

The Informer

May 26, 2023

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Mayflower Gets High Ratings

As of the completion of the Mayflower Health Center annual comprehensive inspection (“recertification”) by the Iowa Department of Inspections and Appeals, Mayflower has been awarded a **“Zero Deficiency”** rating while also carrying the national **Five Star** designation!

State surveyors were on premise Monday, May 8th through Thursday, May 11th. At their departure, the survey team thanked Mayflower’s department leadership team for the kindness shown to them by residents and staff during the survey while awarding the outstanding rating.

In addition, the staff are celebrating because, with the ending of the national COVID-19 emergency on May 11th, Mayflower has acted to no longer require face masks, except in extenuating circumstances.

The state recertification survey documents non-compliance with federal and state certification requirements in nursing and rehab facilities. The inspection is a requirement for continued funding from Medicare and Medicaid. The resulting “statement of deficiencies” (none for Mayflower!) serves as a tool for the facility to use to correct issues that do not meet minimal governmental standards of care.

Mayflower resident and retired medical doctor, Becky Neal, commented on the news about the Mayflower ratings, “Congratulations on the zero deficiency and five-star rating award for the health center! That’s huge. Having been through several rounds of hospital certifications I’m well aware of the effort that goes into preparation for

inspections not to mention sustaining excellence over time. This designation is due to great leadership and a dedicated staff.”

The Five-Star Quality Rating System is a tool to help consumers select and compare skilled nursing care centers. Created by the U.S. Centers for Medicare & Medicaid Services (CMS) in 2008, the rating system uses information from Health Care Surveys, Quality Measures, and Staffing. Facilities are rated from one to five, with Five being the highest.

Theresa Pagliai, the President of the Mayflower Community Board of Trustees said, “The collective efforts, attention to detail, and hard work are always appreciated, especially with the challenging work environment during COVID. These two State distinctions affirm the hard work of these teams at Mayflower. The residents of Mayflower directly benefit from the sacrifices, and we are all very grateful for the service of the staff.”

Mayflower appreciates all that our Nursing, Facilities, Foodservices, Community Life, Housekeeping and Laundry, and Human Resources leadership and staff do to meet safety and care regulatory expectations and to contribute to the Five-Star rating.

The Health Center leadership includes Kellie McGriff, BSN, RN, NHA, Associate Director/Administrator; Lisa Leris, RN, Director of Health Services; Jacki Hicklin, RN, Assistant Director of Nursing and Infection Control Coordinator; and Leslie Jaworski, Director of Community Life.

UnLOCKING the Power of Philanthropy: Lights, Camera, Action!

True; I am no Hollywood Director. However, I ask you to “direct” your thinking to Mayflower’s 2023 annual fundraising campaign. As you do, you will see other reasons I used this hokey title.



Putting frivolity aside, I thank you for considering a tax-deductible gift to support Mayflower residents and staff via the following opportunities.

2023 Special Projects

Health Center “Call Light” System. This vital component of meeting

resident needs recently failed and had to be replaced. The \$62,000 price tag was a shocker. Thankfully, the installation was completed just ahead of Mayflower's recent state inspection, which found "no deficiencies" and supported a 5-Star rating.

Kiesel Theatre Seats. The Theatre is a Mayflower essential for gathering and entertainment. However, its seating is aging and lacking in comfort and accessibility. With a generous \$5,000 gift from the Mayflower Residents Association, another \$7,500 is needed to complete this replacement project.

Ongoing Mission Objectives

Resident's Assistance Fund. Your gifts provide healthcare for Mayflower residents who have exhausted personal resources. This is an annual "need" of between \$125,000 and \$200,000.

Care for the Caregivers Fund. Your gifts support Mayflower staff with a daily meal while on-duty, assistance with educational pursuits, and opportunities to exercise and refresh during the workday.

Jack & Jackie Morrison Maintenance Fund. Your gifts sustain the beauty and integrity of the Mayflower buildings and grounds with proactive maintenance or special enhancements.

Your gifts may be made payable to "Mayflower Homes, Inc." and directed to Pam Vosburg in the Mayflower Business Office. I welcome discussing these or other Mayflower projects if you desire more information. Your consideration of a generous gift to build and sustain the "community" that is Mayflower will be much appreciated.

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



*Spring
2023*

*June 2 12-6
June 3 8-2*

*Grinnell Iowa
Map information
Email*

Wlduncan01@hotmail.com

Mayflower to Participate in Citywide Garage Sale

Grinnellians will be staging a citywide garage sale on Friday, June 2nd (12:00noon – 6:00pm) and Saturday, June 3rd (8:00am – 2:00pm). Mayflower will be participating. Along with furnishings and supplies that have accumulated in our

Vosburg building, residents may contribute personal items to the sale. Mayflower asks that residents bring items to Vosburg on Thursday, June 1st between 9:00 and 10:00am. The proceeds of sales of resident items will be contributed to Mayflower, and any remaining items will be taken to the dump.

