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## The Informer

April 9, 2021

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### Easter Comes Alive in The Mayflower Community

Over the weekend of April 3<sup>rd</sup> – 5<sup>th</sup>, Easter was celebrated in The Mayflower Community. On Friday, Health Center and Beebe Assisted Living residents decorated and dyed Easter eggs. Katie McGriff, Mayflower's Community Life and Wellness coordinator made a surprise visit as the Easter Bunny. The Bunny distributed sweet treats to each resident. On Easter Sunday, Easter baskets made up by Mayflower's Community Life and Wellness Team were delivered to residents.



Pictured at above right, Easter Bunny, Katie McGriff, chats with Health Center resident, Nadine Brouwer. It was a happy, hoppy, and hopeful occasion with family and friend visits scheduled, flowers blooming, and sun shining all weekend.

*-Bob Mann, Sales & Marketing Director*

### Spring Tea Event at Mayflower



On Monday, April 5<sup>th</sup>, The Mayflower Community residents living in the Health Center and in Beebe Assisted Living apartments enjoyed a Spring Tea event. Foodservice Director, Scott Gruhn, and Supervisor Jacob Staroska served up a delicious menu of sugar cookies, curried chicken salad tea sandwiches, and sesame tuiles (ultra-thin wafer biscuits) accompanied by Earl Grey tea. The tea was served from ornate silver pitchers into an array of fine china teacups and saucers. To mark the festive occasion, some residents donned hats adorned with brightly colored flowers. It was a lovely and quite delicious affair.

At above left, Mayflower Foodservices Supervisor, Jacob Staroska, pours for Beebe Assisted Living resident, Laird Kever.

*-Bob Mann, Sales & Marketing Director*



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

### **In These Reflections, I See You**

The following stories are true. They are favorites from my 35 years as a charitable planner. The stories have only one thing in common; each represents "a unique individual with unique gift plans." I share them to remind us that we each have distinctive abilities to support Mayflower and other caring organizations.

Meet Bob and Donna, a small town Iowa couple with no children. They wanted to leave money to the hospital (I was representing at the time) in gratitude for great care given to Donna's brother. Donna also had a passion for animals and wanted to help the Iowa State University Veterinary Medicine School care for abandoned animals.

I helped Bob and Donna prepare to visit their attorney and later accompanied them to his office. Within weeks, they signed updated wills that included provisions for the hospital and ISU. The joy Donna expressed upon completing this process is impossible to describe, but unforgettable. She was thrilled to imagine the help Bob and she would be providing both people and animals.

Meet Helen, whose vocation in her retirement from nursing was charitable giving. Helen had never married nor had children. A card table and chair in a corner of her apartment comprised her charitable work "office." From there, she daily wrote and mailed checks, supporting more than 100 organizations each year, most with monthly or quarterly gifts. Her faithful giving accounted for more than half her annual income. She was thrilled to read the thank you letters that followed and know the difference she was making.

Helen's estate plans reflected her lifetime giving, although to a smaller number of charities. She was thrilled to know these gifts would help people beyond her days on earth. Near the end of her life, Helen was presented a prestigious "spirit of philanthropy" award. I was thrilled to witness that and deliver words of acceptance on her behalf.

Meet Frances, a donor who may have been motivated more by tax benefits than helping a specific organization. Frances called the offices of the aforementioned hospital one day after being unable to reach the gift planners at another area hospital. In short, I helped her turn some highly appreciated real estate into a nice stream of lifetime income for her while avoiding a hefty tax bill. Years later after I left that hospital to serve another local charity, Frances tracked me down in hopes of "doing another one of those life income gifts," which we accomplished for her. I always trusted that Frances felt good helping the people served by those two organizations. It was just not the way she started the conversations.

Meet Ted and his family, donors of a \$1 million gift in which I played a part. (Ted also made similar gifts to multiple organizations near the same time.) Ted did not have a strong connection to the organization I was serving, rather to the community in which it is located. In making such an historic gift to this organization, Ted found a way to honor the memory of his parents and thank the community for all it had done for his family.

Meet Becky and Bill, who are not related. Becky is a former coworker at the aforementioned hospital, and Bill is the founder of a well-known Iowa business. I will not forget Becky's face and words on the day she first met Bill. Returning to our office afterwards, she was awestruck and emotional as she reflected on Bill's "burden" to be a good steward of the wealth that was quickly coming his way.

Since that day, I have had opportunities to meet and work with Bill. He and his family have given significant sums to many causes. To my knowledge, most of that was accomplished with little or no fanfare. I believe he is successfully navigating the "burden" that he once described to Becky.

In conclusion, I've only met one "Frances," and like all the others, she was delightful. Therefore, I start with the assumption that you are motivated by helping people through the work of Mayflower and other favorite organizations. Whether yours are humble means like Helen's or wealth like Ted's and Bill's, I know there can be a fulfilling plan for you. It would be great to hear your story and your dreams.

