

## The Informer

February 4th, 2022  
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### COVID-19 Precautions at Mayflower

The Poweshiek County COVID-19 testing positivity rate has climbed to a significant high. Therefore, Mayflower has taken more precautions to mitigate the risk of disease spread.



Non-Mayflower residents are still not allowed to join Mayflower events on the Mayflower campus. Further, we are looking at events that have been scheduled or might be scheduled in the near future to determine how safe it is to gather. In this context, we have cancelled a number of events and delayed scheduling others. This has been shared with residents via direct messages to them.

Specifically, the following activities have been suspended for the time being: Tuesday Chapel services, two February forums, Friday Koffee & Konversation; Monday Neighborhood Dinners; Saturday Morning Breakfast Group; Bells practices; Tuesday openings of the Mini-Gift Shop; Still others may be suspended.

We are renewing the request to residents to maintain basic precautions: Face mask; social distancing; close contact/extended period limiting; regular handwashing.

*-Bob Mann, Mayflower Sales & Marketing Director*

**Mayflower Tea Party in Beebe  
Assisted Living**

It may have been cold outside but assisted living residents were able to warm up during a tea party Friday afternoon on January 21<sup>st</sup> in Mayflower's Beebe Assisted Living.



Foodservice staff member Rosie Mumm pours tea for Pat Groth (left) and Deena Wellborn.

The Foodservices staff made homemade finger sandwiches, pinwheel cookies, and Napoleon pastries and offered mixed nuts. They helped serve using the beautiful China teapots and teacups with saucers from Mayflower's magnificent collection of fine China. Resident Pat Groth commented, "The tea always tastes better in these China teacups!"

*-Leslie Jaworski, Community Life and Wellness Director*

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## UnLOCKING the Power of Philanthropy

### A Journey with Joseph

Charitable plans, financial plans, and estate plans are important to all of us. The Mayflower Community makes my time available to you (without cost), as you consider the best of these plans for you and your family. Recent conversations I have had with Joseph (a resident of another senior living community) illustrate how I might help you. I share this with Joseph's permission.



Joseph approached me, wanting to explore these questions and thoughts:

- "Are my income and investments enough to sustain my current standard of living?"
- "How might I consider helping grandchildren with future education expenses?"
- "I want to leave my children a nice inheritance."
- "I want to leave something to my senior community and my



church.”

In our conversations I heard Joseph’s heart for the things he wanted to accomplish. He expressed gratitude for his family, his financial advisors, and his “families” at church and within his senior community. I promised Joseph that while I would not provide “final answers” to his questions, I would help him find answers to his satisfaction.

Joseph gave me permission to speak with his financial advisor and I phoned that advisor to explain my role in helping Joseph. We discussed Joseph’s priorities and I assured the advisor I would be encouraging Joseph to complete his plans in cooperation with his family and all his advisors.

After two conversations, I provided Joseph with a single-page summary of the ideas we discussed. In the days ahead, Joseph will use this document to talk with his children and advisors. As implied here, Joseph’s story is not complete; I hope to share the rest of his story in future columns.

I welcome a similar conversation with you, a conversation guided by your questions or any plan changes you wish to consider. You need not discuss every aspect of your plans.

Also, in the weeks ahead, I will announce plans for a presentation at Mayflower entitled “The Wisdom of Proactive Philanthropy.” I make this half hour presentation to share how charitable planning can dovetail with solid financial and estate plans. Please plan to attend as these sessions are announced.

In the meantime, I welcome hearing from you directly with any questions or comments.

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

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The Mayflower Log

Find [The Mayflower Log here](#) for some quality reading during this cold and snowy winter season.



## Aging and Nutrition

As people get older, it is not uncommon for them to consume less food. Senior News attributes this to a few causes which include less activity and less mobility.

Undereating can lead to higher risks for diseases and the ability to fight diseases. It's important to get the proper nutrients to ensure meals and snacks that will increase longevity and nutrition.