Items will be marked to the lowest practical prices. Shoppers can enter Vosburg at the north entrance, just down the incline from the Depot's south parking lot.

-Scott Gruhn, Director of Facilities and Operations

Successful Summer Tips for Seniors

Summer is just around the corner. While enjoying the sunshine is an essential dopamine boost, it's also important to stay safe and healthy as the outside temperatures soar.

Stay hydrated. While you've heard this a million times, the directive remains crucial. By the time you notice you're feeling thirsty, your body is already working its way towards dehydration. This is why it's important to hydrate frequently, especially during the summer months. You don't have to have an extreme influx of water, but consistency is key.

Tips for drinking more water? Find a water bottle you like and that is easy to carry and transport. Add flavor to your drink. A squeeze of lemon, sugar-free flavor packets, or even caffeine-free teas are all good options.

It's Okay to Stay Inside During the Hottest Hours. There's times of day when it's better and safer to stay indoors and away from the blazing sun. This mitigates your chances of overheating, heat stroke, and sun poisoning. When planning your days' activities, try to plan your indoor items between 11a-3p, when the summer sun is the warmest.

Road Tripping? Be Prepared. Your car works harder in the heat. Make sure all the fluids and parts are in tip-top shape. This includes an oil change, full tank of gas, airing your tires, coolant, etc. Ensure your air conditioning is working properly. Not only for comfort, but just in case something happens where you have to be stopped in the car for a longer-than-expected stint.

Summer is a time for enjoyment and fun. With some simple precautions, you can make the most of your summer while staying safe, cool, and happy. [You can find more tips here.](#)

-Temesha Derby, Informer Editor



May Treasure Chest Display: You Gotta LLove LLamas

Dottie Blazek loves llamas! This month's display in the Pearson lobby features years of her collected llama memorabilia. This story of love began with Dottie's later husband Frank, who was a Spanish teacher and travel agent. That led him to a tour of South America where, among other things, he learned about the unique llama.

When Frank retired early from teaching and from the travel agency business, Frank and Dottie bought an acreage outside Pueblo, Colorado. They built a log cabin home and established a llama ranch named Heaven's Peak.

Dottie explains they never had more than ten llamas at a time but fell in love with all of them.

For information about the Treasure Chest, contact Doug or Ginny Cameron (236-4544 or cameronV641@gmail.com) or Janis Peak (236-8993).



Lyceum Programs

Too Many String Band
Thursday, May 25th. 7:00pm.
Carman Center

Guests of Residents Welcome

Next Programs: September 2023

Calle Sur Performs at Mayflower

On Thursday, May 11th, the duo Karin Stein and Ed East performed as “Calle Sur” (Cuh-yeh SOOR) for The Mayflower Community weekly Lyceum program of entertainment in the Carman Center. “Calle Sur” plays a broad range of music styles from Latin America and, thus, provides a glimpse into the immense cultural diversity and nuance of what it means to be “Latino, Latina, Hispanic, Latinx,” and “La Raza.”



Karin grew up in Colombia and is rooted in Grinnell, where husband Jon Andelson and she raised three daughters. Ed is a native of Panama City, Panama. Karin is the manager of Artes Latinas (www.artes-latinas.com) and a frequent Grinnell-area performer.

They brought their mix of Latin ensembles to Mayflower residents and guests as they played a variety of songs with different instruments while encouraging audience participation. Karin and Ed shared personal stories tied to songs and gave history and background information about others. The performance was outstanding.

When the audience was asked for questions, resident Gene Wubbels inquired about the relationship between calypso music and the Latin music they were performing. Karin and Ed provided a long, multifaceted answer but it was very interesting. To punctuate it, “Calle Sur” played some calypso! An educational and cultural experience!

-Leslie Jaworski, Community Life Director

Wine & Cheese Gathering

The next Wine and Cheese event will be **Friday, May 26th (today!). 4:30-5:30pm. Buckley Dining Room.** Come and enjoy Mayflower resident conversation...and refreshments!



In addition, Nancy Cadmus and Bill Pollak, members of the MRA Information Resources Committee, will be at a Dining Room table to assist with computing issues.