Doug Lockin (515.210.6603 or [dlockin@mayflowerhomes.com](mailto:dlockin@mayflowerhomes.com))



### Enjoying International Waffle Day at Mayflower

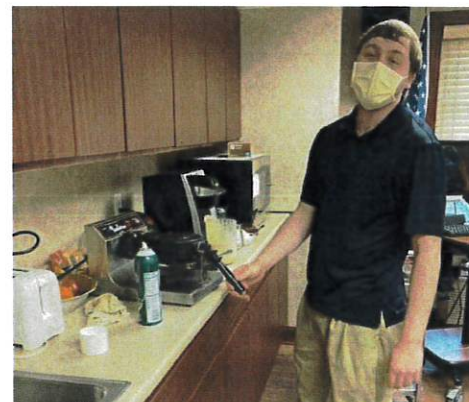
On March 25<sup>th</sup>, International Waffle Day was celebrated in The Mayflower Community (Grinnell IA) Beebe Assisted Living and Health Center. With the assistance of Mayflower's Foodservices kitchen, led by Supervisor Jacob Staroska, residents enjoyed mini-Belgium waffles. Available were a variety of toppings—fresh whipped cream, raspberries, blueberries, chocolate chips, pecans, butter, and traditional and sugar-free syrup.

Pictured is Beebe resident, Chao Huang, enjoy a couple of the waffles.

While enjoying the hot-off-the-waffle iron treats, residents learned about the history behind the delectable day. You can **learn about the history here**, too.

Thanks to Leslie Jaworski, Mayflower's Community Engagement Director, for bringing together this information with mouth-watering reality.

*-Bob Mann, Sales & Marketing Director*



### It's Story Circle Time Again for Mayflower Residents

Spring is here  
The grass is "riz"  
We wonder where the stories "iz"....



Wonder no more! The next Mayflower residents “Story Circle” will be held on Wednesday, April 14<sup>th</sup> at 7:00pm in the Buckley Dining Room. The subject matter will be “Spring Fling—Whoops and Wows” stories.

Hosted by Harriet Adelberg, the event will be structured similar to the Story Circle event begun a few years ago. Residents will gather, this time two to a table, and the volunteer storytellers will use a microphone to tell their personal story of 10 minutes or less.

Because of coronavirus precautions, attendance is limited to the first 22 residents who make reservations by calling the Buckley Kitchen (641-236-6151 x216) or emailing Scott Gruhn ([sgruhn@mayflowerhomes.com](mailto:sgruhn@mayflowerhomes.com)). The reservation for attendance will include choosing whether to order a special Mayflower dessert pie for \$4.00. Drinks will be available.

A new wrinkle will be the opportunity to “attend” via Zoom virtual conference call. Information is below.

The “chuckle or gasp” stories will be delivered by regular storytellers plus additional residents who wish to sign up to talk. Do so, by contacting Harriet Adelberg ([haadelberg7@gmail.com](mailto:haadelberg7@gmail.com) or 641-236-3433).

To connect via Zoom, [go here](#).

To connect by phone:  
 1 312 626 6799 US (Chicago)  
 Meeting ID: 817 8278 5711  
 Passcode: 536169

*-Bob Mann, Sales & Marketing Director*

### Available Residences

Apartments	Size	Entrance Fee	Features
Buckley #312	365 ft <sup>2</sup>	\$ 34,750	Studio. Recently remodeled. Luxury vinyl wood floor plank. East balcony.
Buckley #320	592 ft <sup>2</sup>	51,750	One-bedroom. Vinyl wood floor plank. East balcony.
Pearson #103	600 ft <sup>2</sup>		One-bedroom. First floor. Outside entrance and deck.
Buckley #201	681 ft <sup>2</sup>	57,750	Two-bedroom. Second floor. Two exposures. Plenty of kitchen storage space.
Buckley #101	681 ft <sup>2</sup>	63,750	Two-bedroom. First floor. Two exposures. Plenty of kitchen storage space.
Buckley #210	681 ft <sup>2</sup>	66,000	Two-bedroom. Second floor with walk-out door and deck. Two exposures
Buckley #318	887 ft <sup>2</sup>	73,750	One-bedroom (large) LVP flooring. 1½ baths. East-facing balcony.
Altemeier #205	892 ft <sup>2</sup>	67,750	One-bedroom. East/west windows in large great room. Washer/dryer.
Buckley #203 <b>SOLD</b>	990 ft <sup>2</sup>		One-bedroom. 1½ bath. Office/den. Eat-at island. Courtyard balcony.
Montgomery #1 <b>SOLD</b>	1,084 ft <sup>2</sup>		Two-bedroom. Two bath. Washer/dryer. Deck.
Harwich Terrace Patio Home	Size	Selling Price	Features
630 Park St. <b>SOLD</b>	1,274 ft <sup>2</sup>		Two-bedroom. 2 baths. New flooring. Full basement. Big back yard.
526 State St. <b>SOLD</b>	1,831 ft <sup>2</sup>		Two-bedroom. 2 baths. New flooring. Office. Two-car garage.