The USDA has provided the following dietary recommendations for older adults. Some of these include:

- Choosing fiber-rich foods
  - Barley, chickpea, avocado, lentil, beans, berries
- Drink water and beverages that are low-sugar
- Eat more dark green vegetables
  - Broccoli, spinach, cooked greens
- Eat more orange vegetables
  - Carrots, sweet potatoes
- Eat fruit rather than fruit juice
- Choose low fat or lean poultry/protein sources
- Choose low-fat or fat-free milk, yogurt or other dairy products

While you may be aware of the healthy eating categories and the foods you should incorporate, sometimes they can be difficult to implement into your daily routine.

As a breakfast side, add some yogurt or fresh fruit. Eat soup that's hearty in vegetables and healthy oils for lunch. Incorporate proteins at lunch and dinner. Have a glass of water with every meal and snack. Changes happen in small steps and every habit does not take



immediate effect.

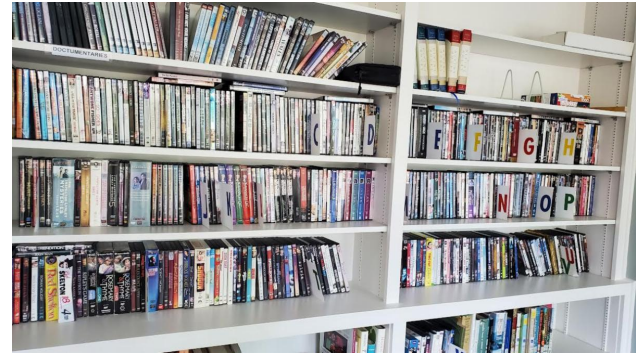
If you feel inclined, try incorporating just one of these bullet points into your nutrition routine over the next week!

*-Temesha Derby, Informer Editor*

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## Cozy Up to a Movie at Mayflower

At The Mayflower Community in Grinnell, our DVD collection makes it feel like the Drake Community Library—Downtown South! We have an extensive lending library of DVDs found in the Buckley second floor lounge.



The diverse collection was seeded with an initial donation from late resident, Vicki Sopher. Since then, others have donated DVDs to the Mayflower library. Then, last August, the family of the late Addison Jones, donated DVDs from his collection to Mayflower after his death in our Health Center.

Too cold to take long walks? Instead, our residents can settle in with a DVD—an old favorite or something more recent.

In addition, every Saturday afternoon, a full-length movie is shown in the Kiesel Theatre in the lower level of the Pearson building. For example, during the month of February, “For the Love of Ivy” (1968), the Sidney Poitier romantic comedy classic, will be shown to honor his legacy.

All you need is the warm, buttery popcorn....and a bag of M&Ms!

*-Bob Mann, Mayflower Sales & Marketing Director*

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## Free COVID-19 Supplies

**3 Free Face Masks.** The federal government will be giving away N-95 respirator face masks that

will be distributed from the Strategic National Stockpile. They will be available for pick-up only. Grinnell's Hy-Vee and Walmart pharmacies are expecting them if they have not already arrived.



**4 Free At-Home COVID-19 Tests.** As previously announced, the federal government has launched its website, <https://www.covidtests.gov/>, for free at-home COVID-19 test kits. Every home in the U.S. is eligible to order four free tests. Orders ship in seven to 12 days.

*-Bob Mann, Sales and Marketing Director*



## The Metropolitan Opera 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 39<sup>th</sup> 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 for 2022 is as follows:

- *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

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](mailto:meintsbr@grinnell.edu) to coordinate payment and pick-up.

Please wear your mask while indoors.



-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).

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## Resident News



### Local Writer's Book for Sale at Mayflower

Mayflower resident, Dan Kaiser, is professor emeritus at Grinnell College where he has specialized in Russian history and demographic history since joining the faculty in 1979. Recently, Dan wrote *Grinnell Stories: African-Americans of Early Grinnell*, which has been published by the Grinnell Historical Museum.

Dan agreed to present information from the book at the monthly Mayflower Residents Association Forum on February 8<sup>th</sup>. However, due to the current COVID-19 status in the Grinnell area, that presentation has been postponed to March 8<sup>th</sup>.



