



KEEP ON WALKIN' WITH WALKERS

By Judy Hunter
Log Staff

Mayflower has a lot of walkers! That is, around the Mayflower campus, including the sidewalks, dining hall, and gathering spaces, you will likely see people using these mobility aids.

To find out more about what Mayflower residents think about walkers, I asked a group sitting at lunch about their thoughts. These residents, some of whom use walkers and some who don't, offered a lively set of opinions about the devices:

"There are sure a lot of walkers at Mayflower!"

"Without them we'd all be in wheelchairs!"

"I use mine when I go out shopping, but not at Mayflower. I started using it after I fell once."

"After my knee replacement, I found using a walker while I was recuperating to be reassuring, because my balance was off and I was very afraid of falling."

"If you are using a walker, you had better know how to use the brake to stop it!"

"I used a loaner walker from Mayflower for a while during my chemo. It helped me do more walking exercise quicker than I would have been able to otherwise."



Selva Lehman, Janis Peak, Elizabeth Dobbs and Harriet Adelberg discuss the merits of different kinds of walkers.

Not just at Mayflower but nationally, walkers have become more common as the US population ages, though the view of walkers is not always positive. For example, if you check out the front cover of the *New Yorker* magazine's October 2 issue, entitled "The Race for Office," you
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see four prominent politicians (Joe Biden, Nancy Pelosi, Mitch McConnell and Donald Trump), all of them dressed in outfits suggesting they are running a race, but all of them using walkers. Andy Kopfa, a commentator on X, formerly known as Twitter, describes the cover as both "ableist and ageist."

Mayflower's Director of Beebe Assisted Living Jackie Hicklin points out that some residents hesitate to use a walker because they see its use as stigmatizing. For example, one resident told her that using a walker symbolized a decline, the beginning of the end. Jackie wishes that people would see the positives of using one: "It is a tool that will help promote independence and safety to prevent falls."



Walda Gustafson heads to her home in Watertower Square through the parking garage.



Gene Smith finds outdoor walking easy with his walker.

At Mayflower, the physical therapy staff can help people adjust to the use of a walker, and can help assure that the device is fitted to each person. Hicklin wants people to know that walkers are useful for many people, not just older people, though they are also useful for those of us who aspire to that classification.

Selva Lehman, one Mayflower resident who uses a walker, points out that the device enables her to stand up straight, using good posture. When she used to use a cane, she tended to lean one way or the other, putting strain on her arthritic shoulder and back. With the walker, she can walk safely outside on the smooth sidewalks that the Mayflower facilities staff maintains for residents.

Selva offers perhaps the best metaphor illustrating how walkers can help: "As someone who depends on the railings in the Mayflower hallways, I find a walker provides me a moveable set of railings for both hands."

The History of the Walker

By Mary Schuchmann
Log Staff

Many of us barely remember a world without walkers, but the mobility aids were virtually unknown in our grandparents' day.

The first walkers appeared in the United States in the early 1950s. The first U.S. patent for a walker was awarded in 1953.

Those initial devices consisted of a metal frame with four legs affixed with rubber tips at the ends. People called them "walking frames."

Over the next few years, improvements included adding wheels to the front legs, and allowing the walker to be pushed instead of picked up with every step. In addition, casters or glides, such as tennis balls, became options for the rear legs, giving even more natural motion.

In 1978, a walker with large wheels on all legs (three or four) was patented by Aina Wilfalk, a Swedish social scientist who contracted polio at age 21 and spent the rest of her life advocating for those with disabilities. Officially called a rollator, the wheeled walker has become the most popular kind of walker in the U.S. (The word "rollator" was initially a trademarked brand name but has become a generic name for wheeled walkers.)

In addition to the wheeled legs, the rollator incorporates a braking system, a seat and a space or container for storage. Because of its ease of movement, a rollator is more practical for walking outdoors and for longer distances than a walking frame.

The walking frame, however, continues to have value. It is considered to offer greater stability than wheeled walkers. It is commonly recommended for persons recuperating from surgery and for those who need the greatest amount of support when they walk.



Bonnie Schlesselman walks the tunnel during inclement weather.



Welcome Chris and Dennis Day

By Gene Wubbels
Log Staff



Dennis, Chris, and Bella Day are enjoying their new home at Mayflower Community.

Chris and Dennis Day moved from their house in Grinnell to the Harwich Terrace home at 527 State Street on August 20. Both of them were born and raised in the small town of St. Charles, Iowa. They graduated in 1968 and 1967, respectively, from Interstate 35 High School, a consolidated school drawing students from several small towns near St. Charles.

