

The Informer

December 3rd, 2021

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Mayflower Announces Nursing Leadership Changes

Steve Langerud, Executive Director, and Kellie McGriff, BSN, NHA, Associate Director/Administrator, The Mayflower Community, Grinnell announce the following changes in Nursing leadership.

Lisa Leris, BSN, RN has been named Director of Health Services. She will begin full-time duties in the position on January 1, 2022. Lisa has served as the Grinnell-Newburg Community Schools nurse for the last five years, responsible for over 750 public school students, and earning two “Above and Beyond” awards for excellence in care.

With a Bachelor of Science in Nursing degree from Queens University of Charlotte, North Carolina, Lisa has over 20 years of nursing experience in Medical-Surgical, Obstetrics, Emergency Room, Intensive Care, Public Health, and Hospice.

While serving in public health, Lisa engaged in presenting immunization clinics and growing the high-risk maternal/child health program, home health care, certified lactation consulting, and school anti-tobacco and anti-drug programs.

Lisa previously served as the coordinator of Postels Community Health Park, where she received training in healing touch, aromatherapy, reflexology, and alternative pain therapy, as well as several other alternative medicine techniques. While in this role, Lisa helped found the Galaxy Youth Center.

Kellie McGriff says about Lisa, “She is a compassionate and seasoned

nurse leader with strategic connections in healthcare that will facilitate Mayflower's well-being model across campus."

Brittany Hinkle, BSN, RN, will become Mayflower's Interim Director of Assisted Living on November 23rd. She received her Bachelor of Science in Nursing from Grand View University, Des Moines in 2010. Prior to returning home to Grinnell in 2012, she served in a Des Moines skilled nursing facility. Brittany then worked at Grinnell Regional Medical Center on the Medical Surgical floor and in the Surgery department for eight years.



Brittany began her employment with The Mayflower Community as a charge nurse in the Health Center in 2020. Currently, Brittany is pursuing a Master of Science in Nursing and an advanced degree as a Family Nurse Practitioner.

Steve Langerud is looking forward to Brittany's involvement in Mayflower assisted living, "Brittany is an exceptional nurse and demonstrates the leadership skills to move our assisted living program forward. Brittany is the right person to implement recent upgrades to our assisted living facility through our T.I.P. grant.

Therapy Providers at The Mayflower Community

Mayflower is partnering with Key Rehab to offer physical, occupational, and speech-pathology therapy on the Mayflower campus. This includes locations in the Health Center, Beebe Assisted Living, and a suite located in the Pearson building for independent living residents.



Mayflower is now offering a variety of physical movement programs, in response to resident needs identified in a recent survey. Overseeing these new offerings, Jackie Hutchison MPT, CST-T, will serve as Mayflower's Director of Rehab and Wellness. Jackie holds a master's in Physical Therapy ("MPT") from Marquette University and

certification in Craniosacral Therapy (“CST-T”) from the Upledger Institute, Palm Beach Gardens FL.

Key Rehab will assign specific licensed and certified therapists to Mayflower. If it is necessary, they will be backed up by additional therapists stationed in Central Iowa.

Besides access at various sites on campus, residents may, in some cases, receive Key Rehab services in their own homes. The services provided will be based on individual patients’ needs, as ordered by their physicians.

Key therapists are experienced in treating the following diagnoses and conditions: Stroke; orthopedic impairment, such as hip fracture, joint replacement, arthritis, shoulder or hand injuries; neurological disorders such as Parkinson’s disease and Multiple Sclerosis; communication disorders; swallowing deficits; generalized weakness and the loss of abilities due to illness or injury.

If you feel that you might benefit from therapy services, consult with your physician, who can prescribe therapy services provided here at Mayflower. Medicare typically covers therapy services if they are medically necessary and ordered by a physician. Please let us know if you have any questions or contact your insurance provider for coverage questions.

