

The Informer

October 13, 2023
[Visit us on Facebook!](#)

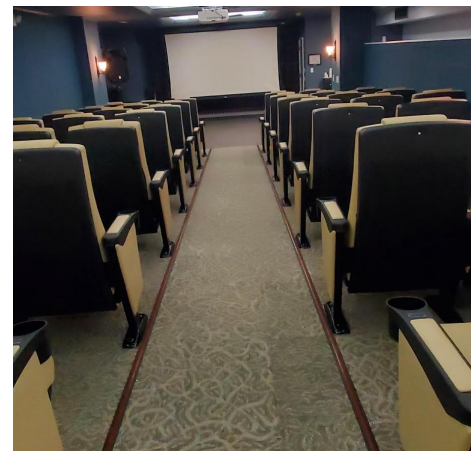


New Seats in Mayflower's Kiesel Theatre

All new theatre-style seats have been installed in The Mayflower Community Kiesel Theatre. After using refurbished seats harvested from the Strand Theatre 16 years ago, Mayflower's iconic theatre now

has brand new seats. The vinyl seats are equipped with extra back support, padded arm rests, cup holders, firm seat backs to aid in getting out of the seat behind, and slight front-tilt to further aid exiting. Additional between-row space now allows even long legs to stretch. Because extra seats have been installed on the theatre's back landing, the net loss of seats will be only one (1), from 55 to 54 capacity.

The metal from the old seats will be recycled. The project was financed with funds from the Mayflower Residents Association. MRA President, Gerry Guenther, states, "Given fewer MRA activities during the pandemic, the MRA was able to commit reserve funds to this improvement. The MRA is committed to the enhancement of Mayflower infrastructure when possible."



-Bob Mann, Mayflower Sales & Marketing Director



October 9, 2023

To: Mayflower Residents
From: Steve Langerud, Executive Director *SL*
Gerry Guenther, MRA President *GG*
Re: Welcome Kellie McGriff as new Executive Director

Please join us at **2:00pm on Friday, October 13, 2023, in the Carman Center of the Mayflower Health Center** to welcome Kellie McGriff as the incoming Executive Director of Mayflower Homes, Inc.

Kellie has over 20 years in leadership positions in senior care. Her professional work has included operations, sales and marketing, health care, finance, and technology. As a consultant and clinical specialist, Kellie has served over 50 nursing facilities.

Currently, Kellie serves on the Iowa Health Care Quality Partners (IHCQP) and is active with the Iowa Health Care Association (IHCA) as an advocate for legislative, reimbursement issues, and quality care for senior living.

During the past five years at the Mayflower, Kellie has led innovation initiatives around community life and well-being, technology transformation, business and finance policy and systems, health care systems, and employee wellness.

Kellie holds the National Nursing Home Administrator's license from the State of Iowa and Bachelor of Science in Nursing.

Welcome Event for Kellie McGriff
2:00pm – 2:30pm
Friday, October 13, 2023
Carman Center at Mayflower Health Center

Mayflower Homes, Inc.
616 Broad Street, Grinnell, IA 50112
Phone (641) 236-6151
Fax (641) 236-6154
www.mayflowerhomes.com

A Ministry of the Iowa Conference United Church of Christ

UnLOCKING the Power of Philanthropy: Make All Your Giving “Planned Giving”

Think about the decision to buy Girl Scout cookies from the youngster knocking on your door. Is this “planned giving?” I propose it can be, and I will close with more on this.



When you approach charitable giving with a planning perspective, you gain:

- Personal satisfaction: the intangible joy you gain as a giver.
- Financial peace: assurance that personal and family needs will be met.
- Tax savings: the “extra” you keep for yourself and your family, no matter your level of giving.
- The possibility of giving more, if that is your objective.

How to approach planned giving? First, do not equate it only with “estate giving.” Instead, consider three building blocks.

How Much? Determine how much you want to give using two perspectives:

- 1) Your household budget -- Yearly gifts from your annual income.
- 2) Your estate – “Legacy” or major gifts made from your accumulated wealth. Because this is less common, to get started you might ask yourself: “If this was the day on which my/our current estate was being settled, how would I/we split it between favorite charities and heirs?”

