

The Informer

August 4, 2023
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RAGBRAI Stops at Mayflower

Grinnell was a “pass-through” town for this year’s RAGBRAI excursion between Des Moines and Tama-Toledo on July 27, 2023.

One family of riders came directly to The Mayflower Community to “dip their tires” in the Buckley Patio pond. Why Mayflower and the koi fishpond? Easy. Their father/father-in-law/grandfather, Lyle Kuehl lives at

Mayflower.

Pictured from the left are Brenna Baker, Brance Baker, Brielle Baker, Braelyn Baker, Brad Baker, and Mayflower resident, Lyle Kuehl. Not pictured is their driver, Becky Kuehl Baker. All are from Creston IA. Brielle just graduated from Iowa Wesleyan College, Mt. Pleasant IA., the last class before it closes. Father Brad was also a last graduating class from another college, Westmar of Le Mars, Iowa. The other three youth are headed for the University of Northern Iowa in the fall. (UNI has been warned!)

-Bob Mann, Sales & Marketing Director

Mayflower Hosts Open House

On Saturday, July 29th, Grinnell’s The Mayflower Community hosted a well-attended Open House to show services and amenities available on the campus, along with some available apartments.



Visitors were hosted for a walk-around tour by Mayflower residents, who not only showed various spaces but also described their Mayflower living experience.

Included in the tour were six various-sized apartments along with the following Mayflower areas: The Health Center, Beebe Assisted Living, Buckley Dining Room, Fireside Room, Carman Center, The Parlor, the Kiesel Theatre, and Well-Being exercise space and Integrated Health areas.

It was a pleasure to share Mayflower with these visitors.

-Bob Mann, Mayflower Sales & Marketing Director



Emma Dewey, Mayflower LPN, Recognized

The Iowa Health Care Association Foundation, Des Moines, has named Mayflower Licensed Practical Nurse (LPN), Emma Dewey, a recipient of a John W. and Kimberly D. Grubb Registered Nurse Scholarship to continue her education toward her Registered Nurse (RN) licensure.

Emma started working in The Mayflower Community in 2020 as a CNA, working weekends while a student at Grinnell High School and taking classes at Iowa Valley Community College. In 2022, she earned her CMA license while being sponsored by Mayflower.

Continuing to work weekends, Emma finished her classroom and practicum work to complete her LPN license. She is now working on her RN degree at Iowa Valley. The \$3,000 scholarship will assist her in her next round of nursing education. Meanwhile, Emma continues to work in Mayflower's Health Center and plans to pursue her Bachelor of Science in Nursing (BSN) degree.

Emma is the granddaughter of Pat Conn, a retired Mayflower RN. Pat started working at Mayflower in 1972. She served as Director of Nursing from 1973 to 1988. Pat worked interim periods for Mayflower until she returned full time in 2001, retiring in 2019.

Pat says, “Mayflower has been a big part of my life. I am delighted to see Emma as part of Mayflower's healthcare team. We are proud that Emma continues to grow professionally as part of the family there.

Besides Pat, Emma’s mother has worked as a nurse in long-term care. With an early orientation and now hands-on work, Emma finds nursing to be a rewarding career, saying “As soon as I could, I worked in long-term care as has my family.”

Emma goes on to say, “I love how rewarding the job is! You meet so many wonderful people through this job and learn to appreciate and enhance their stories. Seeing my residents having a good quality of life due to my work makes everything worth it! Working in long-term care has completely changed my life and perspective. I have learned so many skills such as communication, empathy, and passion.”

Outside of work, Emma enjoys being with her loved ones, including her fiancé, pets, friends, and family! “They are always encouraging me.”

Emma’s favorite quote is by Mother Teresa, “Let no one ever come to you without leaving better and happier.”

“The IHCA Foundation helps develop experienced professionals to meet Iowa’s growing need for long-term care,” said Lori Ristau, executive director of the IHCA Foundation. “It is inspiring to see the outpouring of interest in working in long-term care among the scholarship applicants. This year’s scholarship recipients are to be commended for their dedication and commitment to pursuing such a noble profession of helping others.”

Emma will be honored at an IHCA Foundation Scholarship Winner Awards Ceremony and Recognition Luncheon on September 18th.

-Kellie McGriff, BSN, RN, NHA, Associate Director/Administrator

Mayflower Now Has On-Site Nail Technician

Sulema Amaya, cosmetologist and nails specialist, is now seeing clients in the Mayflower Integrated Health Center. Located in



the lower-level Pearson building, her nail salon can be found across the hall from the exercise equipment room.

Sulema attend PCI Academy, Plymouth, Minnesota, where she received her cosmetology license in 2016. Upon graduation, Sulema chose to specialize in natural nails with an emphasis in educating her clients on nail care. In addition, she has received a number of related certifications, her favorite being a dry manicure

course.

Mayflower resident, Marie Eisenman, raved about Sulema's care after a recent appointment, "I'm just so happy to have the pedicure and manicure services available on campus as one of the many Community Life and Well-Being services that make Mayflower GREAT!"

Appointments may be scheduled by calling Sulema at 515-661-4403 or [visiting this website](#).



-Bob Mann, Mayflower Sales & Marketing

Director

WELL-BEING PROVIDERS



Craniosacral Therapy

Jackie Hutchison, PT, CST-T
Appointment: 641-990-2726
Schedule varies



Acupuncture

Sydney Bradford, LAc
Appointment: 641-990-6940
Available every 4th Wednesday,
1:00pm-6:00pm



Massage Therapy

Melinda Sherman, LMT
Appointment: 641-821-9629
Available every 2nd & 4th Friday,
11:00am-5:00pm



Massage Therapy

Jenn Manuel, LMT
Appointment: 515-346-8938
Schedule varies



Esthetician (Skin Care)

Shianne Arp, ESTI
Appointment: 641-485-4962
Schedule varies



Chiropractic Therapy

Dr. Darius Bradford, DC
Appointment: 641-990-2303
Available every 4th Wednesday,
1:00pm-6:00pm



Podiatry (Foot Care)

Dr. Matthew McKnight, DPM
Appointment: 641-236-2008
Schedule varies



Audiology

Dr. Leah Uthe, MD
Appointment: 641-236-6676
On campus every 2nd
Tuesday



Nail Technician

Sulema Amaya
Appointment: 641-751-5175
Schedule varies



- 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

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.
- Bible Study. September 7th. 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 August, that will be the 10th, 17th, 24th, and 31st. 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

Lynn Cavanagh on August 5th
John Noer on August 7th
Sue Ahrens on August 9th
Shelia Gause on August 9th
Judy Thompson on August 14th
Alice Breemer on August 15th
Patty Johnson on August 15th
Donna Miller on August 18th
Mary Smith on August 18th
Heidi Lauritzen on August 20th

Informer Publication Schedule

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

In Memoriam

Gene M. Rohr
Born: March 20, 1940
Passing: July 21, 2023

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