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The Informer

March 26, 2021

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“Spring Break” in Mayflower’s Health Center and Beebe Assisted Living

The Mayflower Community just completed a “Spring Break” for Health Center and Beebe Assisted Living residents. The good news: No arrests for disorderly conduct. This all means we are rounding the corner of this insipid pandemic thing. It helps that all but one of all those Mayflower residents are fully vaccinated against the COVID-19 infection.

For the week of March 16th, themed treats and activities have been enjoyed with Monday’s virtual trip to Hawaii, Tuesday’s virtual excursion to Mexico, and Wednesday’s virtual trip to Ireland. As luck would have it, HC residents were fortunate to hear Wilma Graden play a couple of Irish songs on the piano, followed by many other tunes. On Thursday, the partiers stayed in Iowa for Bingo and then traveled virtually to Italy on Friday.

-Bob Mann, Sales & Marketing Director



We Did It Again!

After limited meal events in our popular Buckley Dining Room for the last year, The Mayflower Community held our first party dinner celebrating St. Patrick’s Day on Wednesday, March 17th. Seating was limited to 28 Mayflower residents. Those reservations were quickly booked. In addition, carryout and delivery meals were available.

The menu consisted of corned beef and cabbage (of course!), potatoes, carrots, Irish apple cake with custard sauce. It was all very tasty.

On the road to “post-pandemic normal.”

In the photo above, Nancy Wolff (left) and Deena Wellborn are seated; two to a table.

-Bob Mann, Sales & Marketing Director

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

An Old Friend



Please allow me to introduce an old friend. If you are a regular reader of this piece, you may have already met. It's the same way with dear friends: hard not to mention them again and again.

My "friend" is the "charitable gift annuity" (CGA). It appeals widely to supporters of The Mayflower Community and thousands of other organizations. Here is why.

It is common for donors establishing a CGA to feel better off financially after the gift than before. And, when including the intrinsic value of helping others with a CGA gift, the benefits multiply.

The primary elements of a CGA agreement are 1) your gift to Mayflower and 2) Mayflower's promise to pay you a fixed lifetime income in return. Other basic elements include:

- CGA agreements provide annual payments for the lives of one or two annuitants. You may be the sole annuitant, or you and a spouse (or another person) may receive the payment as long as one of you is alive.
- Your annual CGA payment from Mayflower is a percentage of the value of your gift and remains the same each year as long as you (or one of you) live. The percentages increase based on your age at the time you make the gift. For example:
 - One annuitant, age 60: 3.9% Two annuitants, both age 60: 3.6%
 - One annuitant, age 70: 4.7% Two annuitants, both age 70: 4.2%
 - One annuitant, age 80: 6.5% Two annuitants, both age 80: 5.4%
 - One annuitant, age 90: 8.6% Two annuitants, both age 90: 8.2%
- You are entitled to a one-time charitable income tax deduction for a portion of the gift you give to establish the CGA, typically valued at between 30%-50% of your gift.
- Your annual CGA payments are only partially taxable.
- After your life (or that of your second annuitant), Mayflower will use what remains of your gift in support of its residents and staff.

Other elements of CGA agreements can vary, giving you even greater benefits.

- Your CGA may be funded with cash or other assets such as securities or real estate. Your CGA payments and income tax deduction are based on the fair market value of the asset(s) you give on the date of your gift.
- You may choose to defer the starting date of your CGA payments one or more years beyond the date of your gift and receive a larger annual CGA payment.
- You may provide the CGA payments to another person or persons as a way of supporting them.

Your CGA agreement may provide these advantages:

- Your CGA rate will often be significantly higher than interest rates paid on cash investments.
- Capital gains taxation on (appreciated) assets like stock can be significantly reduced if those assets are used to fund your CGA.

It is easy to create a CGA illustration for your situation. Please let me hear from you with questions or a request to prepare that illustration for further discussion.