### Zoom Exercise Classes—It’s Not Too Late

Mayflower’s Strength and Balance Training exercise classes via Zoom are going strong into their third week and continuing to add new

class members each week. The classes currently take place on Monday, Wednesday, and Friday. Level 1 class starts at 11:00 AM for those who like to exercise while seated with some standing exercises. Level 2 class starts at 9:00 AM for those who like to exercise while standing with some floor exercises.



For those who are unable to attend virtually the LIVE exercise classes, a recorded video of the class is sent out following class for members to do on their own time.

We also offer optional fitness assessments that measure your upper body and lower body strength using the arm curl and chair stand tests, lower body flexibility using the sit and reach test, and cardiovascular endurance using the two-minute step test. These assessments are performed via Zoom and in-person and reassessed every 12 weeks to track progress. If you would like more information on how to join the class or participate in a fitness assessment, please contact me. The more the merrier!

-Katie McGriff, Community Life and Wellness Coordinator  
([kcmcgriff@mayflowerhomes.com](mailto:kcmcgriff@mayflowerhomes.com))



### On the Hunt for Recipes

The Mayflower Community Foodservice staff is in the process of reviewing menu options. We would like to receive any recipes that you personally enjoy. Especially meaningful would be your OWN recipes, if you would like to share them with us. We may be able to add them to our daily menus.

If enough recipes are shared, we will compile them into a resident cookbook that would be available within our community.

If you have suggestions or recipe offerings, please send them to me:

- **Email:** [jstaroska@mayflowerhomes.com](mailto:jstaroska@mayflowerhomes.com)
- Paper: Drop them off at the Pearson Receptionist Desk or in the Buckley Dining Room
- In Bound Book: Bring me the book, and I will make a copy

-Jacob Staroska, Foodservice Supervisor

### 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 is creations. These will be things made in craft rooms and homes using a variety of materials. The Month of April will have items created made in the Basement Craft room and a variety of things which are made or put in to

## Creations for April

Let's Create some

April fool things!

Can you find them?

fool you with a variety of Cookie cutters that can be used to create cut cookies. There will also be a sheet to guide you to find some Fooleries in the treasure chest. Let your imagination be your guide. The last week I will post where they are and you can see if you find them.

*-Karen Packard*

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### Mayflower Residents Zoom Into Infrastructure Information

On Monday, April 5<sup>th</sup>, a large number of Mayflower Community residents tuned into a Zoom presentation hosted by the Mayflower Residents Association. The topic for this meeting was "Mayflower Infrastructure Upgrade Plans." Presented by Executive Director, Steve Langerud, and Director of Facility Operations, Jack Morrison, the meeting was one in a series of four about Mayflower developments.



Steve and Jack announced a number of major facility upgrades in the works, including new roofs for the skywalk and the Beebe Assisted Living building, resurfacing for the Beebe parking and pick-up Circle, and new chillers and boilers for the Health Center and Beebe buildings. The most exciting announcement was the complete sewer pipe interior coating to renew all the drain lines under the campus buildings.

In addition, Steve and Jack announced that the City of Grinnell is soon to begin a complete resurfacing of Park Street from 1<sup>st</sup> Avenue north to the railroad tracks. This will include a crosswalk for the area under the skywalk between the Health Center and the Beebe building, additional lighting and drainage, and new curb and gutter.

These are exciting renewal developments for this 30-acre campus that has anchored the south edge of downtown Grinnell for the last 71 years. This all means that The Mayflower Community will be here in extraordinary condition for years to come.

*-Bob Mann, Sales & Marketing Director*


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### Upcoming MRA Zoom Meeting to Discuss Future Plans

The next Mayflower Community Zoom information meeting sponsored by the Mayflower Residents Association will be Monday, April 19, 2021 at 2:00pm. The topic will be "Major projects: Beebe Renovation with Open Dining and the new Pearson Well-Being Center." Jack Mutti will host on behalf of MRA. Steve Langerud, Mayflower Executive Director, will lead a presentation about planned Foodservice renovations and programming in assisted living by Scott Gruhn, Director of Foodservice. Kellie McGriff, Mayflower's Associate Director/Administrator and Leslie Jaworski, Director of Community Life and Well-Being will discuss plans for a new activity space in the lower level of the Pearson building.

