

The Informer

November 11, 2022
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Halloween at Mayflower

The Mayflower Community celebrated 2022 Halloween. It kicked off with a pumpkin “face-off” contest with each department “decorating” a pumpkin for display and judging.



On Thursday, October 29th, various stations were set up around the campus to give treats to resident and staff families who dressed up to “crawl.” Then, that evening, a special soup supper was served in the Buckley Dining Room with some residents “dressing for the occasion.”

In the photo above, Resident Lyle Roudabush pleads for mercy from the daughter of Monica Bender, Environmental Services staff member.

On Monday, October 31st, Mayflower staff dressed in costume as they worked. Later in the evening, residents staffed a goodies table in front of the Watertower Square building, 625 Broad Street. Some of their costumes were a little outrageous, but the treats were worth it. Neighborhood kids were invited.

These events were sponsored by the Mayflower Residents Association and the Mayflower Community Life and Wellness Department.

-Bob Mann, Mayflower Sales & Marketing Director



Looking Scary...Staying Helpful at Mayflower

Monday, October 31st, Halloween Day, brought out at least one side of The Mayflower Community residents and staff—their alter ego costumes! Residents set up a “treats” table in front of the Watertower Square building, 625 Broad Street.

Pictured at right, Sue Drake (left) and Donna Miller are “un-wicked witches” as they disperse treats in the Health Center and Beebe Assisted Living.



Some were scary and some were expressions of their inner characters! Meanwhile, all day long, staff dressed up to show another side to their personalities.

Pictured left, Jacki Hicklin, RN, (left) and Lisa Leris, BSN, RN provide support for Carol Crawford in the old fashioned way.

-Community Life and Wellness Department

**Terry Leedom Writes for Children about
Dementia**

At a recent Prairie Canary, Grinnell book-signing event, Terri Leedom, West Des Moines graphic artist, introduced an illustrated children's book she wrote to help children understand family members' illness. Per Terri's forward, "*My Silly Granny* is a Children's book about dementia. It is designed to help young children understand why people they love may exhibit strange behavior, while also providing ideas for adults to help their children engage with and help these ones they love cope with this disease."



Pictured at the event is Mayflower Community's Community Life Coordinator, Tracy Woolfolk (left) and Terri. Terri's mother, Donna Keeton, whose life generated the book, lived at Mayflower where Tracy provided support for her. Also attending the book signing from Mayflower were Kellie McGriff, Associate Director/Administrator, and Lisa Leris, Director of Health Services.

Terri said about her mother's support, "Thank you so much to Mayflower Community for taking such good care of my mom, during the time she stayed at Mayflower a few years ago. The attention and love that was given to her goes beyond words. 'Love is the Answer!' I hope her wit and humor, her silliness on her good days, inspired others at Mayflower."

"I believe that love is always the answer! Even though I wrote a book, sometimes putting into words what is in my heart is not always easy."

-Kellie McGriff, Associate Director/Administrator

Mayflower Log and George Drake Tribute

The last *Informer* included an incorrect hyperlink to *The Log + George Drake Tribute* article. We apologize for this error and any confusion this may have caused our readers.

[Here is the correct article.](#)

Say Cheese!



On Monday, November 21st, Temesha Derby, *Informer* editor and marketing consultant, will be around campus taking photos of various Mayflower residents and activities from 9am until 4pm.

If you do not wish to have your photo taken or included in Mayflower's endeavors, please kindly tell Temesha that you do not wish to be photographed, if you see her around.

Additionally, if you have any ideas for creative shots, let her know when you see her!

Mayflower Residents Get Acting Training

On Thursday, November 3rd, Health Center and Beebe Assisted Living residents in The Mayflower Community participated in the first of two theatre workshops. The leader was Anton Jones, a 2002 Grinnell College alum and the CEO and artistic director of CLIMB Theatre, which is supported by a Mellon Foundation grant through Grinnell College.