-Kellie McGriff, Associate Director/Administrator



Special Loan for Mayflower Open Dining

The Mayflower Community, Grinnell, Iowa has been awarded a \$300,000 USDA Rural Economic Development Grant (REDG) loan, designated by the T.I.P. Rural Electric Cooperative of Brooklyn, Iowa. T.I.P. Rural Electric

Cooperative applied to the USDA Rural Economic Development Loan and Grant program and was granted the \$300,000 to make a zero-interest loan to Mayflower Community. T.I.P. REC’s board of

directors added \$60,000 in matching funds required by USDA to fund the \$360,000 loan.

The loan request was written by Mayflower's Associate Director/Administrator, Kellie McGriff, BSN, RN, NHA, with support from Chief Financial Officer, Pam Vosburg, CPA. The proceeds will be used for the completion of the Beebe Assisted Living Open Dining project, which will provide a self-contained preparation and serving kitchen for the 20-apartment building. Residents will be able to dine at any time of the day, choosing items from a broad menu that will change daily. In addition, an outdoor patio will be added on the south side of the building, with access from the main dining room.

Beebe Assisted Living is a 17,000 square foot, two-story facility that will be renovated to meet enhanced regulatory requirements for assisted living and to improve safety and quality of life amenities. The loan will help Mayflower develop a full service, 340 square-foot kitchen; install a sprinkler system on the second floor; create a blown-fiberglass fire barrier between floors; add a 211 square-foot office; build a new 521 square-foot resident apartment; and develop two outdoor living, dining and entertainment spaces.

McGriff continues, "Mayflower is committed to providing dedicated and integrated spaces for health and well-being services on its campus, educational programs for residents and staff, training space for employees, and business space for healthcare entrepreneurs. Plans are in place to construct these elements of new well-being space: 598 square-foot Salon, 742 square-foot Therapy Clinic (Physical, Occupational, Speech, Cranio-sacral, Acupuncture), 381 square-foot Spa (Massage and Meditation), 1,000 square-foot Fitness Studio, and 1,000 square-foot Strength and Cardiovascular Equipment Room."

The Beebe Assisted Living Open Dining project work began in October 2020 and will be completed with the assistance of the REDG loan from T.I.P. Rural Electric Cooperative. The estimated cost of the Beebe patio and courtyard and the Beebe cooking and serving kitchen is \$584,000. Numerous donors have contributed to this project.

The U.S. Department of Agriculture (USDA) **Rural Development** accepts applications for projects that promote economic development and job creation in rural areas.

Pictured during the check presentation are: Front left to right: Kellie McGriff, Associate Director/Administrator, Mayflower Community, Pam Vosburg, Chief Financial Officer, Mayflower Community, Theresa Pagliai, President, Mayflower Board of Trustees, and Dean Huls, General Manager, T.I.P. Rural Electric Cooperative. Back left to right: Gene Von Ahsen, Board President, T.I.P. Rural Electric Cooperative, Steve Langerud, Executive Director, Mayflower Community, and Bruce Nuzum, Chief Executive Officer, Iowa Area Development Group.

-Steve Langerud, Mayflower Executive Director

Year-End Reflections

Trusting that your Thanksgiving celebrations were joyous and your favorite teams victorious, I share with you some reflections to ponder as mailboxes begin to overflow with requests for year-end charitable support.



It's Not Too Late for Year-End Planning

Are there charitable organizations you want to support in 2021? Are you facing higher taxes than normal? Do you have property you no longer want or need? These seemingly “unrelated” questions may have common answers in a year-end “gift planning” exploration. It would be a pleasure to hear your charitable intentions and help you explore solutions that connect some of the dots.

Share Stories of Giving

My paternal grandfather died before I was born. My dad told me on various occasions of his father's acts of charity to neighbors during the Great Depression. Though sad I did not ever meet this grandfather, these stories still have a powerful impact on my life.

Please consider your upcoming time with children, grandchildren, and others to cultivate a spirit of charitable giving. Simple conversations might include the causes that are important to you and your family members. You will stir hearts with stories of how giving is making a difference.

What if You Won the Lottery?

It can be exhilarating to consider gifts to family members, friends, and favorite organizations should a windfall come your way. The good news is that the legacy you leave can be “rich” whether or not you win the lottery. Shaping that legacy begins with “proactive gift planning.”