Daniel H. Kaiser

Grinnell Stories:  
*African Americans  
of Early Grinnell*

Grinnell, IA: Grinnell Historical Museum, 2020

To celebrate February as Black History Month, Dan had planned to make a few copies of his book available at the Forum gathering. There is already one copy in the Mayflower Library.

Thinking that residents may want to read their own copy of the book before Dan presents in March, he will be putting out a few copies on the Pearson Library table. The cost will be \$20.00 payable to the Grinnell Historical Museum. (It is also available at the Pioneer Bookstore for \$25.00.) All proceeds go to the Museum, especially important as they have had to be closed now for over a year.

To buy a copy, put your check in the secured deposit box located on the support pole across from the Receptionist Desk. And, come hear Dan on March 8<sup>th</sup>!

## Celebrating Gordon and Karen Packard's 90<sup>th</sup> Birthdays

The five offspring of Mayflower residents, Gordon and Karen Packard, are suggesting that they be honored with a card shower as their 90<sup>th</sup> birthdays approach—Gordon's on February 15<sup>th</sup> and Karen's on March 17<sup>th</sup>.



The family asks that you send cards, pictures, and memories to share with Gordon and Karen when they gather to celebrate on February 26<sup>th</sup>. The cards can be sent to daughter Ginger Johnson, 959 40th Street, West Des Moines IA 50264. Please mail them by Saturday, February 19<sup>th</sup>.

-Bob Mann, Mayflower Sales & Marketing Director (641-236-6151)



## February Forum

The Mayflower Residents Association Forum Committee is postponing the next program to **Tuesday, March 8<sup>th</sup>, 2:00-3:30pm in the Kiesel**

**Theatre** (lower level of the Pearson building). The presenter will be our own resident, **Dan Kaiser**, Professor of History Emeritus at Grinnell College and author of *Grinnell Stories: African Americans of Early Grinnell* (2020).

Sharing important aspects of Grinnell's history, Dan will speak about some of the challenges in researching Grinnell's African Americans and the importance of doing so. In addition, Dan will read brief selections from his book as well as answer questions.

Previous presenters have included Janet Stutz, Grinnell-Newburg Community Schools Superintendent, Officer Jon Soubayi of the Grinnell Police Department, Rachael Kinnick, Grinnell Area Chamber of Commerce President/CEO, and Henry Wilhelm, President of Grinnell's Wilhelm Imaging Research, Inc.

-Gerry Guenther, MRA Forum Chair



## Special Forum Announced

The Mayflower Residents Association Forum Committee announces a special added session has now been postponed.

Mark your calendar and get ready for some mid-winter laughter and intellectual stimulation. On **Wednesday, April 6th, 2:00-3:30pm**, in the **Kiesel Theatre**, **Dustin Dixon**, PhD, one of the brightest literary scholars/teachers at Grinnell College, will be here to engage us in a discussion of Aristophanes' comedy, *The Knights*.

The play is both a satire on the political and social life of Athens during the Peloponnesian War (5th century BCE) and a diatribe against a populist politician who manipulates the political and legal system for personal gain. Does that theme strike you as timely?

Come for the presentation. Learn, laugh, and stay for some wine and cheese.

*-Bob Butterfield, MRA Forum Committee Member*

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### Apartment Availability

Buckley #101: 681 sq. ft.  
Entrance Fee: \$63,750

Two-bedroom, first floor, two exposures, plenty of kitchen storage space

Buckley #201: 681 sq. ft.  
Entrance Fee: \$63,750

Two-bedroom, second floor, two exposures, plenty of kitchen storage space

Buckley #213: 498 sq. ft.  
Entrance Fee: \$38,500

Studio, three closets and separate kitchen, east-facing windows

Edwards #3 HOLD: 997 sq. ft.

Two-bedroom, washer/dryer, open kitchen and dining room

Buckley #308 SOLD: 1,021 sq. ft.

One bedroom, one and a half bath, office, balcony overlooking Buckley Courtyard

Pearson #211 SOLD: 1,133 sq. ft.

One bedroom, one and a half bath, den, LVP flooring, east windows overlooking courtyard

Buckley #110 HOLD: 592 sq. ft.