Doug Lockin (dlockin@mayflowerhomes.com or 515.210.6603)

Group Bingo Returns to Mayflower

The Mayflower Community has resumed activities for Health Center residents in the second floor Carman Center. This



provides the needed open space for social distancing, as Mayflower continues pandemic precautions.

During the week of March 1st, resident Dennis Anderson was the “guest caller” for the strenuous “black-out” round. Dennis has a very strong voice. One of the residents playing with her back to Dennis asked, “Who’s calling the numbers?” When she was told it was Dennis, this resident reminisced that she recalls this voice as a Bingo caller at the Elks Lodge some years ago. When the round was completed, Dennis received a round of raucous applause from the players.

The traditional Bingo games were played among a number of residents over the last few weeks. Accompanying this article are some photos of the return of the games.

Included is a photo of John Sadler before his death on March 3rd. The Nashville TN native married Bev Lacy of Grinnell in 1948, bringing John to town for the rest of his 92 years. He retired from Maytag, Newton in 1979 after 30 years of service.



Plans are already being made to get Dennis the microphone for more Bingo or other fun. And, Mayflower continues to remember the pleasantly mischievous John who had lived in our community since 2012.

-Bob Mann, Sales & Marketing Director



Room for More Gardens

The Mayflower vegetable garden on 2nd Avenue has room for one or two more gardeners. Please call Katherine McClelland (641 672 7220) right away if you are interested in having a garden plot this summer. We will be allocating garden plots this coming week.

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 Have Begun at Mayflower

Virtual Strength and Balance Training Fitness classes led by Mayflower's Community Well Being and Fitness Coordinator, Katie McGriff began 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.

-Katie McGriff (kcmcgriff@mayflowerhomes.com)

Party Time...Outside!

Jean Libbey, Grinnell Mayflower Community resident, was surprised with a birthday celebration gathering on Saturday, March 20th in Grinnell's Central Park. Organized by Jean's daughters and son-in-law, the event marked Jean's 90th birthday.

Unaware of the impending party, Jean rode with her daughter Joan Langer on Mayflower's three-wheel, side-by-side cycle into



the group gathered at the Park. Cupcakes were distributed and carefully eaten as all attendees were wearing face masks.
-Bob Mann, Sales & Marketing Director

Online Fun and Games

Feeling a little bored? Check out some online games and puzzles! Follow the links below to challenge your mind.

Sudoku
Animal Word Search
Jigsaw Puzzle

Treasure Chest

April Fools! The display will be creations. These will be things made in craft rooms and homes using a variety of materials. Who knows what the Treasurer Chest will hold?

-Karen Packard

Book Review: *How to Walk Away*
Author: Katherine Center
Review: MRA Committee Member

Dressed in a black strapless dress, a very reluctant Margaret finds herself a passenger in a small plane, piloted by her boyfriend. Accompany this courageous woman on a remarkable journey wherein the best day of her life is also the worst day of her life.

Her dysfunctional family includes a long-lost sister - with issues, a loving but misguided mother who assures her third degree burns don't hurt because all the nerves have burned away, and doctors say in ten years you won't even see the scars. Her fiance tells her she looks like a pizza, and then delivers a devastating blow she didn't see coming. Margaret's PT tells her it's the trying that heals you, and he says as good as it feels to win a battle, he wants her to win the war. Margaret decides to keep a suicide calendar when she leaves the hospital.

Ultimately, Margaret subscribes to the theory that when you don't know what to do for yourself, do something for somebody else - and she does.

