

The Informer

July 2nd, 2021

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Mayflower Will Parade on the 4th

A task force of Mayflower Community residents has been working on Grinnell 4th of July plans. They have developed some fun activities.

The City's parade will begin at 5:00pm on Sunday, July 4th at Davis School at the corner of Hamilton and Broad. It will proceed north on Broad right through the west side of the Mayflower campus and on downtown to the north side of Grinnell.

The Mayflower Community is registered for an "Entry," that will consist of multiple vehicles and walkers.

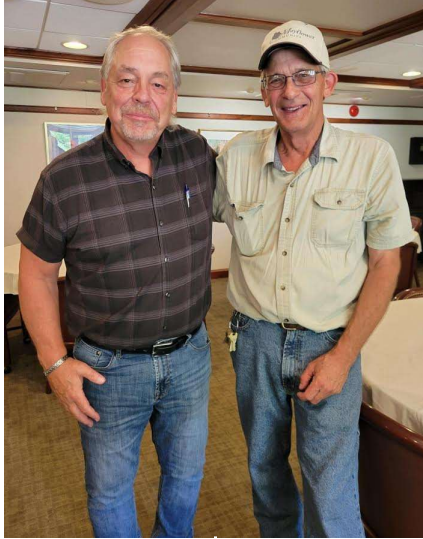
Here are the individual "floats:"

- The Mayflower Ship – Built for the parade two years ago by residents, Dan Agnew, Darwin Kinne, Lyle Roudabush, and Dick Vogel, the ship will be mounted on a trailer pulled by Lyle's pick-up truck. "Waves" and signs will be installed on Sunday morning in front of the Mayflower Health Center.
- Golf Carts – Four Mayflower Facility Department carts will follow the ship.
- Three-Wheeled All-Abilities Bikes – The two units, one side-by-side and one rickshaw, will be ridden by residents.
- Bubble Truck (pick-up with bubble-makers mounted in back) – Dan Agnew's truck will stream out bubbles along the route.
- Flags – Residents are encouraged to bring their replica American flags for waving at parade participants.

Come join in the fun along Broad Street between 1st Avenue and the railroad tracks.

Later in the day, Mayflower Residents Association will be serving homemade ice-cream in the Buckley Courtyard from 7:00-7:30pm.

-Bob Mann, Sales & Marketing Director



Mayflower's Curt Vos Retires After 35 Years

Curt Vos, Mayflower Community's finish carpenter, retired Wednesday, June 30th, marking just short of 35 years of service to The Mayflower Community (Grinnell IA). Helping him celebrate at a reception in the Buckley Dining Room, were Curt's two daughters, Cassie and Jenna and their three kids. Curt is pictured with Jack Morrison, Director of Facility Operations.

-Bob Mann, Sales & Marketing Director

Picnic Time in the Buckley Gardens

On Tuesday, June 22nd, Mayflower residents and a few guests enjoyed a BBQ picnic lunch served on the Buckley Courtyard patio. The 88 diners ate outside at tables or inside in the Buckley Dining Room. The entrée was a choice of grilled pork chop or barbequed chicken. Side dishes included potato salad, coleslaw, and watermelon. The desert was bars and cookies.



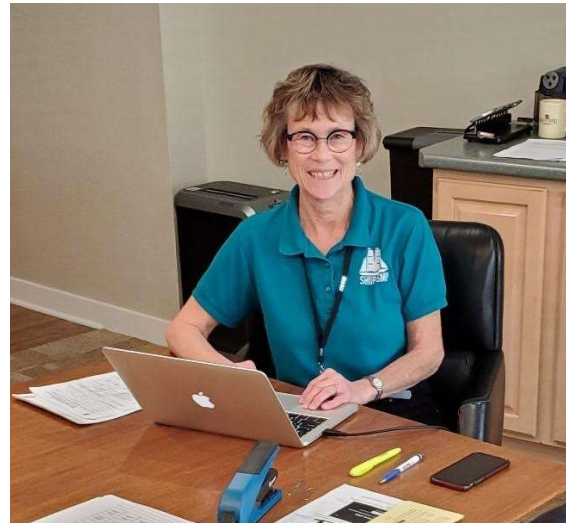
With essentially all Mayflower residents now fully vaccinated, they

are enjoying getting back together again for a meal in the beautiful gardens. Mayflower's independent living, Health Center, and Beebe Assisted Living residents are now 99% fully vaccinated.