Make 2022 the year you explore plans in line with your lottery dreams. A recent conversation with a friend of Mayflower prompts this. This person came to me with sound financial and charitable plans already in place. In just a few minutes we pondered simple changes capable of “enriching” the plans.

Holiday Blessings to each and every reader! I welcome hearing from you.

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

Mayflower’s Master Puzzler Does Anatomy

You might recall the name, “John Noer.” He is the Mayflower Community resident who is an avid jigsaw puzzle assembler. John has completed many puzzles, including a 9,000-piece vibrant aquascape and the 40,000-piece, 10-frame Disney character collage.



Taking advantage of John’s fondness for puzzling, his daughter Mary, a high school science teacher, presented John with the 4,175-piece Dr. Livingstone’s full body anatomy jigsaw puzzle. She is thinking that she can use it eventually in her classroom.

John has now finished the puzzle, which is glued-together and will be covered with clear contact paper. It is currently stored under the bed in John’s and wife Dorothy’s Mayflower apartment until Mary can pick it up. They are not going to try to ship it!

Composed of seven separate puzzles that fit together, the full-body anatomy is ten-feet tall! The individual puzzles include the head and neck, the rib cage, the abdominal cavity, the musculature of the right arm, the skeletal structure of the left arm, the musculature of the right leg, and the skeletal structure of the left leg.

Was it difficult? John replied, “No. Not really. The human body is so intricate that the pieces are well-defined!” (Maybe for John!)

-Bob Mann, Mayflower Sales & Marketing Director



Book Club Dinner in Mayflower's Assisted Living

On Monday evening, November 29th, members of The Mayflower Community's Beebe Assisted Living Book Club enjoyed a meal reflecting the theme of the latest book that they have been consuming. "Dinner with Edward" has been played on CD for residents. Community Life and Wellness Coordinator, Jessica Hasenyager, took the audio book engagement one step further by designing the dinner event to reflect the book.

Monday night's event was the first of their "Book Club Dinners." The Book Club meets on Monday afternoons to listen to a book on tape. They started with "Dinner with Edward" by Isabel Vincent. The story is about an unlikely friendship between a recently-divorced journalist and 92-year-old Edward, who has just lost his wife. Edward is a phenomenal cook who previously hosted dinners with his late wife. Now, both characters find their way back to happier times while bonding over their weekly dinners. Each chapter begins with one of the special meals that they shared.

Jacob Staroska, Mayflower's Foodservices Supervisor, used his culinary talents to mirror one of the meals from the book. Eight residents plus Brittany Hinkle, Interim Assisted Living Director, and Jessica enjoyed the special treat. One of the benefits of this arrangement was that, since Beebe Assisted Living fees include all meals, this "Dinner with Edward" was free of added charge.

-Bob Mann, Mayflower Sales & Marketing Director



December Forum Program

The Mayflower Residents Association Forum Committee is announcing the next

program for **Tuesday, December 14th, 2:00-3:30pm in the Kiesel Theatre** (lower level of the Pearson building). The presenter will be **Rachael Kinnick**, President and CEO of the Grinnell Area Chamber of Commerce.

Rachael will share the challenges and solutions with which local businesses have worked during the pandemic.

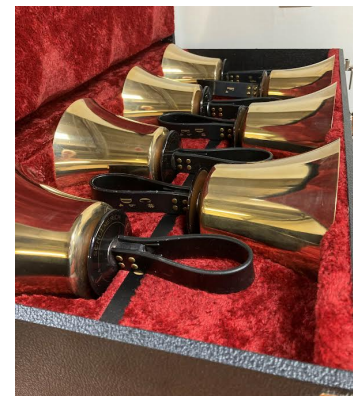
The forums are a series of monthly information presentations about happenings in and around Grinnell.

Previous programs have included Janet Stutz, Grinnell-Newburg Community Schools Superintendent, regarding the state of Grinnell public schools (October) and Officer John Soubayi, of the Grinnell Police Department discussing holiday season scams.

