

The Mayflower Log

A Publication of the Mayflower Residents Association



WINTER 2014 - Volume 13 - No. 4

FAMILIAR FACES

Netia Worley



Phyllis and Ken Christiansen



"It's just a wonderful place to live!" So says Netia Worley, who will enter her 20th year at the Mayflower in 2014. "And you always know you can get whatever you need, when you need it."

The campus has grown a lot, with the increase in the population, since Netia built one of the first Harwich Terrace homes. And she believes that a good part of that growth has been due to the increase in on-campus

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Phyllis and Ken Christiansen, who settled into their Altemeier apartment 25 years ago, agree that most of the changes at the Mayflower over the years have already been noted in these pages by their contemporaries.

Ken added, however, that he has noted one slightly off-beat change: 25 years ago the men on the staff had to spend a good bit of time picking up trash around the grounds.

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IRENE RANFELD
(Story on page 4)

Welcome New Residents



DICK SCHILD
(Story on page 4)

FROM THE EDITOR

In my annual report to the MRA, I noted that this issue completes the first two years of the newly designed *Log*. Readers have responded enthusiastically to the addition of two pages of color, which enhances our photos and appearance, and to the effective layout created by Selva Lehman, who is now also our photographer.

Here, I'd like to call attention to another change which affects my work as editor. In the last eight issues of *The Log* we have brought together a small staff of regular writers who contribute to each issue. As in the past, we have one writer responsible for interviewing new residents, previously Beryl Wellborn and now Janis Peak. For most of the other articles we have relied on Sue Chasins and Alice Breemer. In this issue, Sue continues what I hope will be a regular feature for a while, "Familiar Faces." Alice has industriously put together a piece on medical records and, in previous issues, she wrote about our procedures for welcoming newcomers and, in the Spring issue, "Mayflower by the Numbers," a statistical snapshot of the Mayflower Community.

All this is to say that our small, but hard-working staff really could use some help! We urge you, if you are a resident of the Mayflower, to consider being a *Log*

"investigative reporter."

Recently, Bob Mann asked me what sort of person we were looking for. My response was, "Someone who's curious about things." By this I mean, someone who finds themselves wondering about what's going on around them at the Mayflower, and where and how and why.

For example, in previous issues we've wondered, "What are they doing on the east end of Pearson?" and, "Why do those people do jig-saw puzzles all the time?" and, "Where did all those pictures in the lower level of Buckley come from?" and, "Where and what is the craft room?" and, "Do you know who 'Peaches' is?" and, "What are they doing to the lobby of the Health Center?" and, "How did the 'Luau' get started?"

If you are curious about things like this, talk to one of us about writing for *The Log*; or you can contact me at harleyhen@iowatelecom.net. Don't worry about the writing. I'm a recovering English teacher and will be glad to give you plenty of editing help.

Hope to see you in the pages of *The Log* in April.

Harley Henry

End-of-Year Census

Independent Residents: 161 (apartments, 92; houses, 69)

Beebe and Health Center: 70 (Beebe, 23; HC, 32; S. Village, 15)

Median Ages, 2013/2012:

apartments: 80/83

houses: 78/80

Beebe: 84/84

Health Center: 83/83

Figures provided by Denise Smith, Mayflower Accounting Specialist.

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activities. When she arrived, she said, nearly all Mayflower-sponsored activities took place in town or farther afield. Her opinion is that the new ones, based right here, attracted new residents.

She served as the Independent Living Activities Coordinator here for seven years and it was she who started many of the groups that are still going strong -- book club, movies, Trivial Pursuit and a good few more.

Netia certainly knows the town as well as the gown. Her husband was on the faculty at the college. The Worleys moved here from Hanover, Indiana, where her husband taught at Hanover College. Moreover, Netia herself graduated from Grinnell College at the age of 43!

In her first Mayflower home, Netia opened her art studio to interested residents. As she said, "There may be some Grandma Moses's among the residents". When she moved to Buckley the studio moved with her into the basement at Edwards where it remains

open today for any interested resident, beginner or advanced.

"There may be some Grandma Moses's among the residents"

Netia believes the dining set-up has changed perhaps most of all when considering the progress in her time here. "The dining room looked terrible then," she said. "It looked like a high school cafeteria." At that time, too, the Bistro was in what is now the J and B Lounge. When it grew too popular to remain there it was moved to its current area of the dining room which was remodeled in 2005.

Sue Chasins

(Continued CHRISTIANSEN from page 1)

Now, he says, machines do it all. That's progress!

And both Christiansens have nothing but praise for the Mayflower staff. It is larger now than when they came, and "They are really superb!" said Phyllis.

They appreciate the close ties between the college and Mayflower, not surprising when one recalls that Ken taught there for many years, and maintained a laboratory there for 57 years. They both agree with Art Heimann's opinion that relations

between the college, the Mayflower, and the town have improved greatly in the past 20 years or so.