After high school, they each matriculated at Drake University. Dennis was awarded the B.S. in social science education and Chris the B.S. in elementary education, both in 1971. They were married in 1970. Along their way to distinguished careers, they had two children. Brian was born in 1973 and lives with his wife and two daughters in Everett, Washington. Sara was born in 1978 and lives with her husband and children (a boy and a girl) in Salt Lake City, Utah.

Dennis's path to the practice of law began with a job as an insurance adjuster in 1971. After two years, he enrolled in the Law School of Drake University where he graduated with the J.D. degree in 1976. He then practiced general law with the Wagener and Day firm in Ankeny, Iowa, for six years. He joined the Counsel's Office of Grinnell Mutual Reinsurance in 1982 where he served through 2014. His titles included General Counsel (1988), and, later, Senior Vice President and Corporate Secretary.

Chris taught elementary education for 21 years following graduation, ten of those in Grinnell, where she taught several children of current Mayflower residents. She earned a Master of Science in Education degree in 1988 and completed the Specialist Degree in 1997. She served as a school principal in two districts including seven years in Marshalltown. The Grant Wood Area Education Agency in Iowa City employed her as
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an administrator for several years before she retired in 2006. She then taught in the Education Department at Central College where she specialized in math education. She retired from Central in 2015.

The Days enjoy many pastimes including travel, family activities, baseball, golf, flower gardening, reading fiction, listening to audio books, and attending Drake University basketball games. They saw Drake compete in the NCAA basketball final in 1969 and are long time season tickets holders. They pointed out that they cannot winter in their second home in Mesa, Arizona, until March when the basketball season ends. They are two of the four founders of 100+ People Who Care—Grinnell, are active in the Presbyterian Church, and volunteer for a number of other local organizations.

We are pleased to welcome this accomplished couple to the Mayflower.

Poems from Mayflower

P.S. 44

Storied old abandoned school, now an emporium for antiques.
First there for children, lessons learned for what was yet to come,
Now here for grown-ups, tracing back, a sense of things bygone.
Classrooms become consignment shops, each a niche boutique.

Listen for the echoes; sounds and sights of youth conveyed;
Hallway chatter, clambering up stairs, groaning wooden floors.
Ghost bells ring reminders of the time, heavy creaking doors;
Such poignant memories now, through daydreams replayed.

Well-worn steps, smooth railings still here for them to hold;
Used first for youth in climbing up and now for stepping down,
Supporting those in search of familiar things they've known,
Valued as possessions, stirring stories for each now re-told.

The dated cornerstone contains some artifacts of its own time,
A post-script for the future, now realized, objects in their prime.

Warren Robert Reinecke
Published Lyrical Iowa 2015



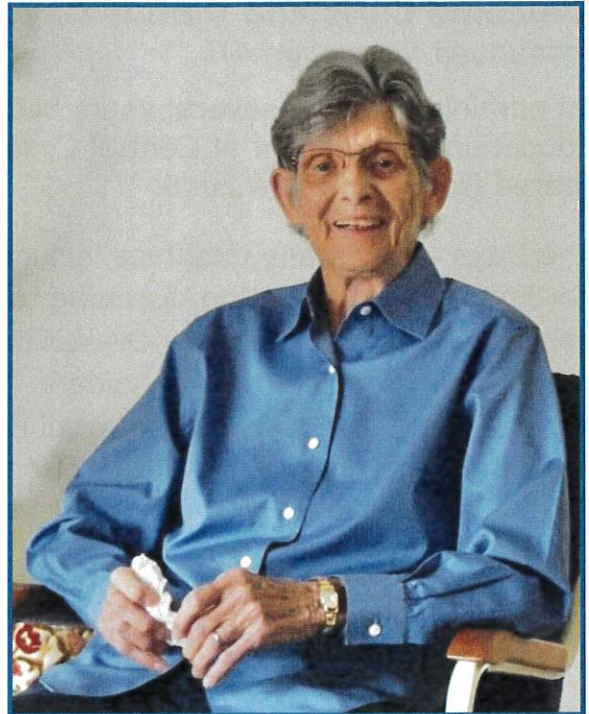
Say 'Hello' to Charlene Vanderveer



By Betty Moffett
Log Staff

Charlene Lodi Vanderveer ('Charlene' for her grandfather; 'Lodi' for her grandmother) was born on December 22, 1938, in her family's home on a 166-acre farm in Pleasant Township, Iowa. She says she never minded having a birthday so close to Christmas because she got two sets of presents every year. Her family included her parents, John and Odessa Douglass, her older sister, Elaine, and, later, two more siblings, Irveen and Gale Richard. Charlene remembers that her mother was actually the farmer—she baled hay and ran the combine and the corn picker. Her father took care of the business and the livestock: Yorkshire pigs, short-horned cattle, and a pony named 'Babe.' He said their land was a 'rolling farm' because of the hills and the rocks.