-Gerry Guenther, MRA Forum Chair

Come Listen to Christmas Bells

The Mayflower Bell Choir invites Mayflower Community residents who would like to hear the bells play Christmas carols, to their practice session on **Monday, December 13th at 11:00 am**. The group has been meeting for two months in the **Basement Craft Room** (Edwards building lower level, east end). Chairs will be set up in the room. Treats will be available to friends who come to this practice session.



We have enjoyed playing Christmas carols, both religious and secular. This session will be informal, and not a concert performance. Bell Choir members are asked to come at the usual time of 10:30 am. Following this Christmas practice session, the group will take a short winter break. Stay turned for our practice startup date in the new year, Mondays at 10:30 am.

-Karen Phillips, Bell Choir Director

**The Metropolitan
Opera Is Back at**

Grinnell College



The Metropolitan Opera is livestreaming from New York to Grinnell College, reviving a program popular prior to the pandemic. The Met, founded in 1883 at the

corner of Broadway and 39th Street in New York and now located since 1966 in the Lincoln Center, produces an annual lineup of “cinema” HD shows that are carried by selected theatres.

The schedule is as follows:

- *Eurydice* (Aucoin) December 4, 2021 @ 11:55 AM
- *Cinderella* (Massenet) January 5, 2022 @ 6 PM (Wednesday night)
- *Rigoletto* (Verdi) January 29, 2022 @ 11:55 AM
- *Ariadne Auf Naxos* (R. Strauss) March 12, 2022 @ 11:55 AM
- *Don Carlos* (Verdi) March 26, 2022 @ 11:55 AM
- *Lucia Di Lammermoor* (Donizetti) May 25, 2022 @ 6 PM (Wednesday night)
- *Hamlet* (Dean) June 4, 2022 @ 11:55 AM

This year, tickets must be purchased at the door—\$15 for adults and \$10 for children 12 and under. The College also has some season passes available for \$100. To purchase a pass, email Britta Meints at meintsbr@grinnell.edu to coordinate payment and pick-up.

Please note that the Grinnell College campus **activity level** is Blue, meaning masks are required for individuals two years and older at all times when indoors. Please confirm the campus activity level or event website prior to your visit on campus as conditions may change.

For additional information about the opera presentation, go to the Met website: <https://www.metopera.org/season/in-cinemas/>.

-Bob Mann on behalf of Britta Meints, M. Ed., Guest Housing & Special Programming Coordinator, Conference Operations and Events, Joe Rosenfield Center, Grinnell College (641-269-3235).

Mayflower's Koffee & Konversation Group

The Mayflower residents Koffee and Konversation



group meets every Friday in the J & B Bistro at 10:00am. Appointed discussion leaders bring a specific topic for group sharing. Please join us on Fridays in December for Koffee & Konversation. We look forward to seeing you!

-Jo Entwisle, Koffee & Konversation Member

Des Moines Register Holiday Editions Notice

The "Des Moines Register" will combine their December 23rd, 24th and 25th editions into an expanded holiday edition. It will be delivered on December 23rd and no separate editions will be printed on the 24th and 25th.

Also, for the New Year holiday, the Des Moines Register will combine the December 30th, 31st and January 1st editions into another expanded holiday edition that will be delivered on Thursday, December 30th. No separate editions will be printed on the 31st or the 1st.

Mayflower's Treasure Chest

Bells Collection in the Mayflower Treasure Chest

The Mayflower Residents Association's "Treasure Chest" display for the month of December will be my bells collection. I have been collecting bells for about 40 years. Most of them are gifts, souvenirs, and thrift store and garage sale specials. They are not "collectibles," but I wanted to share them with all of you, especially at this holiday season. I, of course like every bell I see, so each year I usually buy one.

I have been ringing handbells since 1984 in various towns and choirs. For several years, I rang the carillon bells in the tower of my home church.



-Mary Smith, Mayflower Residents Association Treasure Chest

Informing all Mayflower residents NEW and OLD: We are the Treasure Chest Committee: Doug Cameron, Sue Drake, Karen Packard, and Jan Peak. We are here to help residents who wish to share a hobby, talent, trip experience, photography; you name it, with your Mayflower community. The possibilities are endless.

