

The Informer

July 21, 2023

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The 4th of July Was Special for Mayflower

From Tuesday morning devotions, to the noon potluck, and

on to the afternoon parade, Mayflower residents celebrated the 4th of July in Grinnell. Resident Rev. Bonnie Lipton led the regular Tuesday devotions in the Carman Center as participants heard encouragement to share kindness in life and words of assurance and then meditated in silence.

At noon, over 100 residents and guests enjoyed an old-fashioned potluck buffet, also in the Carman Center. The Mayflower Residents Association provided quarter-pound, all-beef hotdogs (not what Joey Chestnut eats!), hamburgers, buns, baked beans, and coleslaw. Residents enhanced that offering with their own contributions of special foods.

Having not gathered like this for a few years, it was enjoyable time of camaraderie...and eating!

Then, residents drove "floats" in the annual Grinnell 4th of July Parade that skirted campus on Main Street. Darwin Kinne and Suzanne Schwengels pulled the Mayflower ship on a trailer. Chris Vogel drove the "Bubble Mobile" (Mayflower gator). Shelia Gause and Bonnie Lipton drove decorated Mayflower golf cars accompanied by Iann Veldhuizen and Pat Lipton. Iann might have been dispensing bubbles from her "bubble gun."

Mayflower Appreciates Music in the Park

Residents of The Mayflower Community regularly attend Grinnell's Thursday evening "Music in the Park." The Grinnell Area Arts Council sponsors this 7:00pm event on the Central Park Stage. Most recent performers were The Grinnell Community Band and Turlach Ur Pipe Band/Scottish Bagpipe and Drum. The community band is directed by Levi Dressler. The bagpipers are directed by Rob and Nancy Clower.



Just a short walk or ride from Mayflower, the entertainment is upbeat and refreshing. While attending the July 6th Turlach Ur band performance, Mayflower resident, Lisa Adkins, pictured above, visited with friends at the park while enjoying the music. Another highlight of the evening was a hot fudge sundae from the Dari Barn food truck.

Future musicians will be The Feralings (Americana roots) and Barefoot Becky & the Ivanhoe Dutchmen (polka) on July 20th and August 3rd, respectively.

Thank you, Arts Council and Grinnell community.

-Bob Mann, Mayflower Sales & Marketing Director



**The Mayflower Community
616 Broad Street, Grinnell**

**Saturday, July 29th
10:00am – 2:00pm
Start at Pearson Building, 616 Broad Street**

See:

1. Variety of Available Apartments
2. Well-Being Center Work-Out Equipment and Providers' Offices
3. Buckley Dining Room
4. Beebe Assisted Living
5. Health Center

Arrive when you choose. A Mayflower resident volunteer will be your tour guide.

A way of life for Active Adults, Mayflower has 70 years of experience of providing comfort and support for residents.

Questions? Call 641-236-6151 x167 or email Bob Mann
(bmann@mayflowerhomes.com)

**UnLOCKING The Power of Philanthropy:
Read the Script**

Just as actors “read the script” before deciding to audition for a role, today’s message is the script I follow when helping you EXPLORE charitable planning. The same script is also an outline of a



presentation I regularly make called “the Wisdom of Proactive Philanthropy.” Read on to see if you would like a role in one of these conversations.

Scene #1: “Why be Proactive?”

A proactive approach to your charitable giving:

- Helps you avoid “on the spot” decisions when asked for a charitable gift.
- Gives assurance that charitable giving will not compromise your lifetime needs or the inheritance you want to leave family members.
- Helps you give away the “right” assets.
- Shows you how to commit funds to charity when it is best for you but support favorite organizations when it is best for them.
- Helps you plan the “legacy” gifts you never thought you could make.

Scene #2: “How to be Proactive!”

Consider these questions to understand your preferences for charitable giving:

- To which favorite organization(s) would you consider making a “legacy” gift?
- Would you prefer making legacy gifts during your lifetime or through your estate plan?
- How would you split your estate as it is right now between charity and heirs?
- Would you involve children/grandchildren in your charitable planning to model generosity?
- What current or future financial issues are before you?
- How hard do you work to legally avoid taxation?

Scene #3: “The Wrap Up!”

