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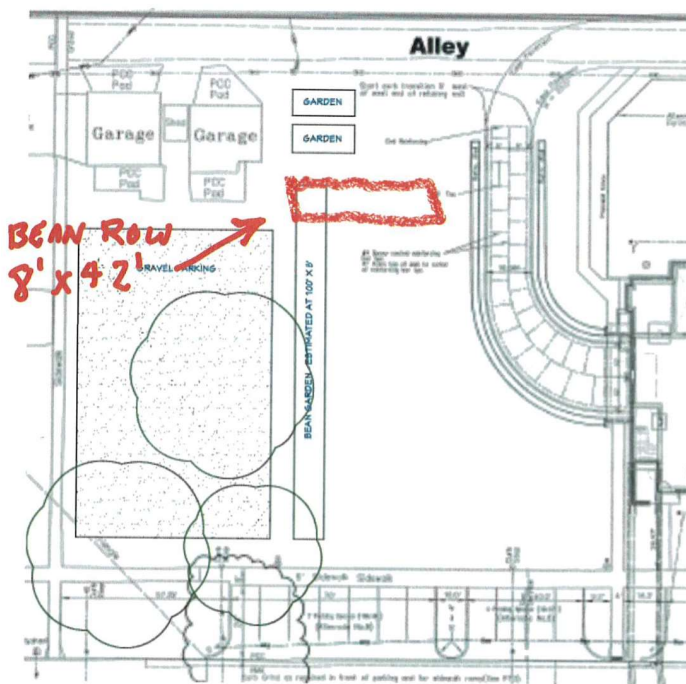
The Informer

May 7, 2021

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Mayflower Residents Plant Descendants of Mayflower Beans

With the support of Mayflower's Gardens and Grounds staff and Grinnell College's Farmhouse students, a group of Mayflower residents is developing a garden of "Mayflower Beans." Located immediately south of the Watertower Square apartments, the patch will appear as an attractive hedge.



A double row of 42 feet has been planted with the striking gray and red beans. It is surrounded by a 24" rabbit fence. The beans will grow on bamboo trellis.

The beans are the same as those brought to America by the Pilgrims in 1620.

With the support of volunteer donations and labor, the plan is to harvest at least 20 pounds of the beans for serving at The Mayflower Community's 2021 Thanksgiving meal

The project is the brainstorm of resident Leo Lease who has been assisted in coordination and communication by resident Sis Vogel.

-Bob Mann, Sales & Marketing Director



Shrimp Boil for Mayflower Residents

*Thursday, May 13, 2021
5:30pm*

Entrée: Boiled Shrimp

Sides: Andouille Sausage, Corn on the Cob, Red Potatoes, Cole Slaw, Garlic Bread

Dessert: Homemade Beignets

Seating: Serving in the traditional family style on the Buckley Patio at tables of six (maximum of 60) plus limited seating in the Buckley Dining Room at tables of four (maximum of 40). Seating reservations available on first-come basis. Note: outdoor seating is full.

Pick-up (no delivery): Available at 6:00pm.

Reservations: Due by Tuesday, May 11th at 12 (noon). Call the Buckley kitchen (641-236-6151 x216) or email Scott Gruhn (sgruhn@mayflowerhomes.com). At that time, indicate where you would like to be seated.

Cost: \$12.00. The menu offering serves one and includes the entire meal listed.

-Bob Mann, Sales & Marketing Director



UnLOCKIN the Power of Philanthropy

Splitting Heirs

This catchy title is one of a dozen books written by Ron Blue, who spent more than 30 years in financial counseling and planning. It is a personal favorite, helping me bridge gaps between charitable planning and sound financial and estate planning. I recommend it highly and offer the following chapter-by-chapter

outline.

Confessions of Procrastination

Blue focuses on the fulfillment of sound planning rather than trying to evoke any notions of guilt.

The Wealth Transfer Process and Life Overview

Blue asks, "What story are you writing with your life?" He describes 'wealth transfer' as a lifelong process, touches on why it can be challenging, and suggests a specific order for decision making (the next six paragraphs).

Decision #1: "TRANSFER"

Blue first asks, "To whom will you leave your wealth?" He describes important "stewardship" decisions, noting that while we cannot take our wealth with us, we have the privilege of choosing the next steward(s). He admits that our only real choices are i) Heirs, ii) Charity, and iii) Government, and challenges us to "transfer wisdom before wealth."

Decision #2: "TREATMENT"

Next, we are urged to consider "How Much" to leave, particularly to children or grandchildren. To make these tough decisions, Blue employs the "uniqueness principle," which is, "love your children equally and treat them uniquely."

Decision #3: "TIMING"

Two more principles guide Blue's advice on "When" to transfer our wealth. First, "time your wealth transfer to maximize its use by you, your heirs, and the organizations you support." The second is one you may have heard me repeat: "Do your givin' while you're livin' so you're knowin' where it's goin'."