Since 2015, CLIMB Theatre, based in a suburb of the Twin Cities, has used its interactive theatre techniques to create intergenerational experiences among individuals in senior living settings.

[Here is Anton's biography.](#)

[Information about CLIMB can be located here.](#)

Anton will conduct a follow-up session for these Mayflower residents on Friday, December 9th. That same afternoon, CLIMB Theatre will be showing the movie, "Grandpa and Lucy," at 4:15pm in the Grinnell College Harris Center Concert Hall, 1114 – 10th Avenue.

The movie is an adaptation of a children's book aimed at raising

awareness and creating educational opportunities for youth and families around Alzheimer's and other forms of dementia. There will be additional events on the College campus on Saturday, December 10th scheduled from 11:00am to 2:00pm, including a play based on the book.

-Leslie Jaworski, Community Life and Wellness Director



Mayflower Residents Meet to Hear about Plans

On Tuesday, November 8th, residents of The Mayflower Community packed the Kiesel Theatre in the Pearson building to hear Ron Benner, Mayflower Director of Facilities Management, share information. Ron discussed plans for buildings and projects and other enhancements to the Grinnell community's campus. He discussed the Facilities department staffing, assignment of responsibilities, number and type of residents' requests for assistance or service, building modifications and improvements, and other miscellaneous topics. The hour and fifteen-minute meeting was mostly questions and answers. It concluded when all questions were addressed.

-Bob Mann, Mayflower Sales & Marketing Director

Resident News

Mayflower Resident, Marilyn Schuler, to Do Book Signing

Marilyn Schuler, a retired elementary school teacher and Mayflower independent living resident, has had seven picture books published in her series, "Animals in the Bible." The first one was published in 2011. In addition, she has authored a trilogy of chapter books about the Biblical life of David.



Marilyn's books will be on display in the Mayflower Residents Association Library in the Pearson building lobby during the week of November 14th. These books will make a memorable holiday gift for

your young family members.

You can purchase books there. If you wish Marilyn to sign your book, she will be available to do so between 1:00 and 2:00pm on Monday, Wednesday, and Friday (Nov 14, 16, and 18).

Medicare Annual Open Enrollment and SHIIP Counselor

Medicare's annual open enrollment period (OEP) has begun.

This time period, October 15 to December 7, is the only time that you can review your current prescription drug plan to make sure it is the best one for you for 2022.



I encourage you to complete this review. We are fortunate to have a Mayflower resident, Kathy Szary, as a certified Senior Health Insurance Information Program (SHIIP) counselor [INSERT PHOTO OF KATHY AND RESIDENT?]. She is eager to meet with you and help you work through this complicated task.

The government wants you to complete this review every year. That's why you see all the ads on the TV and get fliers in the mail.

You have nothing to lose and LOTS to gain by completing this review. Who knows, you might be one of the lucky ones that save hundreds (or even thousands) on your prescription drug plan.

It's free, easy, and should be part of your annual routine for physical and financial health.

-Steve Langerud, Executive Director



Jasper County Historical Museum Bell Choir Plays Mayflower

Recently, the Bell Choir from the Jasper County Historical Museum entertained Health Center and Beebe Assisted Living residents. The

group of retired teachers volunteer using the museum's bell collection as they enjoy making music together. The music was heavenly! The director of the Bell Choir is Glenda Duffus, who is pictured above.

-Leslie Jaworski, Community Life and Wellness Director

Grinnell Middle School Students Volunteer at Mayflower

On Thursday, November 3rd, a number of Grinnell Middle School students volunteered to spend time with residents of The Mayflower Community Health Center. Amidst game playing, they had energetic conversations.



Katie Hoisington plays table game with GMS students.

-Community Life and Wellness



Challenges of Providing Care at Home

In its "LPC (Life Plan Community) Weekly Report" issued on Friday, October 27, 2022, LeadingAge, the national senior living and healthcare organization, reported on findings of a recent survey.