- When to Give? Consider the “timing” of both annual and legacy giving:
- When will my giving save the most taxes?
- his year or next?
- During my lifetime or through my estate plan?
- Personal and family implications.
- How will lifetime giving impact my standard of living?
- How will estate giving impact the inheritances I want to leave children or others?

What to Give? Planned giving includes choosing the “right assets” to give, with “cash vs. non-cash” at the heart of the issue. First, consider giving “taxable assets” to charity and using “non-taxable assets” for yourself and your heirs. Common taxable assets like IRA’s or appreciated securities can be given to Mayflower free of any tax on you or your heirs, leaving more in the personal or family budget.

No two households will answer the same to these questions: “How much?” “When to give?” “What to give?” There is no one-size-fits-all giving plan. I will be pleased to help you consider these questions in light of your preferences.

Oh yes, planned giving and Girl Scout cookies!

Allocate 75% of your annual charitable giving budget to specific favorite causes, and leave 25% for “on the spot decisions,” like Girl Scout cookies. But please do not try to pay for Girl Scout cookies with appreciated securities; that is taking the planned giving thing a little too literally.

Enjoy your Thin Mints!

-Doug Lockin, CPA, Mayflower Gift Planning Specialist

Insomnia and Sleep Disorders

We spend approximately $\frac{1}{3}$ of our lives sleeping. Sleep represents a universal human need, facilitating the rest, refreshment, growth, and healing necessary for optimal functioning. All of us have experienced the groggy mental fog that lingers over the day following a poor night's sleep. Insomnia is the broad medical term for difficulty sleeping. Some struggle to fall asleep, others struggle to stay asleep, and still others sleep, but wake feeling unenergized or lethargic. All these symptoms constitute insomnia, which can be acute or chronic.



It can be easy to brush sleep complaints aside. However, statistics show that under-rested persons are at greater risk for depression, anxiety, substance abuse, and other mental health disorders. Sleep quality and quantity both matter. The ideal quantity for the average person is 7-8 hours each night.

Quality is more difficult to measure, as it depends on the total time spent in deeper sleep patterns. Indications of poor sleep quality include feeling sleepy/tired after sufficient sleep quantity, repeatedly waking during the night, and/or other symptoms of a sleep disorder (like snoring or gasping for air). Medical sleep studies are used to assess brain waves throughout sleep and diagnose sleep disorders.

Many lifestyle factors are known to affect sleep quantity and quality. Optimizing these factors is called practicing good “sleep

hygiene.” These factors include dietary patterns, food choices, and meal timing. Ideally, meals and snacks are eaten at regular intervals with calorie and nutrient intake spread evenly across waking hours.

Eating the bulk of calories (>50%) at or after the evening meal can decrease sleep quality. Instead, try eating a small, healthy snack before bedtime, which promotes sleep quality by stabilizing blood sugar levels overnight. The following recipe is nicknamed “slumber smoothie” due to its nutrient-rich, sleep-promoting ingredients.

Cherry Chamomile Smoothie:

- 1 cup almond or coconut milk
- ½ cup strong brewed, cold chamomile tea
- 1 cup frozen (or fresh) cherries
- 1 cup frozen mango
- 1 teaspoon flax seeds or flax seed oil
- ½ teaspoon chia seeds
- 1 tablespoon coconut oil
- 3 drops liquid stevia
- 1 drop vanilla extract

Place all ingredients in a blender. Blend until smooth.

In addition to the timing of meals and snacks, food quality correlates with sleep quality. Higher quality food is associated with higher quality sleep. Foods to eat every day include: a variety of colorful fruits and vegetables, meat, poultry, fish, eggs, avocado or olive oils, butter, coconut, whole or sprouted grains, beans, and legumes. For those who tolerate dairy products, whole milk, yogurt, and cheese can also be included daily. The benefits of higher food quality extend beyond improved sleep, across all the domains of physical, mental, emotional, and social wellbeing.