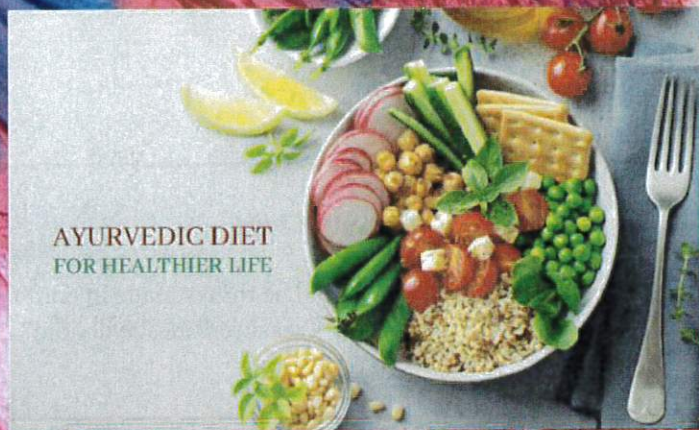
Readers will be happy to know there are two books by this author in the Pearson Library.

poem by Warren Reinecke
Japanese Tanka Poem

Spring sounds help us thaw...
Scarlet Cardinals' CHEER!

Wee Wrens' high-pitched trills
Flamboyant Jays' strident squawks
Jarring Crows' call CAW-CAW-CAW!

Mayflower Presents: Ayurvedic Diet: The Do's and Don'ts



Monday, April 12th at 10:30 AM
Zoom Link: <https://us02web.zoom.us/j/8588697586>

About the Presenter: Dr. Sabita Sawhney is an Associate Professor and Director of the Ph.D. program in Management at Maharishi International University (www.miu.edu). In addition to teaching Management classes, she offers an Ayurvedic cooking course where she shares her passion for Ayurvedic cooking with her students. Dr. Sawhney also owns and runs her own business, *Sabi's Café*, serving freshly prepared authentic Ayurvedic vegetarian Indian food in Fairfield, IA.

MRA ZOOMs the Future of Mayflower
each will take place at 2pm via ZOOM

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 Building 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

On-Line Directory Needs More Bios!

Did you know that some of the profiles in the Mayflower residents online directory contain short biographies of individual residents? Several residents have contacted the directory team to let us know how much they enjoy that feature and wish that there were more. Note this response to a recent questionnaire about the directory: “It is nice to be able to read our stories.”

The directory team also learned that Mayflower residents would like to be able to read more of these bios. “I enjoy reading people’s life story; unfortunately, few people have submitted theirs.” And this: “I suspect that most people do not realize what a treasure this is, but it would be much more valuable if everyone could be persuaded to contribute.”

The directory team would like to encourage more residents to submit a bio. We also would like to help you if you wish to have assistance.

What is the first step? Check with Rita McVey, Mayflower’s Facility Assistant (rmcvey@mayflowerhomes.com or 641-236-6151 x193) to make sure you have indicated the word “Yes” on the form that allows your information to be posted on the directory. Pay particular attention to where you are asked if you would like a biography to be posted along with your contact information. This is toward the bottom of the form. That “Yes” must be circled and returned to Rita.

Next, you need to submit a written biography. It is best if it is a Word document written by you and sent to a team member by email. You may send it to me at the email address listed below. The bio should be 500 words or less. The program will cut off on the 501st word, so make sure you end the sentence before 500.

Finally, how can we help? Remember that a bio was written by a *Log* editorial staff member when you first moved into the Mayflower Community. We can use that bio, or you can make changes that better reflect your current circumstances. You may also write your own bio and ask one of us to read over it or make suggestions if you are uncertain about aspects of it. Finally, we have several volunteers who are willing to work with you on developing your bio. Just contact me if you would like to submit a bio or if you need help with this project.

-Karen Phillips (ksiglerphillips@gmail.com)

Bob Mann (Robert)



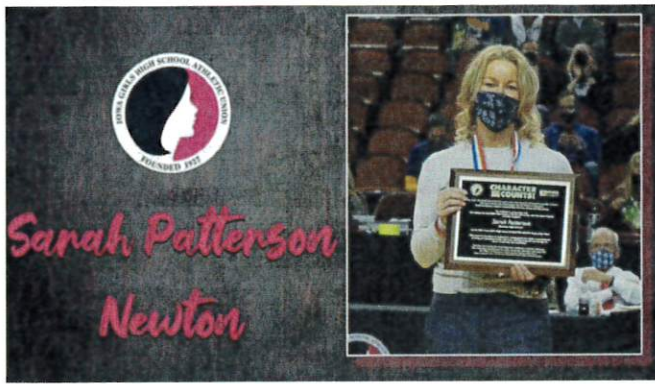
Profiles > Robert Mann
Signed in successfully.

