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The Informer

June 18th, 2021
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Mayflower Outing

On Thursday, June 3rd, a group of Mayflower independent living residents boarded Lester the Bus (our modern shuttle) and headed to the Des Moines area to enjoy supper together. The idea was hatched at a Memorial Day cookout when they decided that they should take a road trip.

Eleven Mayflower residents enjoyed dinner at Johnny's Steakhouse in Altoona. Included were Dan and Nancy Agnew, Jo Bolton, Sheila Gause, Darwin Kinne and Suzanne Schwengels, Lyle and Carolyn Roudabush, Ian Veldhuizen, and Dick and Sis Vogel. Seated next to them were a group of Ankeny School teachers. Not surprisingly, the two groups got a little boisterous and enjoyed the sharing.



According to volunteer driver, Lyle Roudabush, "Everyone enjoyed themselves last night. Thanks to Ben [Pearce, Facilities Supervisor]

for cleaning and charging up ol' LESTER." The group is already planning their next outing.

-Bob Mann, Sales & Marketing Director



UnLOCKIN the Power of Philanthropy

“Annual Giving” vs. “Legacy Giving”

Is this about a court case? Rest assured this is not! Rather, it is a peek into the thought process many employ when deciding how to support Mayflower and other charitable organizations.

Annual Giving. “Annual gifts” help charitable organizations provide the day-to-day services that define their missions. In previous columns, I’ve defined annual giving as “transactional.” You are moved by the opportunity to help people in need and decide how much to give within the parameters of your personal budget and cash flow.

Legacy Giving. “Legacy giving” fulfills a desire to further support “favorite” organizations during and beyond your lifetime. I have previously defined legacy giving as “relational,” because it is considered in light of your overall financial and estate plans. While this seems to imply more complexity, there are basic concepts to consider, which make planning decisions easier.

Motivated by a desire to help Mayflower residents during and beyond your lifetime, you can begin with the assurance that a “legacy gift” does not imply a gift you cannot afford. There is no minimum requirement; every legacy gift is impactful.

First, consider the **TIMING** of your legacy gift. Will it be made during your lifetime or as part of your estate plan? Consider these questions to arrive at a best answer:

- Do I prefer to give while I’m alive and see my gift “in action?”
- How will my gift affect my own standard of living or what I want to leave my children?
- Which approach saves my heirs and me the most taxes, a lifetime gift or an estate plan provision?

Finally, consider the **ASSETS** you can use to make a legacy gift. Begin by ruling out specific property you want your children or other heirs to have. Then, consider giving charity the assets that will result in

your estate or your children paying the least amount of tax on their portion of your estate.

In addition, “timing” and “asset” considerations are also helpful in annual giving decisions. In general, answers to the preceding questions will help with all charitable giving decisions. I can help you walk through these questions for personal consideration or in preparation to meet with other professional advisors.

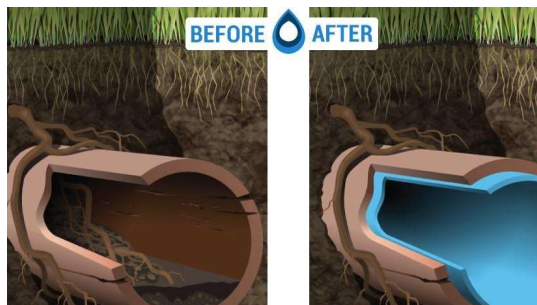
Doug Lockin (515.210.6603 or dlockin@mayflowerhomes.com)

Flutist Performs at Mayflower

On Tuesday, June 8th, Flutist Valerie Wedgeworth performed in The Mayflower Community’s Beebe Circle and in the Health Center Courtyard to a warm and appreciative crowd of residents.



-Bob Mann, Sales & Marketing Director



Getting Our Pipes Cleaned and Lined

The Mayflower Community has begun the process of flushing old cast iron sewer pipes and then lining them with an epoxy in a process called “CIPP,” cured-in-place pipe. This will significantly extend the life of the pipes, which have been aged by corrosion and cracking over their many years of life.

The process starts with two days of copious flushing of building sewer lines, one building at a time in our five traditional apartment buildings—Altemeier, Buckley, Edwards, Montgomery, and Pearson—plus the Beebe Assisted Living building. Then the epoxy material is extruded inside the pipes to coat the circumference, leaving us with durable, long-lasting sewer pipes.