Meredith Crow, MA, RD, LD, Mayflower Dietitian



An evening with the Solar System at the Grant O. Gale Observatory

The moon, Saturn, Jupiter, and Neptune will be waiting for Mayflower residents at the college's Grant O. Gale Observatory at 7:00 PM on Sunday, October 22. If the sky

too cloudy for viewing the program will consist of a presentation about the observatory and various electronic views of the universe. Your guide will be Bob Cadmus, Mayflower resident and Grinnell College Professor Emeritus. The observatory is “accessible” but visitors need to be aware of the details.

Access TO the observatory – The observatory is located at the north edge of the Grinnell College campus and the parking area is reached by taking the driveway off 10th Ave. between the athletic center and the railroad tracks and following the gravel road straight north. Mayflower will not be providing transportation. There is a flight of steps from the parking area to the front door but, with prior arrangement, a car can be driven right to the front door by a different route.

Access INSIDE the observatory – It is not practical to get someone with mobility limitations to the eyepiece of a large telescope, so access is provided by video and audio links to the easily-accessible meeting room on the first (entry) floor. There are additional stairs between the entrance level and the telescope but no elevator.

There may also be an opportunity for some constellation-viewing activity.

Bob Cadmus (641-990-2199, cadmus@grinnell.edu) will be happy to try to answer any questions that you have about this event.

Adventurers Travel to Kalona

On Thursday, October 5th, The Mayflower Community residents’ Adventurers Club made a trip to the Amish community of Kalona,



Iowa. Accompanied by trip planner and host, Kathy Szary, and 10 Mayflower travelers, Tom Szary drove Mayflower’s Lester the Bus.

The first stop was the Golden Delight Bakery, where everything is made from scratch in the mode of our grandparents. Next the group visited Stringtown Grocery and Produce. This famous Amish bulk food grocery is a local favorite. The Mayflower travelers picked up some unique

goods.

The lunch stop was the Kalona Brewing Company in downtown Kalona. Guests enjoyed a family style meal of a variety of wood-fired pizzas, salad, and a non-alcoholic beverage.

The first stop following lunch was the Kalona Historical Village, where 12 restored historical buildings are filled with interesting and informative displays depicting the years the pioneers settled the Iowa prairies. The Iowa Mennonite Museum presented information about Amish and Mennonite history. There were two nationally-known quilt galleries, one strictly for Amish textiles, and the other displaying a themed group of quilts. The Village houses the United States' premier collection of spool cabinets, a unique collection of gems and minerals, antique glass, and collectibles.

Tiring but educational and enjoyable!

-Bob Mann, Mayflower Sales & Marketing Director



The Mayflower Community Presses Apples into Cider

On Tuesday, September 26th, the Foodservices staff at Mayflower made cider the old-fashioned way—with an apple press. Foodservices Director, Jacob Staroska, ground batches of sliced apples and then pressed them into rich, smooth cider on the Buckley Patio.

Mayflower residents and their guests enjoyed the freshly-squeezed apple cider—hot and cold—along with homemade chili served from the pot on the patio.

With the weather cooperating, the new Buckley Patio awning was rolled out, so that diners could choose to eat in the sun or the shade.

The press is owned by Ron Deppe, a gift to him from Terese Grant on behalf of her late husband Warren, who was a long-time Grinnell-Newburg Schools and international schools teacher. Warren learned the apple press process from family members while he was a college student.

When Warren and Terese moved to Grinnell to teach, Warren decided to purchase his own press. He planted trees in his yard and helped friend Ron Deppe plant trees at his farm. Each fall when the apples were ready, Warren would invite friends to pick and press apples and enjoy the cider.

The tradition continues.

-Bob Mann, Mayflower Sales & Marketing Director

Special Presentation in Mayflower's Beebe Assisted Living

On Tuesday, September 26th, Mayflower resident, Becky Neal, MD, MSW, was a special guest at an event sponsored by Mayflower's Community Life staff in the Beebe Assisted Living Activity Room.

Becky's talk was entitled, "Mental Health Matters." She addressed mental health as it relates to Mayflower residents and what they can do to promote their own physical and mental wellness. Some of her topics were 1)the importance of sleep and factors that can affect sleep and what you can do about it; 2)the importance of managing anxiety & stress and suggestions on how to reduce it; 3)mindfulness and how one can practice it; and 4)thoughts about sadness, grief, and loss.