-Bob Mann, Sales & Marketing Director

Mayflower Resident Kathy Szary Receives Special Award

Kathy Szary and her husband Tom moved into a Harwich Terrace patio home at The Mayflower Community in August 2016. During the summer of 2016, Kathy, then recently retired from her position as Medical Staff Services



Coordinator/Executive Assistant at UnityPoint Health--Grinnell, completed training to become a volunteer counselor for the Iowa Department of Insurance's Senior Health Insurance Information Program—Senior Medicare Patrol (SHIIP-SMP).

Kathy's interest in pursuing this volunteer position started when she took her mother Pauline McNabb, also a former Mayflower resident, to a SHIIP counselor many years ago to get a prescription drug plan. Her interest was piqued at this point and she stated that after she retired this was something she wanted to do.

Certification for this program is renewed annually with comprehensive update training. This provides Kathy with the tools to advise seniors getting ready to retire to understand the steps they need to take, reviewing their prescription drug plans during the annual Open Enrollment Period, understanding the differences between a Medicare supplement and prescription drug plan and a Medicare Advantage plan, and assisting with other Medicare related questions and issues.

To maintain certification, Kathy must counsel at least 60 clients a year. She is one of only two certified counselors in Grinnell, with a third one in training. Kathy has been trained as a program mentor and will serve in that role with the newest counselor.

UnityPoint Health--Grinnell is a sponsor site, where clients are seen in their public health facility. In addition, Kathy meets with Mayflower clients on the Mayflower campus.

Based on this herculean work, Kathy has been given the Iowa Governor's Volunteer Award. See her notice below:

From: Rebecca Gernes <Rebecca.Gernes@IowaEDA.com>
Subject: 2021 Governor's Volunteer Award

June 4, 2021

Type of Award: Length of Service - Individual

Name for Certificate: Kathy Szary

Dear Kathy:

It is with great pleasure we are writing to inform you that you have been selected to receive a Governor's Volunteer Award for outstanding commitment and service. Your nomination was submitted by Julie Rarick at Iowa SHIIP-SMP.

We cordially invite you to the Governor's Volunteer Awards Virtual Ceremony at 10:30am on July 14th, 2021. Your award certificate will be delivered to you separately.

Link to view ceremony on Volunteer Iowa's YouTube

Page: <https://www.youtube.com/user/VolunteerIowa>.

We are pleased to honor those who have given the precious gift of their time to meet essential needs all across Iowa. Thank you for your dedication and for contributing your talent to enrich this state. We hope you will be able to attend.

2020-2021 awardees will be invited to have official photos with the Governor and Lt Governor at our next in-person recognition event, set for 2022.

Sincerely,

The 2021 Governor's Volunteer Awards Organizing Committee

-Bob Mann, Sales & Marketing Director

Nothing New Under the Sun



In the mid-1800s, a church-based organization and other charities began issuing charitable gift annuity agreements to interested donors. Similar agreements are issued today by Mayflower and thousands of other U.S. non-profits.

Fast forward to 1969. Laws related to charitable gift annuities, charitable remainder trusts, and similar techniques were added to the U.S. Code to ensure consistent application by charitable organizations and donors. I am aware of no changes to this legislation since that time.

In 2006, donors age 70 ½ were first allowed to make tax-free distributions directly from their IRA accounts to favorite charities. This popular technique became a permanent part of the Code in 2015.

Over the past few decades, changes to federal estate tax law have significantly reduced the number of American families facing estate tax. Use of more complex charitable planning techniques has decreased proportionately.