Homethrive, Inc. of Northbrook, Illinois, a healthcare service company, found "...that on average, 20% or more of employees are acting as unpaid caregivers for loved ones. In their second annual survey on the subject, of the 200 adults who were working while providing caregiving support to loved ones, 60% were female and 75% were supporting loved ones who were aging and/or have a disability."

"Survey results found caregiving is taking up more time than previously with a 79% increase in the number of employees spending

5 or more hours per week on caregiving. There has also been a marked impact on work with more than a third of caregivers leaving work early, missing days of work, or rearranging work schedules due to their caregiving responsibilities. Many respondents worried that caregiving would negatively impact their job performance.”

There is an alternative, of course. The Mayflower Community offers support to residents in independent living that might otherwise need to be provided by a family member.

This includes outstanding meals in a comfortable dining room; Code Alert nurse call service; on-campus activities and events; transportation to selected destinations; some nursing care such as medication set-up and delivery, vital-sign checks, and dressing changes. In addition, multiple Grinnell grocers and pharmacies deliver directly to residents’ Mayflower homes.

When more care is needed, Mayflower offers full-service assisted living and long-term nursing care. Currently, Mayflower is not admitting new residents to Beebe Assisted Living or to our Health Center who do not already live at Mayflower or who do not have a special tie to Mayflower.

If you know someone who is being challenged by caregiving responsibilities, suggest that they consider Mayflower independent living for their loved one while being able to benefit by it.

-Bob Mann, Mayflower Sales & Marketing Director

Mayflower Chapel Service Resumes

Worship

The Spiritual Life Committee of the Mayflower Residents Association presents biweekly Chapel Services: **2nd and 4th Tuesdays; 10:00-10:30am; Kiesel Theatre.**

The worship leaders for upcoming services are:

- **November 22nd**. A special service remembering Mayflower residents who have died in the past liturgical year led by Rev. Anne Sunday and Dorothy Noer, Mayflower resident
- **December 13th**. A musical trio: Diane Eberhard, violin; Joyce

Wubbels, piano; and Gene Wubbels, guitar and vocal. Joyce and Gene are Mayflower residents, and Diane is a Mayflower friend.

- **December 27th**. Rev. Linda Myren, resident and pastor of Gilman United Church of Christ.

Future Mayflower Worship Opportunities Announced

Beginning the first week of January 2023, there will be changes to the way that worship is offered in The Mayflower Community. The Mayflower Residents Association Spiritual Life Committee is announcing:

- Regular Tuesday morning Chapel Services will cease
- Weekly Devotions will be offered on Tuesdays at 11:00am in the Kiesel Theatre.
- Weekly Bible Study will be offered on Thursdays at 11:00am in the Buckley Dining Room Anchor (north end).

The changes are being made to respond to interests expressed by Mayflower residents. Resident Pat Lipton will be assuming the chairperson role for the Spiritual Life Committee.

Resident Rev. Bonnie Lipton will lead the Weekly Devotions. She describes this 30- to 40-minute time as a quiet period set aside to focus on God and your relationship with God. It will be a time of devotions, prayer, Scripture, short stories, but not a worship service, not a Bible study, no homework. All are welcome.

Resident Rev. Anne Sunday will be the moderator for the informal, 40-minute Weekly Bible Study. All are welcome to attend and encouraged to bring your favorite Bible version or use the large-print handout that will be available. The readings will follow the outline of the "New Common Lectionary." There will be group discussion and quiet time to contemplate, "How does this passage connect to my life?"

Both worship events will be finished in time for lunch. Participants are welcome to join at the Buckley Dining Room tables for your meal.

Times, they are a'changing!



Happenings at Grinnell College

Met Opera

Live on Screen Harris Center Cinema

December 10th: *The Hours*, Kevin Puts

TREASURE CHEST

Jerry Adams is a master craftsman. His creations made from wood are works of art. He makes boxes, toy cars (too beautiful to be called just toys), and whimsical wall hangings made from wood "scraps". His work has been displayed in the Treasure Chest located in the Pearson Lobby on an earlier occasion. However, during the month of November, new pieces will be displayed. Come and enjoy please.

