

Robert G. Mann, Executive Director + 616 Broad Street, Grinnell, Iowa 50112 + (641) 236-6151 + <http://www.mayflowerhomes.com>

TAKING A LOOK AT THE MASTHEAD

This is an article about our new masthead, which appears above. Before reading further, take a moment to study the masthead. What do you see there?

Done? All right—now read on. The masthead—part of Mayflower’s new graphic design that provides identity to our public—was first used in the Spring 2008 issue of the LOG. Readers noticed it and have been curious about it.

As has often been said—art is a very subjective thing. Two people can look at the same work of art, and see at least two totally different images. Whatever you see—whether you hadn’t looked at it at all, or wondered where the background to the masthead came from—read on!

Those of you who see a navigational chart in the design have hit the nail on the head. Such a chart allows the ship’s captain to plot the direction he wishes to head, very much like a map directs us on a land trip. Lines go out from the shimmering-appearing focus, the compass, just over the “o” in the word “Log.” You’ll note the Mayflower ship is on a journey, following one of the lines in the chart.

The artist carefully thought about how the captain of a ship keeps daily notes in a “log” similar to a diary; how the ship is going somewhere; how a compass helps keep people on course.

The masthead was designed by the firm Mayflower engaged to do its graphic redesign work and is part of the visual images Mayflower uses on signs in front of the buildings, on stationery, and business cards.

Mayflower—both staff and residents—have had a good time thinking about the historical Mayflower ship over the years, and connecting it to the Mayflower Community. As you know, it was a brave band of courageous people who boarded the Mayflower ship in 1620 leaving their homeland to come to a new land, America, to escape persecution for their beliefs.

So residents of Mayflower, too, are on a journey—guided by a “compass” and by role models of fellow travelers who inspire courage, forging new routes in this stage of life we might call elder living. Residents are, individually and as a community, on a ship that is going somewhere—it is not always easy to see where we’re going—but there is celebration in the journey and joy in traveling with others!

~ ~ ~ ~ ~



Dressed up for the Kentucky Derby, this group (Earlene and DeWayne Hentzel, Netia Worley, Merle Zirkle and Rey Evans) will soon watch the race in Kiesel Theater.

Welcome RUSSELLE LEGGETT

A Grinnell resident since 1956, Russ moved into her North Harwich Terrace home in March.

She was born and grew up in Bristow, Oklahoma, where she graduated from high school in 1950. She attended the College of Emporia, Kansas, where she majored in music and from which, in 1954, she received Bachelor of Music Education and Bachelor of Arts degrees. Following her graduation she married Don Jones, her college voice teacher, and the two of them fulfilled a longtime dream by spending the following winter in Europe. After a brief time in Wichita, KS, where Don worked as an engineer at Boeing Aircraft Company and Russ taught elementary music, Don accepted a faculty position in music at Grinnell College where he taught until his death in 1969.

Their two children were born in Grinnell: Brian (Jennifer) Jones, Decorah, Iowa, and Sarah (Tim) Krumm, Iowa City, Iowa. Following Don's death, Russ taught elementary school music in Grinnell for a year before taking a position at Grinnell College.

In 1973 Russ married Glenn Leggett, then president of Grinnell College. A widower, Glenn was the father of four daughters: Leslie (David) Leonard, Lewes, England; Susan (Mike) Jones, Eldo, Nevada; Cindy (Curtis) Conrad, Long Beach, California, and Joanna (Alan) Sinnwell, Greeley, Colorado. Russ says, "Following our marriage, our primary focus was blending our two families." Her large blended family includes 15 grandchildren and 14 great-grandchildren.

Following Glenn's tenure at Grinnell College, Russ and Glenn moved to Bettendorf, IA, when Glenn took a position with Deere & Company in Moline, IL. Glenn retired from Deere in 1979 at which time they returned to Grinnell. Glenn died in 2003.