*-Bob Mann, Sales & Marketing Director*

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poem by Warren Reinecke  
*Published Lyrical Iowa, 2019*

**SPELLBOUND**

*CROSSWORDERS* align words using  
their wits.  
Down and across numbered boxes share  
clues,  
Found words spur hope, so do hint-  
helping quips.  
Last word spells *success*, each puzzler  
their due.

*SCRABBLERS* like mingling letters for  
scores,  
Luck of the draw sends words every  
which way.  
Players scheme spaces where values are  
more,  
Suspense till the end, "*Turnabout is fair  
play.*"


*JUMBLERS* arrange letters into a queue.  
Prefix or suffix? Sounds like? Spelling  
err?  
Befuddled. Dismayed. *Argh!* Alphabet  
stew.  
*VOILA!* Word puzzled out, letters all  
square.

*POETS* ponder words to parse the right  
kind,  
Puzzling the presumed in new frame of  
mind.

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poem by Pasha Buck

**ECSTASY**



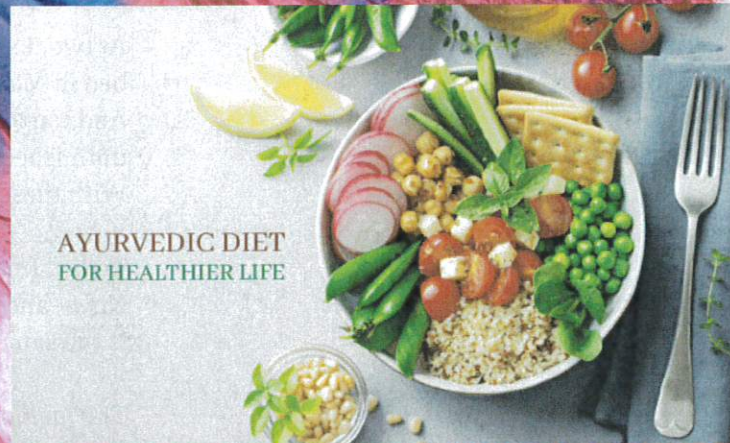
Today I stepped barefooted  
on a rug,  
Hand-loomed of hand-spun  
wool—my sheep,  
My labor in the spinning and  
the weaving—  
My feet in search of homing.

At two, I slid down off a cabin  
bed in Manitou,  
And touched the rough  
unfinished boards  
With these same feet.

Today, I name the mystery.  
Now—and then—the feeling  
is the same.

The memory in my feet is  
ecstasy; it's bliss.

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



**Monday, April 12<sup>th</sup> 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](http://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.**

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## A U.S. Covid Vaccination Update

According to **Becker's Hospital Review**, As of 6 a.m. EDT April 6, a total of 63,016,976 Americans had been fully vaccinated. Equivalent to 19% of Americans, have been fully vaccinated.

Below, are the numbers for Iowa:  
Number of people fully vaccinated: 686,954



Population: 3,163,561  
Percentage of population fully vaccinated: 21.71%

Experts estimate that herd immunity would require around 80-90% of the population to have COVID-19 immunity, either through prior infection or vaccination. That's why experts are encouraging the public to get the COVID-19 vaccine and why we are continuing to see an influx of those receiving vaccines.

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## 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."

## Bob Mann (Robert)

Profiles > Robert Mann  
Signed in successfully.

Edit Delete



Email: [bmanna@mayflowerhomes.com](mailto:bmanna@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

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](mailto: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](mailto:ksiglerphillips@gmail.com))

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## 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*!

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

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### **Movie: *Pink Cadillac***

The next movie will be in Kiesel Theatre on Saturday April 17th at 2pm. *Bounty Hunter*, played by Clint Eastwood, is on the trail of Bernadette Peters, a bail jumper last seen burning rubber in her husband's pink cadillac. Also on their tail is a gang of neo-Nazis after counterfeit bills, hidden in the trunk.

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### **Informer Submission Deadlines**

- Submission deadline: April 16th for publication April 23rd
- Submission deadline: April 30th for publication May 7th
- Submission deadline: May 14th for publication May 21st



[Submit here.](#)

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### **Residents' Birthdays**

Dorothy Noer on April 13th  
Alicemary Borthwick & Bruce Voyles on April 15th  
Gene McCaw & Bill McNally on April 18th  
Rey Evans on April 19th  
Karin Connelly on April 20th  
Jean Jones on April 21st  
Deb VanArkel & Iann Veldhuizen on April 22nd  
Gene Herman & Kathy Szary on April 25th  
Roberta Atwell on April 26th

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**In Memoriam**

Mary Margaret Ashby  
Passed away on March 25, 2021

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

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Grinnell, IA 50112  
(641) 236-6151  
[mayflowerhomes.com](http://mayflowerhomes.com)

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