One bedroom to be updated, outside door, east-facing, two exposures

Edwards #8 HOLD: 1,254 sq. ft.

Two-bedroom, two bath, sail garden deck and outside door, washer/dryer

Montgomery #4 SOLD: 1,214 sq. ft.

Two-bedroom, two bath, washer/dryer, secret garden door and deck, remodeling

604 State Street: IN WAIT LIST

Harwich Terrace Patio Home, 2-bedroom, 3 baths, great room and den, open kitchen, office, two and a half car garage

516 State Steet: IN WAIT LIST

Harwich Terrace Patio Home, 2-bedroom, 3 baths, great room and den, open kitchen, three season patio, work room

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## Treasure Chest February Display

The cold and COVID-19 have reminded Ginny and me of our childhoods when we spent time indoors listening to our parents read to us (or reading to ourselves). Therefore, in February, we will display our favorite books from childhood. They might jog some of your own memories of favorites from your own childhood.

If you still have these books, a display later this year might include a showing of favorite childhood books of Mayflower residents. Please contact us if you have favorites to display



In coming months, please be watching for displays of old dolls, old shoes, watches, model pedal cars, and more. If you or anyone you



know has a collection of items of interest, please let us know. The display cabinet is located in Pearson in the library area and is secured with a padlock.

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

-Doug Cameron, *Treasure Chest* ([cameronv641@gmail.com](mailto:cameronv641@gmail.com)  
or 6412364544)

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### **Book List**

*Title and Author*

*The Confession Club* (LP) by Elizabeth Berg  
*7 Simple Steps for Caring with Stress* by Pasha Buck  
*The Long Call* by Ann Cleeves  
*Vanderbilt the Rise and Fall of an American Dynasty* (LP) by  
Anderson Cooper and Katherine Howe  
*Garden of Lamentations* by Deborah Crombie  
*Hero of Two Worlds* by Mike Duncan  
*Mrs. Marsh* by Virginia Feito  
*Maybe You Should Talk to Someone* by Lori Gottlieb  
*The Judge's List* by John Grisham  
*Saving us* by Katherine Hayhoe  
*How to be an AntiRacist* by Ibram X. Kendi  
*The Only Free Road* by Patricia and Kevin Kimle  
*The Saboteur* by Paul Kix  
*Happiness is a Choice You Make* (LP) by John Leland  
*Madison Park* by Eric Motley  
*Fear No Evil* by James Patterson  
*Wish You Were Here* by Jodi Picoult  
*Bruno: Chief of Police* (Book 1) by Martin Walker  
*The Dark Vineyard: A Novel of the French Countryside* (Book 2) by  
Martin Walker

LP= Large Print

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### **Poem**

**A Late Winter Day**

Day after day the sun shines bright

And hardly a breath of air to ease

The limbs or even twigs a slight

Amount to make us feel the breeze.

Beautiful day, you say, but then,

You see the temperature gauge reads "TEN."

*-Pasha Buck, Resident*

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

Below are the upcoming "trips."

February 15th

- Malaysia
- U.S., Taste of Illinois
- U.S., Michigan and Wisconsin Parklands

February 22nd

- Malaysia Islands
- U.S., California and Arizona
- U.S., Michigan and Wisconsin Parklands

*-Shane Estes, Armchair Travels Committee Chair*



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**Informer Submission Deadlines**

- Submission deadline: February 11th for publication February 18th
- Submission deadline: February 25th for publication March 4th.
- Submission deadline: March 11th for publication March 18th.





[Submit here.](#)

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## Residents' Birthdays

Roger Roudabush on February 4th  
Dan Agnew on February 6th  
Don Smith on February 7th  
Bob McConnell on February 11th  
Nancy Wolff on February 14th  
Gordon Packard, Frannie Robbins, and Vicki Vinall on February 15th  
Elaine Noe and Bill Tinker on February 16th  
Carol Grant on February 17th  
Addy Hanson on February 19th  
Phyllis Munitz and Dorothy Williams on February 21st

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



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Mayflower  
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