With minor exceptions, this is the complete history of change affecting charitable planning in this country. All the while, Americans have continued supporting favorite organizations with more dollars each year, reaching \$471 billion in 2020.

Why mention these tidbits?

It is refreshing to consider that Americans have been confidently using the same charitable “tools and techniques” for years and finding great satisfaction in those that are simplest. Congress has found no reason to “change the rules,” except to add helpful techniques like the “IRA rollover” noted above.

Let’s talk about your charitable priorities. I am certain the plan you choose will not be complicated. Like many I assist, you may find a refreshing benefit or two in the form of a tax deduction or increased spendable income. I welcome hearing from you.

Doug Lockin (515.210.6603 or dlockin@mayflowerhomes.com)

Mayflower Koffee & Konversaton: Back at It!

It's coming back! Suspended for the pandemic, The Mayflower Community's weekly resident gathering in the Buckley J & B Bistro, "Koffee & Konversation," will be restarting on Friday, July 9th at 10:00am.



The plans are to again meet every Friday morning from 10:00 to 11:00am, enjoying Mayflower's special coffee along with conversation with neighbors. Participants will take turns bringing treats. Your only cost will be 50¢ for the coffee. All Mayflower residents are invited.

Questions: Contact Netia Worley (641-236-1081).

-Bob Mann, Sales & Marketing Director



Mayflower Wine and Hors D'oeuvres

For Independent Living Residents

Friday, July 30, 2021

4:00 - 5:30pm

Hors D'oeuvres:

- Assorted mini-cheese balls
- Green olives stuffed with bleu cheese
- Watermelon and goat cheese canape
- Peach chutney
- Apple cranberry chutney
- Assorted cheese and cracker board

Wines:

- Italice Pinot Grigio
- Sean Minor chardonnay
- Don Ramon red blend
- Cappone Chianti

Service and Seating: Wine and hors d'oeuvres served in the Buckley Dining Room with dining available on the Buckley Courtyard Patio.

Special Music: Esther Ware, clarinet; Julie Dressler, piano; and Emma Ware, soprano performing selections of sacred, musical theatre, opera, classical, and jazz music in the Buckley Courtyard.

Reservations: Due by Wednesday, July 28th at 12:00noon. Call the Buckley kitchen (641-236-6151 x216) or email Scott Gruhn (sgruhn@mayflowerhomes.com).

Cost: \$8.00 per person

Dennis Perry Plays the Mayflower “House”

On Tuesday, June 15th, country music singer and guitarist, Dennis Perry played two gigs in The Mayflower Community—one in the Beebe Circle and one in the Health Center Courtyard.



A Marshalltown area native, Dennis learned to play guitar while in the Army. When he came home, he talked his younger brother into playing drums with him. They named themselves the “Western Tones,” added four more musicians and started playing taverns and honky-tonks.

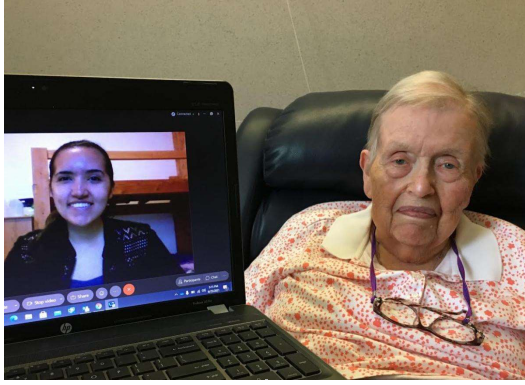
The six-piece band then began playing local ballrooms. In 1955, the band broke up, and Dennis went out on his own, playing nursing homes and assisted living facilities.

Currently, Dennis is the front man for a band named “Highway 30 Band.” He is just starting his 54th year in music and reports, “I love it as much today as when I first started.