Russ' passion for music began at age six when she first sang in her church's children's choir. She says, "I've spent a lifetime singing in choirs;

music is what feeds my soul." As a lifelong promoter of the arts, she was a member of the Quad Cities Arts Council while in Bettendorf and, in Grinnell, president of the Grinnell Area Arts Council, a founding member of the Community Art Gallery and a member of the hospital's Arts Advisory Committee. She currently volunteers at the Community Art Gallery and is a docent at the Sullivan Bank Building.

A 51-year member of the Grinnell United Church of Christ, she's been involved in many music activities there and has also served on the Chancel and Garden committees. She is a member of the Elizabeth Earle Magoun Club.

Russ has traveled extensively in the United States and abroad. She admits to a highly-developed sense of wanderlust and looks forward to many more adventures.

Why Mayflower? In response, Russ comments, "I loved my home in Grinnell, but I no longer wanted to spend my time cleaning out gutters. In addition, I also feel my move has been a much-deserved gift to my children."

Elaine Noe

~ ~ ~ ~ ~



Erin Gersdorf and Bette Kersey deposit dry cell batteries in the receptacle located in the Montgomery/Pearson breeze-way.

THE LOG
is published quarterly
by Mayflower Homes, Inc.
of Grinnell, Iowa

STAFF
Editor -- Jean Libbey
Co-Editor -- Judy Kuehl
Photography -- Thomas Evans
Feature Writer -- Elaine Noe
Proofreader -- Janet Neff

MAYFLOWER GETS GREENER

The approach of Earth Day on April 22 gave pause for serious thought as to how we were doing in the call to **Save the Planet**. For more than a decade Mayflower Community has been a participant in the Grinnell City recycling program. How are we doing? MRA President Bob Williams appointed an ad hoc environmental committee to serve with him to explore the issue. Executive Director Bob Mann selected Erin Gersdorf, Facilities Management Supervisor, to represent staff on the committee.

The committee decided as their first effort they would contact Chris Bair, environmental safety coordinator at Grinnell College, to speak to us. Hall hosts were invited to participate in the discussion. It was a good exchange of ideas and questions that demonstrated a desire to do it right.

Next, the Forum invited Amber Ally from the South Central Solid Waste Agency. Again, the attendance was encouraging. Amber brought updated and better organized instructions for recycling and the flyer, "Simple Ways to be More Green." These hand-outs were distributed through the weekly Informer.

As a result of these meetings and consulting with the city of Grinnell, the following steps have been taken:

- ◆ We now have better signage at the recycling centers.
- ◆ Dry cell batteries now are being recycled in a box located in Montgomery-Pearson breeze-way.
- ◆ Bette Kersey will help hall hosts with their training needs.
- ◆ Factual reminders of what we can do to Save the Planet appear in the weekly Informer.
- ◆ Residents are using cloth reusable shopping bags.

We recently learned that when you recycle your plastic grocery bags in the Grinnell HyVee store, these bags are then sent to a company which uses them to make building materials. Think of the savings to our landfills!

The committee will continue to focus on problem-solving, education and creating awareness. We can debate the science, but can't ignore the global implications any longer. And if you think that something small can't make a difference, "*you haven't been in bed with a mosquito!*"

Reduce Reuse Recycle

Bette Kersey

~ ~ ~ ~ ~

The final Lyceum Program for the year was a smashing success, with a dozen acts – all presented by Mayflower residents or staff. There was humor, thoughtfulness, and downright cleverness. Generally, everyone had a great time. It was a fitting close to those almost-weekly programs that have been so enjoyable during the year. Our hats go off to the Lyceum Committee, and all who participated!



Sharon Mathis and Greg Lincoln gave us touching moments as they shared music through their very nice voices.



The Men's Quartet, composed of **Ed Poush, Stan Greenwald, George Drake, and Shane Estes**, treated us to close harmony.

MAYFLOWER RESIDENTS VOLUNTEER -- A LOT!

Volunteers are the backbone of the Mayflower Community! Every day residents are involved in numerous organized activities that help neighbors in many ways. To recognize how important these volunteer activities are to Mayflower a special event is planned annually to honor the volunteers.

What is just as impressive is that many residents also find time to volunteer in the larger Grinnell community beyond Mayflower.