How do you do this? Simply get in touch with one of the committee members, and we will help you set up your treasure for all to view. We have a large new glass cabinet in the first floor lobby of the Pearson building, which can hold all sizes of collections. Your collection will be shown for a month. Then, our committee will help you take it down before a new one is put into the cabinet for the following month.

As of now, we need displays for 2022, starting in January. So PLEASE give us a call about any month of 2022. This is a wonderful way to let your Mayflower friends know more about you. We look forward to hearing from you with questions and hopefully displays.

Treasure Chest Committee: Sue Drake, Chair (236 9243), Doug Cameron (641 990 3656), Janis Peak (236 8993), and Karen Packard (236 1082).



Mayflower Residents Association

MRA Announcements

MRA December 6th HYBRID Town Meeting

The MRA Council meeting on November 15th was successfully carried out hybrid-style, with some attending in person in Kiesel Theater and others participating by Zoom. We hope to host another successful MRA Town meeting on **December 6th at 2:00 pm.**

Although we will not all fit into **Kiesel** (capacity 53), for those who look forward to this opportunity for in-person social contact, we welcome your presence. For those who find **Zoom** particularly convenient, perhaps because you can come and go as you please, easily take a bathroom break when necessary, avoid congestion in

parking walkers, or possibly hear better, we are glad that this option is available given the new AV capabilities in Kiesel.

All Mayflower residents are encouraged to attend in one form or the other. A Zoom link for this meeting will be sent closer to the meeting time, as well as annual reports by officers and committee chairs. The annual Town Meeting is when we elect officers for the coming year. It's also an opportunity to comment on and ask questions about activities of the current year. We also value the chance to be updated by administration senior staff on various Mayflower policies and projects underway.

The Executive Committee will be presenting a proposed amendment of the MRA Bylaws, which was approved by the Council at its November meeting. Currently, Article VIII Financial Organization, Section 2 reads as follows: "The Finance Committee shall prepare an annual budget to be presented to the Council at the spring Town Meeting. This budget will be presented and voted on at the spring Town Meeting."

The new proposed wording is as follows: "The Finance Committee shall prepare an annual budget to be presented to the Council at its spring meeting. This budget will be presented and voted on at the spring Town Meeting."

This amendment clarifies that the MRA budget process entails two steps. The Finance Committee first presents a proposed budget to the Council, and subject to amendment and approval by the Council, subsequently presents it to the spring Town Meeting.

Contribution to Employee Christmas Fund

REMINDER: For those who want to contribute to the Mayflower Employees Christmas Fund, please deliver your contribution to the Pearson front desk by Monday, December 6th. This is our opportunity to show our appreciation to the staff, both those we interact with and those who work out of our sight, to keep us safe, healthy and comfortable during these trying pandemic times. Any contribution is appreciated.

-Jack Mutti, Mayflower Residents Association President

Transition Treks

Mayflower independent living transition activity since last posting:

Moved In:

- o Mary Smith from Buckley #213 to Buckley #312
- o Carol Grant from Pearson #208 to Buckley #320
- o Rich and Joy Murphy from Grinnell to Pearson #105

Moves in Process:

- o Charlie and Mari Duke from Grinnell to 711 Park Street upon completion of remodeling

Plans in Process – Construction of new Harwich Terrace patio home at Hamilton and State.

Bob Mann, Sales & Marketing Director
(bmann@mayflowerhomes.com)
“I wish we had moved sooner!”

Mayflower Chapel Services Schedule

Worship

The Spiritual Life Committee of
the Mayflower Residents

Association presents weekly Chapel Services:

- Tuesday mornings
- 10:00 to 10:30am
- Kiesel Theatre

The worship leaders for upcoming services are:

- Dec 7th – Jessica Margrave Schirm, Grinnell United Church of Christ—Congregational
- Dec 14th – Wendy Abrahamson, St. Paul’s Episcopal Church, Grinnell
- Dec 21st – Bob Williams, retired pastor, and Marilyn Schuler, Mayflower residents
- Dec 28th – Pastor, Grinnell United Methodist Church

Volunteer pianists, guitarists, or other musicians are needed. Please

contact me if you are interested: Email jdnoer@gmail.com or call 712-420-1337.