Always remember these charitable planning takeaways:

- Give taxable assets to charity and keep non-taxable assets for yourself and your heirs.
- “Bunch” your lifetime charitable gifts for maximum tax savings.
- Accelerate charitable estate provisions to lifetime gifts, again for maximum tax savings.

With your answers to those (and a few other simple) questions, I can begin to suggest how you might maximize your charitable impact while protecting plans for yourself and your heirs. If you like, let’s discuss an audition.



A 4H Club Members' Display

In a “trial run” for the County Fair, members of the Mighty Golden Clovers 4H Club presented various projects and talents at Mayflower. The youngsters displayed crafts, artwork, photography, sewing, baking, woodworking. They played piano and made verbal presentations. Here is one of the project presentations.

Dealing with Loneliness

Is loneliness in the United States an epidemic? Our U.S. Surgeon General Vivek Murthy has labeled it so.



Made worse by the pandemic and our cultural shift to more independence and physical isolation, the incidence of loneliness has been increasing.

An article published in December of 2022 by Caroline Clapp of the National Investment Center for Seniors Housing and Care stated, “Loneliness and isolation were health concerns for older adults before the pandemic and have become more so in the aftermath of the pandemic due to restrictions and protocols that were put in place,” especially for older people. “A search for publications that mentioned “loneliness” or “isolation” along with “older adult(s)” or “older people” produced a result of roughly 19,000 publications in 2013. This number climbed to more than 25,000 in 2019 and spiked to more than 40,000 and 45,000 publications in 2020 and 2021. The concern remains elevated.”

Surgeon General Murthy has stated, “Nearly one in four Americans over 18 say they often or always feel lonely. There are 1,001 theories about why we are struggling to connect, and just as many proposed solutions. The discourse tends to focus on societal interventions to

foster connection.”

A Guest Essay published in the *New York Times* on July 14, 2023, by Eleanor Cummins and Andrew Zalenski, reported, “The latest findings in neuroscience and psychology suggest feelings of loneliness are a biological signal, rooted deep in the body, designed to remind us that we need other people.”

In Caroline Clapp’s article, she stated that we should be concerned about this trend because “...research has shown that loneliness can speed cognitive decline. For example, one study found that individuals who were age 75 or older and lonely (defined as feeling unseen or unheard within a group) had a 210% increased chance of developing dementia. At the same time, there was a 60% increase in lifespan for individuals of the same age group who had rich social networks.”

Dr. Murthy’s recommended solutions?

1. Set aside time every day to reach out to people you love. That can be a phone call, FaceTime, or meeting for coffee.
2. When interacting with people, give them your full attention. Avoid email and phone alert distractions.
3. Find ways to serve. This can vary from community volunteering to helping a neighbor.
4. Form a small group of people to serve as life-long friends of each other. This includes a two-hour call once a month or more frequent text check-ins.

I have some personal recommendations.

1. Stay in touch with friends and family. My best friend has lived in Sioux City since we met in our mid-20’s. He calls or stops in Grinnell whenever he travels to see family in Chicago. We stay in touch with each other by phone or text. As a result, we are connected to each other’s activities and those of our kids and grandkids.
2. Get back into the swing of things, like you did before the pandemic.
3. Stay current with your doctoring. Maintaining good health allows you to stay active.
4. Get into an exercise routine.
5. Seek opportunities to dine with others on a regular basis. This enhances the critical meal experience and assures better nutrition.
6. Get involved in activities that you find enjoyable and in which you connect with others. Dr. Sanjay Gupta, writing in the March 28, 2023 edition of “Chasing Life,” in *The Results Are In* electronic newsletter, stated “I’ve talked about how going for a walk with a friend can be

beneficial for our brain health, but now, a study also links social connections to better physical health. It found that more positive social relationships were associated with better coping, lower stress, and lower systolic blood pressure.”

Interestingly, you can find these features in a high-quality Active Adult living community....like Mayflower!

Recently, a couple came to Mayflower to visit about moving to our independent living. Their primary reason: Over the last few years, they have become less socially connected, especially with peers. They used to find that in this church, which is now less socially active. Their neighbors have grown more isolated. They stated, “At Mayflower, we feel that we will find and enhance friendships with active people.” We, at Mayflower, believe that is true. Living at Mayflower is one of the best ways to enhance socialization and combat loneliness.