For instance, **Merle Zirkle, Netia Worley, and Tommy Haas** are attendants at the Art Gallery in the Community Building. So are **Jean Jones, Sue Graham, Russ Leggett, Dorothy Fyfe, and Bob and Jan Williams**. Merle maintains the schedule to make sure “attendants” are present when an exhibit is showing.

Nancy Smith, Pat and Virgil Groth, Shane Estes, and Jean Libbey are guides at the Grinnell Historical Museum, where they describe to visitors the stories about the house and its contents, as well as the history of the town.

The Grinnell Regional Medical Center Foundation Board boasts **Jack Gustafson and Nancy Smith** as members.

The committee that helps plan the program for the SEED educational offerings on Monday mornings includes **Art Heimann** and Nancy Smith.

Gladys Booth values her work with Share, which helps distribute food items monthly to those who can contribute two hours of community service. She has worked with this group for ten years.

A rather unique volunteer role is the one **Jim Fyfe** has — as “master” at the Thursday afternoon Farmers’ Market from the middle of May until early October. Jim works with the Chamber of Commerce staff and helps place vendors in their “spots.”

This is one of an occasional article about Mayflower residents who are active volunteers in the wider community of Grinnell. Please send your suggestions for additional volunteer involvement to the Editor.

DOGS, TRAINER CHARM AUDIENCE



One of the larger crowds attended Lyceum when Susan Thorndyke brought her three Golden Retrievers to demonstrate their superb behavior and relationship skills. Susan, who has been at Mayflower a number of times over the past 20 years, says, “We enjoy coming to Mayflower. The

residents ask great questions, and are happy to have us there.” Susan kept the audience enthralled as she worked with the dogs. Their spontaneous response was evident. Her methods are based on positive reinforcement. You might call her mantra to be: “kill them with kindness.” Along with that, however, goes a lot of knowledge about methods, the nature of dogs and rewards.

At the close of the program the dogs were free to “mingle” with the residents, whether they were sitting or standing. It may be a good bet to comment that many in the audience have had dogs in the past and appreciated the love expressed by these friendly dogs.

This is a program that had been requested of the Lyceum Committee, whose research led them to Susan. She also uses the dogs in “Pet Therapy” as they make weekly visits to Grinnell Regional Medical Center. It’s fair to say all left that evening with smiles on their faces and in their hearts.

POETRY CLUB STILL VIBRANT

Mayflower's Poetry Club began their 17th year on June 1, 2008. Residents **Alex Moffett, Marian Dunham, and Homer Perry** have been a part of the Club since its beginning.

After moving to Mayflower in 1990, Alex Moffett helped start the Poetry Club, patterned on a similar organization to which he had belonged when he lived in Florida. Members begin each of their bi-monthly meetings by reading a published poem of their own choosing. Alex reports the most often selected poets are Robert Frost and Emily Dickinson.

The poets who have composed a poem read a poem they have authored, after which a copy is passed around to each person. The poet reads his or her poem once more. Mayflower's Poetry Club members might make a suggestion about the member's poem, but they do not critique each others' work. Alex says "this might be a drawback" in poets' learning how to improve, change, or not change, a poem. But the group holds to a strong commitment that affirms each member of the group.

One might ask, "Is a group that has been together that long ever reluctant to welcome new members?" The response is a resounding, "absolutely not!" In fact, all who are interested are invited to attend the Club's Monday morning gatherings at 9:30 on the second and fourth Mondays, meeting in the Game Room, 1st Floor Buckley.

Although most of the Poetry Club members live at Mayflower, others who share a love of poetry are welcome. Persons in the wider Grinnell community do participate at this time.

With a twinkle in his eye, Homer Perry says he looks forward to the Club's meetings. "The Poetry Club is like a family, a tight-knit group, whose members might write a poem the night before their meeting. Through the poems members might work out an idea, and presenting it to the group is a form of therapy, an opportunity to look at an idea."

Listening to Alex Moffett's soft voice and seeing the energy in his face as he talks about the Poetry Club it is clear he is proud they have never failed to meet as scheduled. That indicates how important this group is to the members! "Remarkably," he says, "Christmas has never fallen on their meeting day."