Becky's presentation was superb! We appreciate her graciousness in sharing her time, knowledge, and expertise. Thank you, Becky!

Becky is pictured while on a walk with her dog Brody.

-Leslie Jaworski, Mayflower Community Life Director

Resident News

Resident Writers Group



You are welcome to join the Mayflower Resident Writers Group if you enjoy writing and sharing fiction, non-fiction, fantasy, memoirs, and essays. The group meets the second Monday of each month at 7:00pm in the Anchor Room (north end of Buckley Dining Room). At each meeting, two participants read their pieces and the other participants respond. For more information, contact Marge Graves (641-236-0081 or mgravesB315@gmail.com) or Betty Moffett (641-236-5246 or moffettbetty@mediacombb.net)

Death of Stan Greenwald

Former resident, Stan Greenwald died Friday, September 29th in Northfield MN. Stan and Gail moved into a Harwich Terrace South patio home in 2006 and then into a Watertower Square apartment in 2015. They moved to Northfield MN last year. A memorial service will be held on Saturday, November 11th at 2:00pm in the Chapel of the Westminster Presbyterian Church, downtown Minneapolis. Reception to follow. See [obituary for Stan](#).



Special Reading at Mayflower

On Thursday evening, September 14th, Mayflower resident, Sandy Moffett, offered readings to a resident audience, sprinkled with some employees. Professor Emeritus in Theatre, Dance, and Performance Studies at Grinnell College, Sandy joined the faculty in 1971 and still teaches and directs when called upon. In addition, he writes songs and short stories.

His Thursday evening readings were from the pre-publication edition of his new novel, *Emmi*. The selected pieces tied in his love and knowledge of nature to the unfolding characters and their developing relationships.

After about 45 minutes of reading, Sandy entertained questions. He anticipates the published book will be available soon. This was a very interesting time together.

Sandy is also devoted to conservation and prairie restoration and has been responsible for the restoration and preservation of nearly 900 acres of native grassland and woodland in Poweshiek and Mahaska Counties. And, you likely know his name as a member of the local icon, Too Many String Band.

-Leslie Jaworski, Community Life Director

Book of Gene Rohr's Poetry

Would you like to own a book of Gene Rohr's Poems? Mayflower Resident and Poetry Club member, Tom Moore, has compiled the poetry work of late resident, Gene Rohr. The two were working on this when Gene Passed. Tom has spent time on the keyboard finishing the compilation and says, "Reading and re-reading the (approximately) 170 poems in the collection has been ample compensation. During his last decade, Gene threw himself into the craft and study of poetry and he left us this gift that I find remarkable and rewarding. The whole seems greater than the sum of its parts, even though each part stands awfully well on its own."



Now, Tom is ready to go to the printer. If you would like to order one or more copies, please email him (TomMoore1819@gmail.com) by October 18th with the desired number you'd like. Let him know if you are willing to defray the cost of producing your books, which should be about \$20, depending on the size of the order.

Bob Mann, Mayflower Sales & Marketing Director

Available Mayflower Homes

Traditional Apartments

- Altemeier #104. 1,071 sq.ft. 2-bdrm. 1½-bath. Large kitchen. Dining room. Den. Brick-trimmed electric fireplace. Wrap-around tile shower. \$82,250
- Altemeier #105. 892 sq.ft. 1-bdrm. 1-bath. Large great room. Kitchen

dining space. Washer/dryer. Two exposures. \$67,750

- Edwards #1. 732 sq.ft. 1-bdrm. All LVP flooring. Open living



room/kitchen. Washer/dryer. Outside deck. \$64,500

- Buckley #310. 693 sq.ft. Two-bedroom/one bath. Balcony. \$63,750
- Buckley #201. 681 sq.ft. Two-bedroom/one bath. Balcony. \$63,750
- Buckley #101. 681 sq.ft. Two-bedroom/one bath. Walk-out door and small patio. \$64,750
- Pearson #212. 600 sq.ft. One-bedroom. All LVP flooring. Open kitchen. \$45,500
- Buckley #320. 592 sq.ft. One-bedroom. Two exposures. Laminate floor. Balcony. \$53,750

Watertown Square Apartments – None available

Harwich Terrace Patio Homes – Four homes in the process of sale to members of the Mayflower Wait-List.