-Bob Mann, Sales & Marketing Director

Volunteer Speaks French and Spanish with Mayflower Resident

Mercedes Varela, a May 2021 Grinnell College graduate, has been



volunteering at Mayflower in the Health Center as a conversation companion to resident Sallie Verrette. The two women have been speaking French and Spanish with each other since Mercedes started “visiting” weekly via Zoom in February 2021. Once visitations were

allowed by state and federal regulators, Mercedes visited Sallie in person. Now, the two are “Zooming” again on a weekly basis as Mercedes has returned to her Las Vegas home for the summer.

As you can see from the photo, Mercedes “connects” via computer screen.

The *Grinnell Herald-Register* reported in a story in their June 7th edition (photo attached) that Mercedes was awarded the prestigious Elsie M. Stouffer ’24 Fellowship for graduate study. Mercedes plans to pursue a career in public service to the Latinx community.

Planning to return to Iowa to pursue her teaching credentials, Mercedes will resume, in person, the French/Spanish conversations with Sallie.

Mercedes explained, “My experience as a volunteer at the Mayflower has been truly enriching, and I always look forward to spending time with [the resident] to practice our French language skills through sharing stories from our lives.”

Mercedes' volunteer work has been rewarding for Mayflower and for Sallie!

-Bob Mann, Sales & Marketing Director



Mayflower Men’s Coffee Group

On Thursday morning, June 17th, the Mayflower Community Men’s Coffee Group cooled off with homemade ice cream. Active before the start of the pandemic, the group began meeting again a few months ago as they maintained social distance.

They are now back in their regular meeting area—the Buckley building third-floor lounge—and reconnecting over coffee and Mayflower pastries. That morning, resident Bob Anderson brought his own homemade ice cream to celebrate being together.

Discussion is rich among this group with topics varying from current events to historic remembrances. They are welcoming Mayflower men to join in, every Thursday at 8:30am in the third-floor lounge.

Pictured around the table that morning are John Graves, bottom right, and to his left, Jim Ferguson, John Buck, Bob Anderson (scooping ice cream), Jim LaCasse, and Gail Strickler, Jr.

-Bob Mann, Sales & Marketing Director

Mayflower Takes Another Step Out of Pandemic

In a June 24th letter to residents and staff of The Mayflower Community, Executive Director, Steve Langerud, announced changes to the face masking and visitor policies.

Pictured from left, residents Marilyn Schuler, Alicemary Borthwick, Mary Schuchmann, and host Nancy Hendrickson.



Citing guidance from regulators along with the improving status of the pandemic, Langerud noted that Mayflower is relaxing a few precautions that have been in place.

Because essentially all independent living residents have been fully vaccinated, Mayflower is no longer asking residents to wear a mask while on campus. Certainly, it is an individual choice if one chooses to do so.

In addition, Mayflower is announcing that staff will no longer be required to wear masks unless they:

- Have not been vaccinated.
- Are working in the Health Center or Beebe Assisted Living.

- Work in a department where there is consistent crossover to regulated health care areas.
- Enter residents' homes and the hosts prefer they be masked.

Further, any visitor to the Mayflower campus is asked to wear a mask, unless that visitor discloses that they have been fully vaccinated. Visitors may again join in Mayflower activities as residents' guests. Examples include UU worship services, Poetry Club, coffee groups, Buckley Dining Room.

The CDC (U.S. Centers for Disease Control and Prevention) and State regulators continue to require masking and, as appropriate, full PPE (personal protective equipment) for employees working in nursing facilities.

-Bob Mann, Sales & Marketing Director

Upcoming Mayflower Campus Music

During the month of July, The Mayflower Community will be hosting five outdoor music performances. For each event, the artist starts in the new Beebe Circle and then moves to the Health Center Courtyard.