Her father called Charlene 'his boy' because she helped him a lot. She particularly remembers holding the pigs when Dr. Woods from Malcom came to castrate them. Her father, she says, was a really smart man who graduated from Iowa State University and eventually got his real estate license.



Charlene says she has farming in her blood.

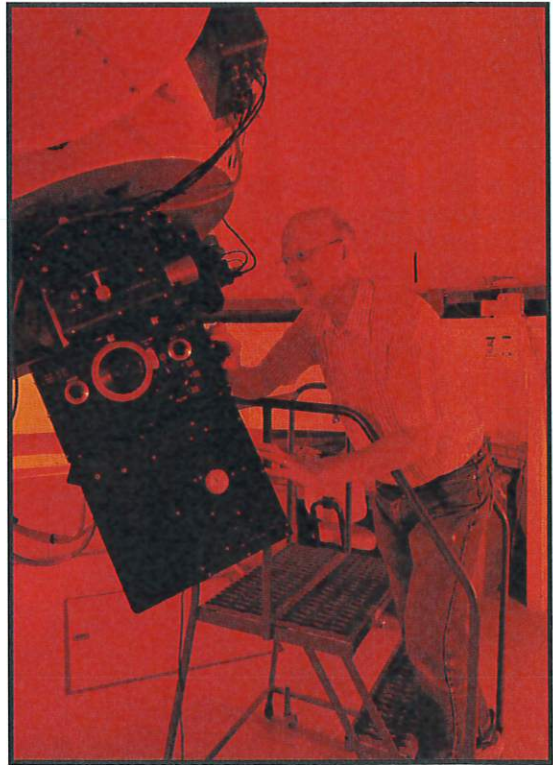
Charlene married Leonard Vanderveer, a plumber, who worked at Grinnell College with Buildings and Grounds. He also had a plumbing and heating business in Brooklyn, where the couple lived for ten years. When they moved to Grinnell, Leonard was employed at Cunningham Plumbing and Heating, and for 37 years, Charlene worked in the supply area at Grinnell Mutual Reinsurance, sending out orders in the mail department. Eventually, they moved back to their old farmstead. Charlene says she has the farm in her blood and she was glad to get back to it. When Leonard died in 1994, she came back to Grinnell.

Charlene, who is fond of her five stepchildren—Deborah, Michael, Lon, Rhona and Cindy—has recently moved to a Buckley apartment at the Mayflower, and we are happy to welcome her to the community.

Grinnell College Observatory

An Interview With Bob Cadmus

By Betty Moffett
Log Staff



Though he is too modest to acknowledge the fact, without Bob Cadmus, Grinnell College's Grant Gale Observatory would not exist.

Bob's interest in astronomy began in 7th grade, when he saw *National Geographic's* pictures taken by the Mt. Palomar 200-inch telescope—in color! He continued to explore things astronomical until he 'got lured into physics,' and eventually became a nuclear physicist. But his early interest was renewed the first year he was teaching at Grinnell College. He and Nancy, his wife, were having dinner at Mari and Charlie Duke's home, and people were talking about the Biology Department's electron microscope. As they were leaving, Bob stopped on the sidewalk and said to Nancy, "I have this idea about building an observatory."

After that, astronomy became more than a side interest for Bob. He explains that part of his motivation came from the fact that, generally, people are more eager to talk about astronomy than nuclear physics, since nuclear physics offers no real opportunity for public outreach. In contrast, an observatory would have almost universal appeal.

Partly for this reason, Bob walked away from nuclear physics and immersed himself in astronomy. He knew of a little telescope in a closet in the Physics Department, and he persuaded the college's Facilities Management folks to build a little wooden shed to house it. They put this structure on skids and moved it south of the Track and Field complex where the Grant Gale Observatory now stands. (Grant Gale was a long-time, much-admired professor of physics at Grinnell and many of his former students contributed to the observatory which honors him.)

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Photos by Bill Pollak

Bob Cadmus Interview

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As its manager, Bob has generously opened the observatory to students of all ages, to returning graduates, and to the community in general, including offering a summer program for middle school students. He is eager to host some Mayflower events. He has two categories in mind. The first would occur, not at the observatory, but in the vacant lot next to the Cadmus's house. There would be no large telescope, but Bob has a bright green laser pointer which can create a green line from his hand to the star in discussion. He envisions looking at prominent stars and constellations and bringing in a bit of mythology—the Pegasus and Hercules constellations, for example.

The second category would involve inviting Mayflower residents to the observatory to look through the telescope. He'd choose a night when the moon is in the right phase—because the moon is the easiest thing to see—and he'd do this in the Fall, when it gets dark earlier, so that he and his guests wouldn't have to stay up past their bedtimes! Visitors could examine planets and all sorts of different objects outside the solar system. (By the time this article appears, some of these events may already have taken place.)