-Bob Mann, Mayflower Sales & Marketing Director

From 4H'ers to a Mini Horse at Mayflower

On Friday and Sunday, July 7th and 9th, Mayflower had enjoyable visitors.

On Friday, the Grinnell Might Golden Clovers 4H Club was represented by numerous members who brought their projects and talents for a “trial run” before this week’s Poweshiek County Fair and hopefully, August’s State Fair. This is an annual event as this talented group of young people with the guidance of their committed Leader, Stacy Turley, entertain and amaze Mayflower residents in this fair lead-up.



Then on Sunday, Susan Leathem Sanning made arrangements for Erik Sanning and Grinnell College student, Em Huss-Lederman, to bring Susan’s and Erik’s mini horse, Mini Cooper, and dog Bentley to visit residents in the Beebe Circle and the Health Center Courtyard.

Both animals are certified therapy animals, each about 12 years old. You couldn’t tell from their expressions, but it seemed that Mini Cooper and Bentley enjoyed the time together as much as did the Mayflower residents.



July Wine & Cheese Gathering

The next Wine and Cheese event will be **Friday, July 28th. 4:30-5:30pm. Buckley Dining Room.** Come and enjoy Mayflower resident conversation...and refreshments!

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

2023 Armchair Travels

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

July 27th

- Israel, Pickles
- U.S. California, Yosemite National Park

August 3rd

- U.S., New York, Ellis Island
- U.S., Florida, Bottlenose Dolphins

August 10th

- U.S., California, The Chinese
- U.S., Florida, Counting Fish

August 17th

- U.S., Ohio, Cleveland, The Cuyahoga River
- U.S., Iowa, American Indian Opera

August 24th

- U.S., Iowa, The Tallgrass Prairie
- U.S., Florida, Sea Grasses

August 31st



- Greece, The Spartans

-Shane Estes, Resident



Treasure Chest Woodworking: You Gotta See This

Mayflower resident, Gerald Adams, is a master woodworker. He moved three different shops from his Grinnell neighborhood into Sara's and his current Mayflower Harwich Terrace patio home basement years ago.

As his hobby for over 20 years, Gerald has been working with specialty woods to create and craft wooden toys. One of his primary subjects is vehicles—all kinds of vehicles. On display are a milk truck, a dump truck, a gravel hauler, a logging truck, and various 20's and 30's era cars and trucks.

You just have to see this. The display will run through the end of August in the Mayflower Residents Association Treasure Chest, a floor-to-ceiling curio cabinet located in the Pearson building lobby.

For information about the Treasure Chest, contact Doug or Ginny Cameron (236-4544), cameronv641@gmail.com or Janis Peak (236-8993).

Mayflower Worship Opportunities

Worship

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.
- Bible Study. Thursday, August 3rd. 11:00 – 12:00noon. Health Center Fireside Room (2nd floor). Leader: Rev. Anne Sunday.

-Pat Lipton, MRA Spiritual Life Committee Chair

Residents Gather for Prayer Group

On selected Thursday mornings, 11:00am – 12:00noon, an informal gathering of Mayflower residents meets to share prayers—spoken or silent. During July, the meeting date will be July 27th. Health Center Fireside Room. If you would like to submit prayer requests, please contact Marilyn Schuler (641-891-7760 or mschuler107@gmail.com).

Residents' Birthdays

Cindy Crandon on July 21st
Norma Veldboom on July 21st
Joan Brand-Landkamer on July 22nd
Harley Henry on July 22nd
Phil Palmer on July 23rd
Ed Adkins on July 26th
Harriet Adelberg on July 31st
Tom Szary on August 2nd
Karen Stevenson on August 3rd
Lynn Cavanagh on August 5th
John Noer on August 7th

Informer Publication Schedule

Submission deadline July 28th for publication August 4th
Submission deadline August 11th for publication August 18th
Submission deadline August 25th for publication September 1st

In Memoriam

Albert Rudolph "Rudi" Munitz
Born: April 27, 1929
Passing: July 8, 2023

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



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

**Mayflower
Information**



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