Decision #4: "TITLE"

This is the "What" decision. What assets will we transfer to whom? Blue touches on the various forms of asset ownership, but a stronger focus of the chapter is "stewardship." Admitting that our assets really never belong to us, he challenges us to be the best stewards we can be.

Decision #5: "TOOLS and TECHNIQUES"

This discussion of "How" assets are transferred is guided by three more principles. First, "Estate planning tools and techniques help you accomplish objectives but are not the objective." Second, "Never use a trust because of a lack of trust." Finally, "Keep it as simple as possible."

Decision #6: "TALK"

Blue strongly encourages "communication that aligns (family) expectations with plans" ... "to get everyone on the same page with no surprises." He cleverly notes, "You will have a family conference; it's just a matter of whether you will be alive to attend."

If Blue's clever title and this brief outline inspire you to check out the book, I recommend starting your Google search with "Splitting Heirs, Ron

Blue.” Or, I would be pleased to discuss the contents in more depth with you.

Doug Lockin (515.210.6603 or **dlockin@mayflowerhomes.com**)



Upcoming MRA Meetings Save the Dates

MRA Council Meeting

Zoom. Monday, May 24th, at 2:00 pm.

A link and agenda will be sent out closer to the date. Any interested Mayflower resident is welcome to attend, although only Council members are eligible to vote.

Spring MRA Town Meeting

Zoom. Monday, June 7th, at 2:00 pm.

In accord with the new by-laws, the proposed MRA budget will be presented for the upcoming fiscal year, July 1, 2021 through June 30, 2022. Officers, committee chairs, and Mayflower administrators will give reports to update us on activities over the first half of the year that affect us. Relevant documents and a Zoom link will be circulated closer to the meeting date.

-Jack Mutti, MRA President

Introducing Mayflower’s New Pearson Receptionist/Executive Assistant

We wish to welcome Nancy Barwegen to the Mayflower as the executive assistant for business operations and receptionist in Pearson.

Pam Gruhn (left) and Rey Evans provide guidance for Nancy Barwegen (seated) in her new position as Mayflower Executive Assistant/Pearson Office Receptionist.



Nancy comes to Mayflower from Underwriters Laboratories in Newton, Iowa.

We are pleased to know that Nancy will be the first face and voice for residents and friends of the Mayflower.

Thank you to residents, Pam Gruhn and Rey Evans, for filling in before Nancy arrived and for helping with the training and transition. Learning

the language, locations, and culture of the Mayflower takes time! Oh, and Nancy is learning a new job too!

Nancy says, "I am very excited to be a part of the Mayflower Community. I will be even more excited when I have learned everybody's name."

Nancy will be the center point for information and problem solving for residents! In addition, Nancy will be our scheduler, calendar keeper, reservation maker, and general question-answerer.



We invite you to stop by the Pearson front desk, say "Hi," and get to know Nancy.

It will be okay to pull down your masks and smile at each other! For Nancy, meeting only masked people is a challenge. Someday, we will be without our masks.

Welcome, Nancy!

-Steve Langerud, Executive Director

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.

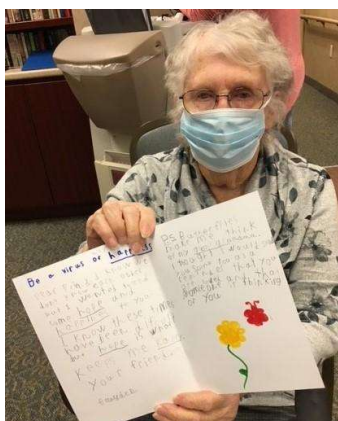


For those who are unable to attend virtually the LIVE exercise classes, a recorded video of the class is sent out following class for members to do on their own time.

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 Pikul, Community Life and Wellness Coordinator
(kcpikul@mayflowerhomes.com.)*

Apartments			Features
	Size	Entrance Fee	
Buckley #312	365 ft ²	\$ 34,750	Studio. Recently remodeled. Luxury vinyl wood floor plank. East balcony.
Buckley #320	592 ft ²	51,750	One-bedroom. Vinyl wood floor plank. East balcony.
Buckley #201	681 ft ²	63,750	Two-bedroom. Second floor. Two exposures. Plenty of kitchen storage space.
Buckley #101	681 ft ²	63,750	Two-bedroom. First floor. Two exposures. Plenty of kitchen storage space.
Buckley #210	681 ft ²	66,000	Two-bedroom. Second floor with walk-out door and deck. Two exposures
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.
Altemeier #102 HOLD	558 ft ²		One-bedroom. North and south exposure with big south picture window.
Montgomery #1 SOLD	1,084 ft ²		Two-bedroom. Two bath. Washer/dryer. Deck.
Harwich Terrace Patio Home			Features
	Size	Selling Price	
630 Park St. SOLD	1,274 ft ²		Two-bedroom. 2 baths. New flooring. Full basement. Big back yard.
526 State St. SOLD	1,831 ft ²		Two-bedroom. 2 baths. New flooring. Office. Two-car garage.