Phyllis is a supporter of the Mini Gift Shop, having served on the shop committee more than 20 years ago. The shop was considerably smaller then, and she has been a fan ever since, watching it grow. "I think of the shop as a win-win-win project," she said. "Those who donate items, those who shop, and the Mayflower itself all benefit." She also called it a great recycling success.

Sue Chasins

WELCOME IRENE RANFELD - Pearson 207

This is the first winter in 40 years that Irene Ranfeld has spent in Iowa. She and her husband, who died 20 years ago, started going to Florida when a daughter and son-in-law moved to the Sunshine State, living in the central Florida horse-raising country near Ocala, located between the Atlantic and Gulf coasts and home of the Strawberry Festival.

But Irene is a life-long resident of Poweshiek County, except for the two years she spent at business college and

working in Davenport before she married.

After 66 years of living on the farm, Irene recently moved to the Mayflower and spent a couple of months in Beebe until her Pearson apartment was ready. Her son still farms and her daughters live in Dysart and Minnesota.

A quiet person, Irene is soft spoken and enjoys company that comes to visit.

Janis Peak

WELCOME DICK SCHILD - Buckley 302

“There is always something good in the bad that happens,” said Dick Schild after telling about the time his home burned in 1944.

Dick is a man who would rather be driving his tractor hauling grain or clearing snow. “I got off my tractor to come to the Mayflower,” he explained, “because it was safer for my wife to be here.” Millie passed away November 24, twenty days before their 73rd wedding anniversary.

Dick and Millie have a son and a daughter. Son Don lives here at the Mayflower and daughter Ann lives in Keystone.

Dick has lived on the same farm since 1919 and has been busy with farming since he was five years old and helping his Dad with cattle, hauling grain and clearing snow or fallen trees.

In 1935 Dick’s F.F.A. (Future Farmers of America) projects in Belle Plaine High School were plowing a terrace with a team

and walking plow and growing Funk’s Foundation Seed Corn, the first in the area. Later he did many things to stop erosion in his farm fields: building waterways, contour and strip farming, using minimum tillage, creating seven ponds, rerouting a creek and riff-raffing the creek banks. In 1965, this farm was given the Des Moines Register and Tribune State Soil Conservation Award. “Much credit should be given to my father and my wife for putting up with my ideas of farming on the ‘detour,’” he advised.

Lincoln Highway 30 passes by their farm near Belle Plaine. Dick is a charter member of the Lincoln Highway Association helping to tell the stories of life along that historic road.

Dick added, “I am looking for some work to do. I am also looking forward to tomorrow as every day is a learning experience.”

Janis Peak

RETURN TO "WINTHROP HOUSE"



Earlier this month Karla Erickson delighted a gathering of thirty or so Mayflower residents by talking about--and responding to residents' questions and comments about---her new book, *How We Die Now* (Temple University Press, 2013) [hereafter *HWDN*].

Karla spent more than five years researching the work of healthcare and care-giving at the Mayflower, which her book calls "Winthrop House," and provides pseudonyms for her various sources, to protect confidentiality.

HWDN's broad focus is on the emerging attitudes and practices in the care of the growing number of older Americans, helping them make the best of the challenges and benefits of what Karla calls the "longevity dividend." In this respect, *HWDN* offers an informed perspective on the current developments in elder care that can be helpful to a broad range of readers, including family members who must deal with the "burden of choice," that is, "the pressure that elders and their care-givers feel as a result of technological and medical advancements." (In passing, it should be noted that these readers will also find the glossary of terms contained in *HWDN* very useful.)

As Karla acknowledged in her remarks in early January, the Mayflower Community itself ---"Winthrop House" with its pseudonymous cast of residents and staff---is portrayed in the most detail in the third and central chapter of the book, "Transitioning Together." Mayflower residents are not the main figures in the book. The Mayflower staff of knowledgeable and devoted caregivers and healthcare professionals is Karla's real subject; and they are the people with whom she spent most of her time doing her research here.

Readers of *The Log* familiar with the Mayflower, whether you live here or not, have one considerable advantage over other readers of *HWDN*; we know what a "CCRC" (continuing care retirement community) *really* is. A "growing option for elder living," the CCRC (to use Mayflower references) provides appropriate care ranging from the far reaches of Harwich Terrace to the South Village in the Health Center. As one participant in the discussion noted, it is wonderfully ironic that a group of elders who sometimes find change troubling also have the benefit of riding the wave of progress in eldercare taking place at the Mayflower.

HWDN is far from being a dry collection of details and procedures. Karla's appearance in the Carman Center earlier this month confirmed the lively sense of commitment, purpose and intensity one experiences in reading the book. Karla was quick to confess that she herself was changed by her experiences at the

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Mayflower. She expressed great admiration for what she called this community's "honesty to everyday life."