- Bill Lawyer – Tuesday, July 6th; 10:30am (no photo)
- Ron Burgess – Thursday, July 8th 2:00pm (no photo)
- Dennis Perry – Tuesday, July 13th; 3:30pm (at right)
- Neil Hewitt – Tuesday, July 20th; 10:30am (below, blue shirt)
- Tom & Theresa Anderson – Tuesday, July 27th; 2:00pm (below, couple)



Bill Lawyer (no available photo) is an acoustical guitarist from Marshalltown. He has played Mayflower previously with a vocal partner, Joan Grufe, who has since retired. Bill describes himself a “finger-style flat-picking guitarist.” Playing since he was 15 years old, Bill performs a variety of music with special interest in Kris Kristofferson, Hank Williams, and Kenny Rogers.

Ron, a resident of Cedar Rapids, says he, “...likes to

mix things up. Sometimes, I play keyboard and sometimes guitar.” His music consists of old standards, country, and some gospel. Ron has been playing music since 1962. His whole family has been performing in the Marshalltown area, Ron’s birth home. For 15 years prior to his brother’s death in 2019, the family played a monthly barn event in Gilman. Now, Ron plays private parties and other gatherings.

Dennis, (above) front man for the Highway 30 Band, played Mayflower in June and had strong reviews. He plays guitar and specializes in music for senior citizens.

Neil, country western and gospel singer/guitarist, has performed at Mayflower a number of times over the last few years. His repertoire includes popular hit songs. Neil is a Nevada IA native, ISU grad, and Nashville recording artist.



Tom and Theresa, performing as Treasured Music, are from Lynnville. They sing the oldies, specifically the 50’s, 60’s, and 70’s, plus gospel. Tom is self-taught on the guitar since starting at age 14. Married 15 years, they enjoy performing in churches and senior living communities.

-Bob Mann on behalf of Leslie Jaworski, Community Life Director

A Month of Vicarious Travels in Mayflower’s Kiesel Theatre

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

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

Resident's Book Feature

A copy of Pasha Buck's book, *MEDITATIONS ON THE LORD'S PRAYER AND OTHER SCRIPTURES*, 2nd edition, is now in the Mayflower Library. She is using some of the areas covered in the book, for the worship services this summer. Those sessions will be at 10:30 a.m. on Wednesdays, in the 3rd floor Lounge of Buckley Hall.

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**.

**MINI SHOP
MOVING SALE**

DATES: TUESDAY, JULY 13th

WEDNESDAY, JULY 14th

TIME: 10 AM – 2 PM

PLACE: PEARSON BASEMENT

Site of Mini Shop

EVERYTHING ON SALE EXCEPT
FURNITURE, GREETING CARDS

PRICE: A Donation to the Mayflower
Human Needs Fund

A U.S. COVID Vaccination Update

According to **Becker's Hospital Review**, as of 6 a.m. EDT June 30th, a total of 324,414,371 vaccines have been administered in the United States. This accounts for 54.2 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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Morning Brew- Each daily email has a stock market recap + important business news. **[You can sign up here.](#)**

NextDraft- "The Days Most Fascinating News" is the tagline; a little bit of humor brings you the top 10 most fascinating news stories (from Dave Pell's perspective, of course!) [You can sign up here.](#)

Daily Digg- This newsletter brings you a little bit of everything- from entertainment, to technology, to political news. [You can sign up here.](#)

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*

Available Apartments & Patio Homes (as of June 22nd, 2021)

Apartments	Size/Entrance Fee
Buckley #312	365 sq. ft./\$34,750
Buckley #201	681 sq. ft./\$63,750
Altemeier #205	892 sq. ft./\$67,750
Buckley #210 SOLD	681 sq. ft.
Altemeier #102 HOLD	558 sq. ft.
Buckley #320 HOLD	592 sq. ft.
Montgomery #2 HOLD	604 sq. ft.
Montgomery #4 HOLD	604 sq. ft.
Buckley #101 HOLD	681 sq. ft.
Altemeier #105 HOLD	892 sq. ft.
Buckley #318 HOLD	887 sq. ft.
Harwich Terrace Patio Homes	
630 Park St. SOLD	1,274 sq. ft.
526 State St. SOLD	1,831 sq. ft.