As of the writing of this edition of *The Informer*, the flushing and lining work has been completed in the Altemeier building. The only inconvenience is the 12-hour overnight period (7:00pm – 7:00am) when the water is shut off for the lining work. Toilets can be used but

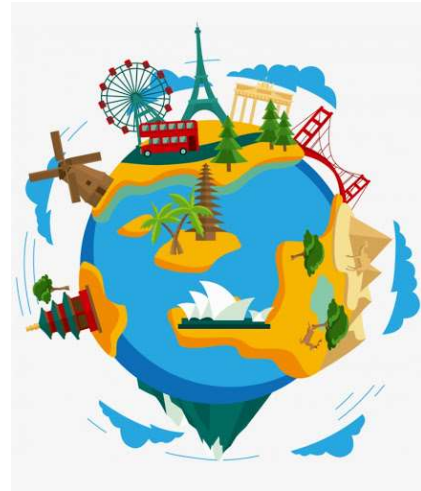
not flushed. Then, voila! We are back to normal...with great pipes. This will be one more thing to brag about Mayflower!

Building meetings will be held with each group of residents before the work starts to discuss the process and the timetable.

-Bob Mann on behalf of Erin Gersdorf, Facilities Supervisor

A Month of Vicarious Travels in Mayflower's Kiesel Theatre

Here are the Armchair Travel "trips" scheduled for viewing during the month of May on Tuesdays at 2pm in our Kiesel Theatre. No reservation is necessary.



Tuesday, June 22nd

- U.S.- Florida, Miami
- U.S.- Louisiana, New Orleans Carnival
- U.S.- Alaska, The Inside Passage

Tuesday, June 29th

- African Foods in America
- Germany, Berlin Resilient & Reblooming
- South America, Pantanal, Brazil, Bolivia & Paraguay

Tuesday, July 6th

- France, Paris, Eiffel & Monet
- Europe, Getaways
- Columbus, Connecting the Dots

Tuesday, July 13th

- Belgium, Bruges & Brussels
- Nepal & India
- France, Provence

Tuesday, July 20th

- Canada, Ottawa, Ontario
- France, Riviera, Uniquely Chic
- Mexico, Baja
- Poland, Rediscovered

Tuesday, July 27th

- England, Bath & South Wales

- Turkey, Istanbul
- Belgium, Brussels

-Shane Estes, Armchair Travels Committee Chair

Book Reviews

by Members of the MRA Library Committee

***The Survivors* by Jane Harper**

The disappearance of a 14-year old girl and 12 years later a dead body by the seashore bookend myriad questions on the island of Tasmania.

Gabby is last seen three days before a storm that flipped a boat and dragged two strong men on a rescue mission to their deaths. For 12 long years Kieran has borne the burden of guilt in the death of his brother.

Kieran, along with his girl friend and daughter, return home to help his parents move. He is reunited with childhood friends Ash, Sean, and Olivia, and Olivia's roommate for the summer, Bronte.

When a dead body is discovered along the shoreline, it will prove to be the catalyst to long-held secrets that will free Kieran at last from the burden he has carried.

***Water, Stone, Heart* by Will North**

Andrew Stratton teaches architectural theory at the University of Pennsylvania but he has never actually built anything. When his wife leaves him, Andrew is like a house shaken off a faulty foundation. Escaping from the routing of his university, Andrew travels to Boscastle, England, where he immerses himself in learning the grueling task of stonework. His willingness to open his heart is tested when he falls for Nicola Rhys-Jones, an American expatriate seeking an escape from a history of abuse. This is a charming story, including true details of a disastrous flood in Cornwall.

***The Rose Code* by Kate Quinn**

This is the story of three English women who are assigned to work during World War II at mysterious Bletchley Park. Osla, a debutant, has beauty, brains and Prince Phillip as a beau. Mab comes from the poverty of East End London and hopes to find a socially

advantageous husband. Beth, a local shy spinster with a domineering mother, possesses a brilliant facility to solve puzzles. The three become fast friends working as cryptologists to break German military codes. Betrayal by a traitor destroys their friendship and leaves one of them confined to an asylum. As the royal wedding of Princess Elizabeth and Prince Phillip draws near, three friends must overcome their animosity and work together to solve a mysterious encrypted letter which holds the key to the long-ago betrayal. Each petal they remove from the Rose Code brings them closer to the enemy. The characters of the three women are very well developed and the plot is intriguing. While I did not understand much of the description of the code breaking machines used at Bletchley, that did not detract from my enjoyment of this book.

