resident, Timer (Norman Van) McCombs, was recently remembered. Friend and service veteran, Steve Cranston, contacted Mayflower on behalf of the Deep River (Iowa) American Legion Post #296. He explained their organization wanted to do something in the memory of



their friend and longtime Mayflower resident. Their goal was to do something that the Health Center and Beebe Assisted Living residents would enjoy.

Timer, a retired farmer and rural mail carrier, was an Army veteran. He and his wife, Joan McCombs lived in the Deep River area. She died in 2011. Timer lived in the Mayflower Health Center from June 2013 until his death in April 2020.

The decision of the Post was to donate the following items, which Steve dropped off: 52 Word Search puzzles, five Sudoku books, four boxes of colored pencils, and seven boxes of Crayola markers and pens. Thank you, members of Post #296, for this donation on behalf of Timer as well as for your vital service to our country.



-Bob Mann, Sales & Marketing Director

Residents' Birthdays

Orlan Mitchell on March 13th
Judy Hunter on March 14th
Sara Adams and Bonnie Buntz on March 15th
Karen Packard and Arnold Adelberg on March 17th
Jean Libbey and Bill Pollak on March 18th
Gene Rohr on March 20th
Bob Myren on March 21st
Beryl Clotfelter on March 23rd
Linda Stoll on March 24th
Phyllis Goldman and Janice Loving on March 25th
Dennis Anderson on March 27th
Tommy Haas on March 28th

In Memoriam:

John Rex Sadler
November 18, 1928 - March 3, 2021

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