Note: “LVP flooring” is luxury vinyl wood floor plank or tile. Waterproof. Durable.

Kiesel Theatre Movie Showings

Saturday Afternoon Movies Are Back (2:00pm)!

October 21: *The Art of Racing in the Rain* (2019). A heartwarming tale narrated by a witty and philosophical dog named Enzo (voiced by Kevin Costner). Through his unique insight into the human condition, Enzo helps his owners—racecar driver Denny Swift (Milo Ventimiglia), his wife Eve (Amanda Seyfried) and daughter Zoe—navigate life with a refreshing perspective on friendship, family, and unconditional love. PG. 109 minutes. 109 minutes.

October 28: *All About Eve* (1950). From the moment she glimpses her idol at the stage door, Eve Harrington (Anne Baxter) moves relentlessly towards her goal: taking the reins of power from the great actress

Margo Channing (Bette Davis). The cunning Eve maneuvers her way into Margo's Broadway role, becomes a sensation and even causes turmoil in the lives of Margo's director boyfriend (Gary Merrill), her playwright (Hugh Marlowe) and his wife (Celeste Holm). Black & White. NR. 138 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.

Bible Study. 1st and 3rd Thursdays. 11:00am – 11:45am. Health Center Fireside Room (2nd floor). Leader: Rev. Anne Sunday. All are welcome; no sign-up required.

-Pat Lipton, MRA Spiritual Life Committee Chair

“People of The Bible” Discussion Session

Resident Marilyn Schuler is leading a session entitled, “People of the Bible,” on the second and fourth Thursdays of the month. 11:00-11:45am. Fireside Room (2nd floor of the Health Center). All are welcome. Please contact Marilyn Schuler (641-891-7760 or mschuler107@gmail.com) with questions.

-Rev. Anne Sunday, Resident

LYCEUM SCHEDULE

Thursday Evenings, 7:00pm
Carman Center
Guests of Residents Welcome

October 19th: No Lyceum

October 26th: Mark and Brandi Janssen, The Prairie Fiddle, Solon IA,

traditional music singers, songwriters, and multi-instrumentalists

November 2nd: Yiddish Music with Abe Goldstien

November 9th: Flute-piano Duo

November 16th: Fred Buck Band, the Grasshoppers

-Bob Butterfield, MRA Events Committee Chair

Birthdays

Margaret Rorvig on October 15th (103!)

Judi Barber on October 16th

Nadine Brouwer on October 18th

Jennifer Williams Brown on October 18th

Ginny Cameron on October 19th

Laird Keever on October 19th

Bill Case on October 26th

Doris Cline on October 24th

Kathy Lacey on October 24th

Martha Voyles on October 25th

Jean Wissmiller on October 26th

Christine Tinker on October 29th

Bob Cadmus on October 30th

Nancy Hendrickson on October 30th

Sis Vogel on October 30th

In Memoriam

Dorothy "Dottie" Blazek

Date of Birth: April 3, 1942

Date of Passing: October 6, 2023

Pat Groth

Date of Birth: August 22, 1930

Date of Passing: September 28, 2023

Chao Huang

Date of Birth: April 27, 1953
Date of Passing: September 30, 2023

Informer Publication Schedule

Submission deadline October 20th for publication October 27th
Submission deadline November 3rd for publication November 10th
Submission deadline November 17th for publication November 24th
Submission deadline December 1st for publication December 8th
Submission deadline December 15th for publication December 22nd
Submission deadline December 29th for publication January 4th (2024)

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



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

Mayflower
Information



[About Us](#)

[Living
Options](#)

[Giving](#)

[Order Food](#)

[Contact](#)

The Mayflower Community | 616 Broad Street, Grinnell, IA 50112

[Unsubscribe bmann@mayflowerhomes.com](mailto:bmann@mayflowerhomes.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by bmann@mayflowerhomes.com powered by



Try email marketing for free today!