AND....

The members of the *Treasure Chest Committee* need your help during the year 2023. *Please note the date of 2023.* You did read correctly. We wanted to give you plenty of time to think.

First, DO YOU HAVE COLLECTIONS YOU MIGHT WISH TO DISPLAY? Your collection might not be enough to fill the entire display case located in the lobby of Pearson. We (the committee) will help you coordinate with others for a complete display. Please note the committee is also available to assist in setting up and taking down your display should you wish. Displays will be left up for two months at a time (or one month if you want to take it down earlier)

Second, we would welcome other members to our very small committee. It is an exciting and fun job talking about their collections and why they have them.

Contact:

Doug or Ginny Cameron (236-4544) (cameronv641@gmail .com)

Janis Peak (236-8993)



Mayflower All Saints Day Service

On Wednesday, November 2nd, The Rev. Doug Tiffany, ELCA, of West Des Moines conducted All-Saints' Day services for residents of The Mayflower Community' Health Center and Beebe

Assisted Living.

Also called Feast of All Saints in the Christian Church, this is a day of commemorating all the saints of the church, both known and unknown, who have attained heaven.

-Tracy Woolfolk, Community Life and Wellness Coordinator

Transition Treks

Mayflower independent living transition activity since last listing:

Moved In:

- Becky Neal from Altemeier #105 to 604 State Street Harwich Terrace patio home
- Orlan Mitchell from 725 Park Street Harwich Terrace patio home to Buckley #101
- Pat and Bonnie Lipton from Sun City Center FL to Watertower Square #209
- Doug Brown from rural Grinnell to Montgomery #9
- Pasha Buck from Buckley #218 to Beebe #216
- Bob Williams from Edwards #1 to Beebe #201
- Carmen Raffety from Watertower Square #204 to Beebe #103

Moved Out:

- Rich Adams from 630 Park Street Harwich Terrace patio home to Las Vegas (He remains on the Mayflower Wait-List!)

Moves Pending:

- Jennifer Williams Brown from Grinnell and Laura Williams and Chris Matheos from Van Nuys, California to Watertower Square #301.
- Heidi Lauritzen from Iowa City to 630 Park Street

-Bob Mann

Sales & Marketing Director (bmann@mayflowerhomes.com)

"I wish we had moved sooner!"

Armchair Travels
Mayflower's Kiesel Theatre

2:00pm on Thursdays

Below are the upcoming virtual "trips."

November 17th

- U.S., Ohio, Tecumseh & The Shawnee



Kiesel Theatre Movie
Saturdays, 2:00pm.

November 12th: *Denial* (2017). Oscar-winner, Rachel Weisz, stars in this powerful, true story based on the acclaimed book, *Denial: Holocaust History on Trial*. When Deborah Lipstadt (Weisz) speaks out against Holocaust denier, David Irving (Timothy Spall), over his falsification of history, she discovers that the stakes are higher than ever in the battle for historical truth. Now faced with a libel lawsuit in British court, Lipstadt and her attorney (Tom Wilkinson) have the heavy burden of proving that the Holocaust actually happened, in a riveting legal fight with stunning consequences. 115 minutes. PG-13. English subtitles.

November 19th: No movie due to celebration of life services for George Drake.

November 26th : No movie. Happy Thanksgiving weekend.

Residents' Birthdays

Chris Hunter on November 13th

Dorothy Martinek on November 14th

Jack Gustafson on November 17th

Jeananne Schild on November 18th
Sharon Torno on November 21st
Delores Montgomery on November 22nd
Larry Robertson on November 22nd
Betty Moffett on November 23rd
Stan Swann on November 25th
Martha Voyles on November 25th

Informer Submission Deadlines

- Submission deadline is November 18th for publication November 25^h
 - Submission deadline is December 2nd for publication December 9th
 - Submission deadline is December 16th for publication December 23rd
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Find more of *The Informer* online [here!](#)



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