Several participants wondered what, as a community, we might do to contribute to increasing the value of the "longevity dividend." To that end, readers of *HWDN* might review Karla's last, and perhaps most inspiring chapter, "Mutual Interdependency," subtitled "*Belonging, Recognition, and the Rewards of Caring for One Another.*" That sounds like a fine motto for a good CCRC like the Mayflower.

Harley Henry



THE CARE AND KEEPING OF MEDICAL RECORDS

Healthcare is an abiding concern for Mayflower residents. How much is left to the individual and how much can they consign to their various caretakers? The important link between these two concerns is your medical records.

Elizabeth Mattson, Home Services Coordinator at Beebe, reports that all medical records for residents admitted as patients to Beebe and the Healthcare Center are now computerized. The Mayflower has thus met the requirement of the Affordable Healthcare Act that all health care facilities convert to computerized patient record keeping by 2014.

To fulfill this requirement, Mayflower purchased laptop computers and American Health Technologies software. Nurses now take their laptops into patients' rooms to record vital statistics and chart medications

or other treatments. The ability to enter patient records into the system at bedside saves health care providers hours of time charting patient information. Electronic records also eliminate space-consuming paper records and hand-written notes, a source of many errors in the past. As well, the system allows patient information to be sent and received via e-mail attachment from anywhere in the country and, indeed, much of the planet.

About a year ago, all independent living residents at Mayflower were asked to fill out a form that includes information about their diagnoses, medications, past surgeries, allergies and names and contact information of their health care providers. These records have also been computerized so that they can be immediately accessed if and when a

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resident requires emergency healthcare.

Although the new digitalized system provides many new advantages in patient care, Elizabeth reports that not all independent residents have submitted their completed forms. If you haven't filled out the form, please request one from her and complete it as soon as possible.

Having that digitalized record will allow the Beebe nursing staff to access your situation and to consult with your healthcare providers quickly.

Mayflower is doing all it can to insure that its medical records are complete, but some of the responsibility for that falls on individual residents.

You can also make certain that your personal health care records are available if you take them with you wherever you go. Your personal record should list all your current medications, your emergency contact numbers, the names and phone numbers of all your healthcare providers, and a brief summary of your major medical procedures in the past and your current vaccinations. Your own computerized health records can be updated when changes occur and you can provide an up-to-date printout each time you visit one of your healthcare providers.

All of the above may seem routine. But suppose, traveling out of town, you had the misfortune of being in a car accident which left you unconscious. Taken to the nearest hospital, the only information emergency room personnel could find was what is available on your driver's license.

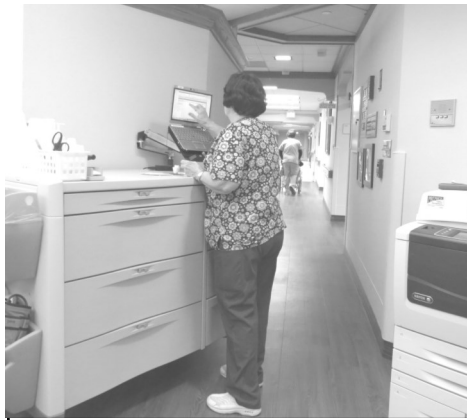
Suppose further that you have a serious condition for which you take several prescription medicines, and you have allergies to two commonly-used medicines. The whole process of treating you for your car accident injuries will be very difficult and perhaps dangerous without knowing anything about your medical history.

The ideas of sudden medical emergencies and careful record keeping may not seem to be compatible, but they are. Since you don't have any guarantee that you won't ever have a medical emergency, you should prepare for one. Carry with you in your purse or wallet, a sheet of paper with your name and birth date; doctors' names and contact information; family and/or friends who should be contacted; diagnoses

and current medications (with dose amounts); all allergies and their symptoms and a record of surgical procedures. Attach a copy of your living will, if you have one. If you use a computer, it's easy to simply type and print out your healthcare record as a part of your trip preparation. If you don't, simply write it out, using print rather than cursive script.

Finally, it's important for you to update your medical record whenever it changes. This is especially important when there are changes in your medications. If your record is in Beebe, be sure to notify Elizabeth or a staff member of a change so it can be entered into your electronic healthcare file.

Alice Breemer



Med Cart computer assists Nursing Staff

Mayflower Residents Association Social Committee Events 2014

Note: all dates are Thursdays unless specified otherwise.



February 13: President's Day

5:30 Social; 6:00 Dinner

March 13: Irish Day 5:30 Social; 6:00 Dinner

April 10: Spring Fling

May 3 (Saturday): Derby Day

June 12: Strawberry Festival

July 16-17 (Wednesday/Thursday): Luau

August 14: Chuck Wagon followed by program.

September 1: September Fest

Oct. 30: Pumpkins. Soup and Sandwiches

November 20: M & M---Mexican and Margaritas

December 4: Prelude to Christmas



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Grinnell, IA
Permit No. 130

THE LOG is published quarterly by the Resident's Association - Mayflower Community of Grinnell, IA

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