Letters of Cheer from Germany for Mayflower Residents

How can you brighten the day of an older person during a time of isolation? That is the question posed to her students by Mrs. Laura Maly-Schmidt at the International School of Düsseldorf, Düsseldorf, Germany. She is the Middle Years Programme Coordinator whose parents live in Grinnell. The answer to the question: A cheerful handwritten card or letter!

Mrs. Maly-Schmidt invited the Düsseldorf school community to send in hand-written letters, cards, and drawings to brighten the day for nursing facility residents who have not been able to receive visitors. In the space of just two weeks, Mrs. Maly-Schmidt collected over 200 cheerful cards and letters from all sectors of the school, written both in English and in German. These were given to residents of a facility in Germany as well as residents at The Mayflower Community Health Center and Beebe Assisted Living.

Mayflower received not one, but two, large envelopes filled with messages, artwork, and letters with an abundance of hope, care, concern, and love. In each envelope was this letter addressed to our community:

"Dear Mayflower Community Friends,
When we first heard about an awesome project, called Letters Against Isolation, started by two high school girls, we were inspired. We wondered who we could connect with in our local and global community to share our hope for the future and our support for one another.

I knew about the Mayflower Community from my parents, who live in Grinnell, and from my time as a student at Grinnell College, when I would visit my friend Heather Leith's grandmother at the Mayflower to enjoy kringla and chatting with 'Grammy.' When we heard that we could collaborate with the Mayflower Community on this project, we were delighted.

The cards and letters you find in these envelopes were created by students at the International School of Düsseldorf, from prep and reception students aged 3 and 4 to our seniors in grade 12, as well as from faculty and staff. Our International Women in Business chapter shared the initiative more widely in our community and some of their members participated as well.

So, if your ears have been ringing lately, it's because lots of people in Düsseldorf, especially at the International School of Düsseldorf, have been thinking and talking about you recently. As many of the students have written, stay strong, think positively, and know you are in our hearts.



With our best regards,
Laura (Maly-Schmidt) and all your friends at the International School of Düsseldorf"

On Friday, April 16th, Mayflower's Community Life Director, Leslie Jaworski, and Coordinator, Tracy Woolfolk presented the letters to residents in the Health Center and Beebe Assisted Living, explaining who, where, and why this generous act of kindness was bestowed on us. Many of the letters, artwork, and positive thoughts and messages were read aloud and displayed in a group setting, followed by locating the International School of Düsseldorf on a map and visiting their website (<https://www.isdedu.de/>).

Mayflower residents and staff were moved by the project. After the presentation, letters were distributed to residents with plans to distribute more. In addition, more letters were available for Mayflower's independent living residents to pick up at the main office in Pearson. You may leave letters you write in the marked bag under the Pearson mailboxes.

Each encouraging word, drawing, work of art, and poem is appreciated! On behalf of the residents, staff, and families of Mayflower Community, "Danke schön, International School of Düsseldorf and community, for sharing your generous hearts and messages of hope!"

-Leslie Jaworski, Community Life Director



Mayflower's Treasure Chest Features Owls

The Mayflower Residents Association Treasure Chest called on owl lovers to display their collectables for the month of May 2021. The owls now adorn the Pearson building lobby. In addition, a clever poem from resident Warren Reinecke supports the show.

-Sue Drake, Treasure Chest Committee Chair

A Month of Vicarious Travels in Mayflower's Kiesel Theatre

Here are the "trips" scheduled for viewing during the month of May in our Kiesel Theatre. No reservation is necessary.



Tuesday, May 11th (2:00pm)

- Italy, Siena, and Assisi
- U.S., California, Cheese
- Italy, Riviera, Cinque Terre

Tuesday, May 18th (2:00pm)

- U.S., California, Sonoma Valley
- U.S., California, Los Angeles
- Denmark, Copenhagen & The Countryside

Tuesday, May 25th (2:00pm)

- The Netherlands, Amsterdam & Side trips
- Spain, Basque Region
- Switzerland, Jungfrau Region

-Shane Estes, Armchair Travels Committee Chair



Walking Groups at Mayflower

Two new Mayflower residents walking groups will begin the week of May 10th. They will be led by me, Katie Pikul (formerly McGriff).

The first session will be Tuesday, May 11th followed by the same session on Thursday, May 13th. Each day, there will be two times: 9:00am for faster walkers and 1:00pm for those

that want to take it a bit slower. The plan is to walk from 20 to 40 minutes at each session, which will cover from one to three miles each week.