Email Delete

Email: bmann@mayflowerhomes.com
Cell: (641) 990-7828
Neighborhood: Edwards
Address: 610 Broad St, E-2
Biography:

Bob Mann
February 1, 2019

Bob has been a resident of The Mayflower Community since January 2007, when he moved to Grinnell to become the organization's Executive Director. He now serves as Mayflower's Sales & Marketing Director. Prior to coming to Mayflower, Mann served in the following capacities in Des Moines, Iowa and Boulder, Colorado: high school teacher and coach, commercial banker, Fortune 500 company division



Sarah Patterson, the daughter of Mayflower resident, Mary Schuchmann, and the late Russell Schuchmann, was awarded one of the Iowa Girls High School Athletic Union's highest honors.

At the Girls' State Basketball Tournament in early March, Sarah was named the 2021 Character

Counts Coach of the Year.

Sarah has been a teacher and the Girls Swimming Coach at Newton High School for the last 30 years. A Wisconsin native, she is an Iowa State University Graduate. In addition to this award, Sarah was named the 2017 National Federation High School Girls Swim Coach of the Year.

Booklist for April

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*!

| | |
|-------------------|--|
| Apekina, Katya | The Deeper the Water the Uglier the Fish |
| Benedict, Marie | Carnegie's Maid |
| Center, Katherine | How to Walk Away |
| Connelly, Michael | The Night Fire |
| Crombie, Deborah | Kissed a Sad Goodbye |
| Hägglund, Martin | This Life: Secular Faith and Spiritual Freedom |
| Hannah, Kristin | The Four Winds (Large Print) |
| Hannah, Kristin | The Four Winds |
| Kerman, Piper | Orange is the New Black |
| Larson, Erik | The Splendid and the Vile (Large Print) |
| McBride, James | Deacon King Kong |
| Pearson, Jeff | Forever Across the Marsh |
| Perry Anne | Pentecost Alley |
| Silva, Daniel | The English Assassin |
| Silva, Daniel | The Kill Artist |
| Wein, Elizabeth | The Enigma Game |

Movie: *De-Lovely*

Movie will be on Saturday, April 3rd. Songwriter Cole Porter (Kevin Kline) begins reflecting on his life and career. He recollects his rise on Broadway and meeting his wife.

Informer Submission Deadlines

- Submission deadline: April 2nd for publication April 9th
- Submission deadline: April 16th for publication April 23rd
- Submission deadline: April 30th for publication May 7th



[Submit here.](#)

Holy Week Saturday Virtual Service

The Mayflower Chapel Committee is providing you some information for Holy Week worship by announcing an evening virtual service on Saturday, April 3rd at **10:00pm** on *Facebook Live*.

Through coordination with resident Pasha Buck, a member of the Chapel Committee, we are invited to the online Easter Vigil presented by the Christian Church in the Upper Midwest (Disciples of Christ). Their Regional Minister, Joshua Patty, will be leading this worship.

Here is the link for the service.

In order to find a more complete list of virtual worship services offered, **please go here.**

-Dorothy Noer, MRA Chapel Committee Chair

Residents' Birthdays

Dennis Anderson on March 27th
Tommy Haas on March 28th
Carol Crawford & Barbara McConnell on April 1st
Lisa Wilcox Case on April 2nd
Jo Entwisle on April 3rd
Jo Bolton & Pasha Buck on April 4th
Emily Pfitsch on April 5th
George Britton on April 8th
Dorothy Noer on April 13th
Alicemary Borthwick & Bruce Voyles on April 15th

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



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