Features

- Buckley #312- studio, recently remodeled, luxury vinyl wood floor plank, East balcony
- Buckley #201- two bedroom, second floor, two exposures, plenty of kitchen storage space
- Altemeier #205- one bedroom, east/west windows in large great room, washer/dryer

Informer Submission Deadlines

- Submission deadline: July 9th for publication July 16th.
- Submission deadline: July 23rd for publication July 30th.
- Submission deadline: August 6th for publication August 13th.



[Submit here.](#)

Residents' Birthdays

John Landkamer on July 2nd
Carol Graff on July 6th
Jim LaCasse on July 7th
Ann Igoe on July 8th
Peggy Koplin, Steve Lovig, and Katherine McClelland on July 12th
Jack Mutti on July 13th
Walda Gustafson on July 14th
Miriam Baumann & Montie Redenius on July 15th
Esther Bethel on July 17th

In Memoriam:

Joyce Hintermeister
12.15.1937-6.21.2021

F. Addison Jones
12/17/1928 – 6/18/2021

Wilma Vosburg
11/1/1929 – 6/18/2021

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 welcomed by emailing:

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 3- *Frannie*

Frannie had spent much time getting angry over the past 5 years when her hands wouldn't cooperate during her painting sessions. They'd shake and once-fine brushstrokes would develop onto the canvas in a haphazard way. Only a couple months ago, she'd learned to accept her arthritis and paint anyway.

The younger generation seemed to like more abstract styles and she had been receiving an increasing number of compliments on her recent pieces. Back in her prime, late 30s-50s, she had sold her paintings all over the United States from east coast to west. Now, her pieces were kept locally, featured in two art collectives, four coffeeshops and the local library. She was okay with that.

This was her home and she was glad to have her pieces close; they were a reflection of her personality and her life. Years ago, she agreed with herself to only keep her 'favorites.' That accumulation on her walls was over 30 pieces of her 'favorites.' It's hard to part with the things you've created.

She hoped the sons she created many moons ago- Tommy and Theo- were doing well. She wrote to them weekly and called them, respectively, on the first Sunday of every month. Tommy lived peacefully in Southern California with his husband Ben. They owned a small acreage complete with chickens, dogs, and crops and operated a farmstead, yoga and art studio from there. She was happy she had passed her creative passions onto Tommy, and that Ben had shared those loves, as well. It made their marriage all the greater.

Theo lived in Eastern Tennessee with his wife Amy. Their twins, Theo Jr. and Amylee were both in their sophomore years at Vanderbilt. She sent them monthly care packages and texted them occasionally to send them well wishes. She was not fond of texting but knew that they preferred it due to their generational upbringing coupled with their busy lifestyles.

They all got together for Christmastime and she loved how full and lively her house became in the wintertime. She missed them all dearly. Frannie was glad to have her truest friends nearby and her studio within her residence, or else she'd go literally crazy in her old age.

She had planned to grow old with Theodore. They would explore art museums and historic towns together, dine at the quaintest places, analyze paintings and attend art lectures together. They enjoyed that life for only a year before Theodore began experiencing dizzying spells and having a hard time focusing on the things they loved. A doctor's visit and a CT scan later, Theodore was discovered to have stage 4 brain cancer.

Frannie made sure he enjoyed the last 8 months of his life, their life, to the fullest extent. She was never prepared to lose him. She always assumed she would go first. She never planned a life without Theodore. Nor, even 8 years later, was she content with the one she'd tried to create without him.

In all honesty, without her kids, grandchildren, and best friends to keep her occupied, Frannie herself would've gone too. She was thankful to have them all. But they could never replace the hole that Theodore's leaving had left in her heart.

-To be continued in the next *Informer*-

-*Temesha Derby, Informer Editor*



616 Broad Street
Grinnell, IA 50112
(641) 236-6151
mayflowerhomes.com

Mayflower
Information



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