The plan is to continue on Tuesdays and Thursdays thereafter, regardless of the weather. If the outside temperature is 50° or above, walking will be outside. If it is below 50°, we will walk indoors. In all cases, the group will start in the Pearson building lobby.

We ask that all walkers wear face masks.

-Katie Pikul, Mayflower Community Life and Wellness Coordinator

Chapel Services Return at Mayflower...For Some Residents

On Wednesday, April 7, 2021, the first chapel services (since the start of the pandemic) were held for the Health Center and Beebe Assisted Living residents. Due to infection control measures, the Health Center service was held at 2:00pm in the Carman Center with Beebe's service following in their activity room at 3:00pm. Doug Tiffany, Chaplain for Care Initiatives Hospice led both services. He was tested for COVID, screened, and given a shield and mask prior to entering the buildings. He remained masked and shielded for the duration of his visit. Health Center resident Wilma Graden was the pianist for the first service, but there was no accompanist for the second service.



Conducting services on Wednesday, April 14th was Rev. Eric Schubert, Senior Pastor, of the Grinnell United Methodist Church, and on April 21st, it was Rev. Wendy Abrahamson, Senior Pastor of the Grinnell St. Paul's Episcopal Church. The new senior pastor at St. John's Lutheran Church in Grinnell, Rev. Daniel Rinehart, was the worship leader for the April 28th service.

Wilma Graden, Health Center resident, has been playing piano for the Health Center services.

Future plans include combing the two Chapel services into one for both Health Center and Beebe Assisted Living residents. This will be dependent on infection control protocol and directives from the U.S. Centers for Medicare and Medicaid Services (CMS), the U.S. Centers for Disease Control and Prevention (CDC), the Iowa Department of Public Health (IDPH), and Mayflower administration.

A U.S. COVID Vaccination Update

According to **Becker's Hospital Review**, as of 6 a.m. EDT May 4, a total of 105,523,520 Americans had been fully vaccinated, or 31.8 percent of the country's population, according to the CDC's data.

Below, are the numbers for Iowa:

Number of people fully vaccinated: 2,825,705

Population: 3,163,561

Percentage of population fully vaccinated: 28.87%

Wisconsin currently has the highest percentage of its population fully vaccinated against COVID-19, according to the CDC's COVID-19 vaccine distribution and administration data tracker.

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.

New Books for the Mayflower Library May, 2021

The Library Committee would like to thank our residents for their many contributions of the recent books from the last couple of years, particularly Large Print Books! They are much appreciated!

A Minute to Midnight

The Wright Sister

My Dear Hamilton

The Last Palace

Catch and Kill

Being Mortal

The Stranger Diaries

The Short Stories Ernest

Hemingway

The Book of Longings (LP)

The Splendid and the Vile

Such a Fun Age (LP)

Ickabog

The Consequences of Fear

Call the Midwife

The Wright Brothers

David Baldacci

Patty Dann

S. Dray and L. Kamoie

Norman Eisen

Rowan Farrow

Atul Gawande

Elly Griffiths

Ernest Hemingway

Sue Monk Kidd

Erik Larson

Kiley Reid

J.K. Rowling

Jacqueline Winspear

Jennifer Worth

David McCullough

Spread Love
by Temesha Derby

Adorned with ribbons and bows,
she only wished to be hugged.
Given bats and gloves and gear,
he only wished to be taught how.

Doted with flowers, chocolates and cards,
she only wanted someone to listen.
Supplied with controllers and video games,
he only wanted someone to play with.

Growing up and showered with cars, clothes and fancy accesories,
she only hoped for genuine conversation.
Growing up and showered with cars, clothes, and fancy accesories,
he only hoped for genuine conversation.

They were showered with things
rather than hugs, moments and time
and grew up to hate materialism,
when all they craved
was intangible:
love.

Please submit poems to Bob Mann to use in future editions!

Movie: *Downton Abbey*

The next movie will be in Kiesel Theatre on May 15th at 2pm. The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England soon unleashes romance, intrigue and scandal- leaving the future of downtown hanging in the balance.

Please note: this will be the LAST movie offered until Septmeber.

Informer Submission Deadlines

- Submission deadline: May 14th for publication May 21st
- Submission deadline: May 28th for publication June 4th.
- Submission deadline: June 11th for publication June 18th.



[Submit here.](#)

Residents' Birthdays

Gayle Strickler, Jr. on May 7th
Wilma Graden & Fred Johnson on May 8th
Sandy Moffett on May 9th
Jean Carpenter on May 13th
Jim Ferguson & Bruce Voyles on May 14th
Marilyn Schuler on May 15th
Carolyn Runyan on May 17th
Doug Cameron on May 21st
Kathy Herman on May 22nd
JoAnn Britton & Roger Stafford on May 23rd

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



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**Mayflower
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