-Dorothy Noer, *Spiritual Life Committee Chair*

Book List

Title and Author

The Reading List (LP) by Sara Nisha Adams
Who Ate the First Oyster? by Cody Cassidy
Thin Air (Book 6) by Ann Cleeves
Cold Earth (Book 7) by Ann Cleeves
Wild Fire (Book 8) by Ann Cleeves
Cloud Cuckoo Land by Anthony Doerr
Out of Darkness, Shining Light by Petina Gappah
The Book of Hope by Jane and Abrams D. Goodall
The Racketeer by John Grisham
There is Nothing For You Here by Fiona Hill
The Theft of Memory by Jonathan Kozol
The Long Walk Home by Will North
Season's End by Will North
The Man Who Died Twice (LP) by Richard Osman
These Precious Days by Ann Patchett
Cry, The Beloved Country by Alan Paton
Under Currents by Nora Roberts
Anything is Possible (LP) by Elizabeth Strout
Oh! William by Elizabeth Strout
The Lincoln Highway by Amor Towles

LP= Large Print

Armchair Travels **in Mayflower's Kiesel Theatre** *2:00pm on Tuesdays*

December 7th

- U.S., Hawaii, Remember Pearl Harbor

December 21st:

- Peru, Gateway to the Amazon
- Europe, Music Lover's



- Europe, Just for Fun

December 28th

- Egypt
- U.S., The Southwest
- Cayman Islands

While some construction is in process in the Kiesel Theatre, Armchair Travels will meet in the J&B Bistro until further notice.

-Shane Estes, Armchair Travels Committee Chair

Movies Showing in the Kiesel Theatre on Saturdays at 2pm

December 4th: *Miss Potter* (2006) A romantic, fantastical love story that warms your heart and fills your soul. Based on the life of Beatrix Potter, author of the beloved classic, "The Tale of Peter Rabbit." Stars Renee Zellweger, Ewan McGregor and Emily Watson. PG. 93 minutes. English subtitles.

December 11th: *Hotel Rwanda* (2004) A riveting story of courage. Don Cheadle gives the performance of a lifetime in his true and remarkable story of one man's brave stance against savagery during the 1994 Rwanda conflict. As his country descends into madness, five-star hotel manager sets out to save his family. But when he sees that the world will not intervene in the massacre of minority Tutsis, he finds the courage to open his hotel to over 1,200 refugees. PG-13. 122 minutes. English subtitles.

December 18th: *The Wedding Planner* (2001) A romantic comedy about love, destiny, and other events you just can't plan. Mary Fiore (Jennifer Lopez) is the wedding planner. She knows exactly what to do and say to make any wedding a spectacular event but when Mary falls for a handsome doctor (Matthew McConaughey) her busy life is turned upside down. PG-13. 104 minutes. English subtitles.

December 25th: No movie.

December 31st: (No afternoon movie; this is the New Year's Eve movie). *The Second Best Exotic Marigold Hotel* (2015) There is love and laughter in this sequel to the heartwarming *The Best Exotic Marigold Hotel*. A new arrival, Richard Gere, joins an all-star ensemble cast, including Judi Dench, Maggie Smith, Bill Nighy and Dev Patel. Now that his first venture has proven successful, ever-

confident Sonny is busy juggling plans for a second resort...as well as his own wedding. But his efforts are constantly hampered by hilarious complications. In order to pull it all together, he'll need a little help and encouragement from his resident friends. PG. 123 minutes. English subtitles.

Informer Submission Deadlines

- Submission deadline: December 10th for publication December 17th.



Due to the holidays, there will be no *Informer* published on Friday, December 31st, which would be a regular bi-weekly date. Instead, we will skip that Friday and publish next on January 7th. The deadline for that edition will be December 31st.

Beginning with January 7th, we will be back on the regular every-other-Friday schedule for *Informers*

[Submit here.](#)

Residents' Birthdays

Gaye Van Hamme on December 8th
Marge Graves on December 16th
Lorna Caulkins on December 17th
Gerry Adams on December 20th

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



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Mayflower
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