Booklist for June

Baldacci, David	<i>Hour Game</i> (Large Print)
Berg, Elizabeth	<i>The Tapestry of Fortunes</i>
Berg, Elizabeth	<i>I'll Be Seeing You</i>
Buck, Patricia	<i>Scriptures</i> (Large Print)
First, Fred	<i>Slow Road Home</i>
Haig, Matt	<i>The Midnight Library</i>
Harrow, Alix	<i>The Thousand Doors of January</i>
Hearne, Kevin	<i>A Plague of Giants</i>
Heiny, Katherine	<i>Early Morning Rise</i>
Hess, Monica	<i>American Fire</i>
Hostin, Sunny	<i>Summer on the Bluff</i>
Kelly, Martha Hall	<i>Lost Roses</i>
Napoli, Lisa	<i>Susan, Linda, Nina & Cokie</i>
North, Will	<i>Water, Stone, Heart</i> (Large Print)
Shreve, Anita	<i>The Stars are Fire</i>

Opportunity to Participate in State Health Assessment

The Mayflower Community is encouraging residents, employees, and friends to participate in the Iowa Department of Public Health (IDPH) survey, "Iowa Health Assessment," that is being conducted locally by UnityPoint Health—Grinnell.

Since prior to the pandemic, Mayflower has been involved in the "Healthy Grinnell Initiative" grant, a program to promote health and well-being in the local community. The IDPH survey will provide

information useful in this activity as participants voice their opinions about what they feel are the biggest health concerns Iowans face right now.

“**Healthy Iowans**,” the state health assessment (SHA) and state health improvement plan (SHIP), is beginning a new cycle. The results of the survey will provide a five-year blueprint for addressing our state's most important health-related issues. Those factors could include the impact of the pandemic, financial resources, ability to get time off from work, and availability of nutritious food and medical care.

How can you be involved? Go to this site and take 10-15 minutes to complete the **Iowa Health Assessment survey**.



The June Offering for the Treasurer Chest

During the month of June, check out the Mayflower Residents Association Treasure Chest, located in the lobby of the Pearson building. Mayflower's own Scott Gruhn is displaying items from his extensive collection of Grinnell memorabilia. Accompanying the display is a notebook of background on the individual pieces. Also included is information about Grinnell businesses of the past. For long-time Grinnellians this

will be a walk down memory lane. For newer Grinnellians it will provide some background about your new home.

-Doug Cameron, MRA Treasure Chest Committee

A U.S. COVID Vaccination Update

According to **Becker's Hospital Review**, as of 6 a.m. EDT June 14th, a total of 309,322,545 vaccines had been administered. This accounts for 43.4 percent of the country's population being totally vaccinated, according to the CDC's data.

Experts estimate that herd immunity would require around 70% 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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Life Edited- Design your life to include more money, health and happiness with less stuff, space and energy. This newsletter focuses on a minimalistic lifestyle. [**You can sign up here.**](#)

-Temesha Derby, Informer Editor

Worship Opportunities

Mayflower Independent Living Worship Services Will Resume

The Mayflower Residents Association Spiritual Life Committee (formerly the Chapel Committee) will be experimenting with a new method of offering worship services for independent living residents. The intent is to focus on "small groups."

Six Worship and Spiritual Life Nourishment sessions will be offered on Wednesday mornings at 10:30am in the Buckley building 3rd-floor lounge beginning on June 16th through July 21st. Retired interim Chaplain, Pasha Buck will lead the services.

Since seating is limited to 10 people, it will be necessary to make a reservation with me at [**jdnoer@gmail.com**](mailto:jdnoer@gmail.com) or by calling 712-420-

1337.

A decision regarding the continuance of this opportunity will be made at a later date.

Resumption of UU and Friends Worship Services

The Unitarian Universalist and The Friends (Quaker) worship groups have been meeting together via Zoom and hope to meet in person again soon. For information, please contact Katherine or Kent McClelland at mccllella@grinnell.edu.