Alex says, "among the Club's goals is the desire to grow in the ability to write poetry, and another is to learn more about published poetry." Alex echoes Homer's sentiment that "one of the strong assets of the Club is getting to know each other."

Dorothy Fyfe, an active member since moving to Mayflower two years ago, sought out the Poetry Club and comments this group made her feel right at home at Mayflower. She says, "The Club is made up of remarkable people who are inclusive, who appreciate each other, and each other's talent."

~ ~ ~ ~ ~

Succinct Summary of Mayflower Poetry Club

We think in lines,
Rejoice in rhymes,
Relive "old times,"
And "pick our minds,"
Together.

Homer F. Perry



Bill Surbrug, Dorothy Meyers, and Ed Poush stood under the arch of spring flowers as they sang at the Lyceum program, "A Grand Night for Singing."

Welcome VIRGIL AND PAT GROTH

Virgil and Pat have lived in Grinnell for 46 years and moved to Mayflower, Buckley 308, in February.



Virgil was born and raised in Correctionville, IA. He later attended Sioux City East High School. Pat, born and raised in Sioux City, also attended Sioux City East. High school sweethearts, Virgil graduated in 1946 and they married in 1948 following Pat's graduation.

Virgil, known to many Grinnellians as former owner of McNally's Foods, started in the retail grocery business at a very early age. At twelve he worked for a small grocery store and later, through high school, for O.P. Skaggs, a well known grocery chain, in Sioux City.

Following their marriage, the couple moved to Yankton, South Dakota where Virgil was assistant manager of the Skaggs grocery store. While in Yankton, Pat worked for radio station WNAX as the assistant to Wynn Speece, "The Neighbor Lady," a popular program for homemakers.

In 1953 they returned to Sioux City when Virgil became assistant manager of the Safeway grocery store. Pat became a "stay at home mom," raising their three children: Tom (wife Jeannie) Groth, Spicer, MN; Pam (husband Reg) Stieneke, Sioux City and Jerry (wife Kathy), Madison, WI. They have five grandchildren.

The family moved to Grinnell in 1962 when Virgil became manager of the Safeway store. Two years later, he became manager, and later owner, of McNally's. They also owned the Long Horn

Restaurant, adjacent to the grocery store. Pat enjoyed a fulfilling 22-year career at the Stewart Library. They both retired in 1988.

The Groths had a particularly rewarding family experience when they hosted Gabi, a foreign exchange student from Austria, with whom they've maintained a relationship through the years.

Following retirement the Groths traveled extensively, including Norway, Austria and Heritage Club Bank tours. Pat became a member of the hospital Auxiliary Board of Directors, worked in the Auxiliary gift shop and currently serves as a surgery waiting room volunteer. However, they said, "We didn't want to get too busy as we always wanted to be available to our children; we're a very close family."

Virgil and Pat are members of St. Mary's Catholic Church. Virgil was a member of the Rotary Club for 25 years and has enjoyed woodworking. Pat is a member of the Tuesday Club, TTT and Beta Sigma Phi. They both enjoy playing Bridge.

About five years ago, Pat and Virgil began to think seriously about giving up the responsibilities of home maintenance. Virgil says, "It was beginning to interfere with our 'fun time' and a Mayflower apartment was the answer." Pat added, "We already knew so many people here and wanted to come when we could still enjoy the many activities and amenities."

Elaine Noe

~ ~ ~ ~ ~

DRESSED UP TO WATCH ACADEMY AWARDS



Dorothy Breuning, Judy Kuehl, and Bette Kersey wait to learn the winners.

Welcome JACK AND WALDA GUSTAFSON

Jack and Walda moved to Mayflower from their home in Brooklyn, Iowa, last fall. They lived temporarily in Pearson #209, until their recent move to their Harwich Terrace Southeast home.



Jack was born and raised in Burlington, Iowa, graduating from high school in 1951. He attended Burlington Junior College and later Iowa Wesleyan College, Mt. Pleasant, graduating in 1955.