Book List

Busy Body by B.C. Beaton
Horse (large print) by Geraldine Brooks
The Years by Annie Ernaux
The Girl Who Loved (large print) by Christopher Greyson
Longshot by David Heath
Demon Copperhead by Barbara Kingsolver
Iron Lake by William Kent Krueger
Homecoming by Kate Morton
Hello, Beautiful by Ann Napolitano
Shadow of Death by James Runcie
Grantchester by James Runcie
The House Across the Lake by Riley Sager
The Violin Conspiracy (large print) by Brendan Slocumb

Book Reviews

Written by members of the MRA Library Committee

Iron Lake **by William Kent Krueger**

Iron Lake is the first in a series of books featuring former sheriff, Cork O'Connor, set in Aurora in northern Minnesota, adjacent to the Anishinaabe Indian reservation. Cork is part Irish and part Anishinaabe and was the local sheriff. His wife, Jo, became a successful advocate for tribal rights. Now, Cork has lost his job and is separated from his wife and three children. But a missing teen and the murder of a prominent, wealthy judge, find Cork drawn into the mystery of what actually happened and why. This is the 20th anniversary edition of *Iron Lake*, and it includes the added bonus of a short story featuring Cork O'Connor.

Demon Copperhead **by Barbara Kingsolver**

Many generations ago, Charles Dickens wrote *David Copperfield* from his experience as a survivor of institutional poverty and its damage to children in his society. Those problems have yet to be solved in our society. Dickens is not a prerequisite for readers of this novel, but he provided its inspiration. In transposing that epic novel to her own place and time, Kingsolver has enlisted David's anger and compassion, and,

above all, his faith in the transformative powers of a good story.

Demon Copperhead is a boy born to a teenage single mother in a single-wide trailer with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival. In a plot that never pauses for breath relayed in his own unsparing voice, Demon braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favor of cities.

A Pulitzer Prize winner and an Oprah's Book Club pick, *Demon Copperhead* is a masterpiece of contemporary American fiction. It captures the heart as it evokes a young hero's unforgettable journey to maturity in the mountains of southern Appalachia.

May 2023 Armchair Travels



Coming Armchair Travel videos (Kiesel Theatre; 2:00-3:30pm):

June 1st

- Summer Sun, Winter Moon
- U.S., Florida, Farming the Seas

June 8th

- Hummingbirds (four clips; 52 minutes)

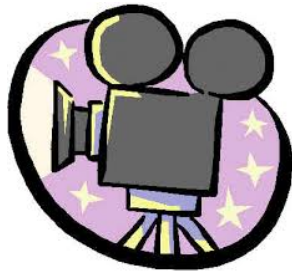
June 15th

- The Holy Land
- Nepal
- Extra, Swiss Mountain Trek

June 22nd

- Costa Rica & Nicaragua
- Extra, Rio Shopping
- U.S., Hawaii & Midway

-Shane Estes, Resident



Kiesel Theatre Movie Saturday, 2:00pm.

May 27th: *Elizabethtown* (2005). Orlando Bloom stars as Drew Baylor, a hot-shot designer whose life becomes completely unraveled when he loses his father and his job on one fateful day. En route to Elizabethtown to visit his family, Drew meets Claire (Kirsten Dunst). She's beautiful, irresistibly positive, and just the gal to guide Drew on his journey back home and to teach him what it means to live and love along the way. *Elizabethtown* is "an amazing trip of love, loss and laughter." PG-13. 123 minutes. English subtitles.

Mayflower Worship Opportunities



These two worship opportunities are offered by the Mayflower Residents Association Spiritual Life Committee:

Weekly Devotions. Tuesdays. 11:00 – 11:40am. Carman Center. Prayer; scripture; stories. Relax; reflect; renew. Leader: Rev. Bonnie Lipton. No registration required.

Weekly Bible Study. Thursdays. 11:00 – 12:00 noon. Health Center Fireside Room (2nd floor). Leader: Rev. Anne Sunday. If attending for the first time, please sign up with Anne at 319-290-9171 or revsunday1@yahoo.com.

-Pat Lipton, MRA Spiritual Life Committee Chair

Residents' Birthdays

Keiko Butterfield on May 29th
Elizabeth Dobbs on June 3rd
Suzanne Schwengels on June 3rd
Rosie Matthews on June 4th
Bev Anderson on June 5th
Bob Grey on June 6th

Sue Ramsey on June 7th
Marie Eisenman on June 8th
Bob Anderson on June 9th
Ed Phillips on June 12th

Informer Publication Schedule

Submission deadline: June 2nd for publication June 9th
Submission deadline: June 16th for publication June 23rd
Submission deadline: June 30th for publication July 7th

In Memoriam

Gayle Strickler, Jr.
Birth: May 7, 1944
Death: May 11, 2023

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



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mayflowerhomes.com

Mayflower
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