-Dorothy Noer, MRA Spiritual Life Committee Chair

Informer Submission Deadlines

- Submission deadline: June 25th for publication July 2nd.
- Submission deadline: July 9th for publication July 16th.
- Submission deadline: July 23rd for publication July 30th.



[Submit here.](#)

Residents' Birthdays

Tom Moore & Nancy Roudabush on June 21st
Karen McNally on June 29th
Luther Erickson on June 30th
John Landkamer on July 2nd

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

Digital 'Book Club'

The below is optional reading. For the next few issues, enjoy a continuation of this story. **[Feedback is welcome by taking this brief survey!](#)**

Synopsis: Four friends, who are in their 70s, get together often to reminisce on life and reflect on the things they've done, the people they've met, and the lives they miss. These four women all have very different stories and hardships, but are all connected and remain the best of friends well into their old age. The book follows each of the friends in separate alternating chapters. It's about growing old together, however that may look, and the everlasting bonds of true friendship and fulfilling relationships.

Chapter 1- *Bess*

Bess picks up a lavender-colored blanket, sets it down, and picks it back up again. The weather outside-- sunny and nearly 70 degrees is sometimes too cold for her these days. She doesn't know if there will be a breeze and doesn't feel energized enough to come back inside if one does come upon her. The breeze, that is. She drapes the blanket over her left shoulder and walks slowly, that's her only speed, into the kitchen for a glass of iced tea. The simple things in life, summertime air and freshly made iced tea, bring her joy in her later years. She chuckles out loud but only to herself, considering she's **only** 68 years young.

For Roger, 68 was ages ago. He passed five years ago, on the dot, at the not-too-ripened age of 74. She doesn't feel like reminiscing about Roger right now and so she shakes the thoughts away. She tops her glass with a lemon wedge, another simple pleasure, and moves to scoop Mittens off the couch. Mittens requires little to no interaction. He himself is over 17 years old, but he enjoys basking in the outside sun with her. Lastly, she grabs her book off the sofa and slides open her back patio door.

Mittens jumps from her arms and pads over, rather lazily, to the bench swing. She settles into the swing, covers her lap and opens her book, a good way to get lost from reality for a bit.

Chapter 2- *Nelly*

Nelly is awoken by the afternoon sun coming into her guest bedroom window. She is both thankful and regretful that she has chosen this room as her nap spot. The sun always shines brightly into this room, mid-to late-afternoon, and she's appreciative that she doesn't need to set an alarm. She's unhappy that it never feels like a long enough nap. She rolls onto her right side and slowly rises from the day bed. She picks up her lavender blanket and folds it nicely back into a small square pile.

Blue, the name she calls her strawberry plant, is beginning to wilt. She “hmmms” before walking to her kitchen to fetch a pitcher of water. Her guest bedroom is her catch-all room, filled mostly with plants and random trinkets from her years of traveling. The room brings her peace and happiness. She trickles water onto Blue, her culinary herbs, and her elephant ear plant that inhabit the corner of the room. She swears they thank her by opening up a little.

She pauses at one of her many reading shelves and stares at a picture next to a baseball signed, “Yours Truly, Bobby Cane.” She attended every one of his baseball games in high-school. He had asked her to prom and later to be his girlfriend, on this baseball. Looking back, he should’ve done something for her.

Bobby was her high-school sweetheart, college fling, but eventually, nothing to her. She frowns, not sure whether out of spite, sadness, or both. During their last year of college, although they weren’t officially dating then, they still spent occasional time together and always had a sweet spot for each-other.

That sweet spot turned un-sweet when she found out through the grapevine, and was later put to truth, that he had gotten a fellow classmate pregnant. They were married two months later, the weekend after college graduation. She found out through mutual friends that they had gotten divorced less than two years later. His wife had been cheating on him.

Last Nelly knew, Bobby was happily remarried and living somewhere up north. Nelly didn’t hold any hard feelings; she rarely did. She was all about forgiveness. She was sad she lost Bobby’s friendship but hoped he was happy.

She pushed her thoughts aside and began compiling ingredients from her kitchen so she could make homemade blueberry muffins to share with her girlfriends later that evening. She loved cooking and baking, it was a good way to get lost from reality for a bit.

-To be continued in the next *Informer*-

-*Temesha Derby, Informer Editor*

**Mayflower
Information**



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