Walda, born in Iowa City, was raised in Mediapolis, Iowa, graduating from high school in 1954. She attended Iowa Wesleyan College for one year, later graduating from the University of Northern Iowa in 1972 with a degree in special education.

The couple met when both attended a United Methodist Church youth district meeting. They reunited at Iowa Wesleyan College and were married in 1955.

Following their marriage, Jack was drafted in the U.S. Army, serving in Korea for 17 months. While Jack was overseas, Walda returned to her family home in Mediapolis to await the birth of their first child.

After Jack's discharge in 1957, the couple moved to Brooklyn, Iowa, where Jack taught math for two years. In 1959 he began his 38-year career as business manager for Manatt's Inc., retiring in 1998.

Jack and Walda raised four children: Gwen (husband Tim), Johnston, IA; Nancy (husband Greg), Brooklyn; Karin (husband Bob), Williamsburg, IA, and Tom (wife Cecelia), Cedar Rapids, IA. They have 12 grandchildren and three great grandchildren.

When their children were older, Walda returned to college in preparation for a 24-year teaching career. Her teaching positions included the Tama County Special Education Program; Pleasant Hill Developmental Center, Marshalltown and schools in Grinnell and Brooklyn. Her last position was the HLV (Hartwick, Ladora, Victor) school district, developing their special education program. Walda retired in 1993.

Jack and Walda have been serious "runners" competing through the years in various races. They enjoyed camping and belonged to an Air Stream association. Their foreign travels have included Europe, New Zealand and relatives in Sweden. Since their retirements, they've enjoyed spending winters in Punta Gorda, Florida.

Jack is a charter member of the Brooklyn Kiwanis and Walda later became a member when women were first invited into membership. Jack and Walda have both served on the Poweshiek County Mental Health Board. Jack served on the Grinnell General Hospital (now Grinnell Regional Medical Center) board of directors for nine years and the hospital Foundation Board for six years. He was also active in fund raising for the Brooklyn Medical Clinic. Walda enjoys sewing, quilting and knitting. She's a member of PEO.

Both Jack and Walda are "Cradle Methodists" and are members of Grace Methodist Church in Brooklyn, having been very active through the years.

Mayflower resident, Art Heimann, began talking to them about Mayflower and the many amenities plus the assurance of a "Continuum of Care" several years ago. The Gustafsons have enjoyed planning their new Harwich Terrace home and have immersed themselves quickly in activities at Mayflower.

Elaine Noe

~ ~ ~ ~ ~

WHAT'S COMING UP?

The annual Luau—a much anticipated event—will be on Wednesday, July 16, and Thursday, July 17.

The Weiner-Watermelon picnic, sponsored by the MRA, will be held on Thursday, August 14, on the Buckley patio at 7:00 p.m.

MAYFLOWER HOSTS OPEN HOUSE, APRIL 20



The “Welcome to the Mayflower Community sign” invites the nearly 100 visitors who attended the Open House to “come in.”



Jim Sunday rests after making over 100 balloon animals which were given to visitors.

Executive Director, Robert Mann, greets visitors who were shown apartments and Harwich Terrace living units, as well as the broader continuum of care areas—Beebe Hall’s Assisted Living and the Health Center. Visitors also saw activity programs in the Sports Room where residents were playing table tennis and miniature golf.



At other locations those attending viewed residents using equipment in the Exercise Room, and in the Game Room they learned about regular game nights where residents join with friends and neighbors to play mah-jong, cribbage, dominoes and poker.

The Mini-Gift Shop offers a variety of household and decorative items as a service to residents and the public. The display case in Pearson Lounge shows off residents’ collections; in Kiesel Theater, where movies are shown weekly during the school year, a power point presentation took everyone on a “virtual tour” through additional programs and events, including wonderful meals in the dining room.

With many “Mayflower-ites” participating not only as tour guides but also present to portray the activities available—residents’ warmth of welcome and enthusiasm for their Community came across strongly to the visitors.


616 Broad Street
Grinnell, Iowa 50112
<http://www.mayflowerhomes.com>

Non Profit Org.
U.S. Postage PAID
Permit No. 130