

## The Informer

December 20, 2020  
Visit us on Facebook!

### It's the Holiday Season! But it Looks a Little Different...

It's no doubt that the holiday season will look a little different this year. While tough, it's important to continue being safe through the holidays and into the New Year.

Many news sources are reporting that there is expected to be another **influx of coronavirus cases** shortly after the holiday season is

over. More people are planning on traveling and seeing loved ones and then returning back to their respective locations. Because of this travel and interaction with 'new' people, COVID-19 cases are expected to hit another surge.

Make sure to continue practicing social distancing, wearing a mask and washing your hands frequently. If you do choose to gather with your loved one this holiday, keep these things in mind:

- consider bringing your own utensils & dishes
- wear a mask when you have to be closer than 6 feet apart
- if it's nice enough, open some windows for outdoor air flow & circulation
- wash your hands before and after touching shared items (utensils for shared food, fridge handle, door handles, etc.)
- self isolate/quarantine for at least 5 days after your arrival back home, to monitor if you have symptoms and keep others around you safe

-Temesha Derby, Informer Editor



### Many Years of Handmade Quilts in the Health Center

The very talented Quilt Ladies from Ripley United Church of Christ of Traer recently delivered beautiful quilts to Mayflower residents. This is a tradition that they have observed for the last eight years. The quilts are bringing heaps of joy as well as warmth. As the tags on the quilts state, they were made with love.



Pictured to the right is Norma Veldbloom, in her apartment with her new quilt.

*-Bob Mann, Sales & Marketing Director*



### **UnLOCKIN the Power of Philanthropy:**

"Legacy Giving...Simple and Sound!"

#### **D/B/A "Community"**

In 2007, Mayflower Homes, Inc. officially began "doing business as" (D/B/A) The Mayflower Community. I believe that, in reality, Mayflower has been doing business as "community" for all its 70 years. And, I suspect that none of those 70 years better exemplify Mayflower "community" than 2020!

Why? It wasn't because I witnessed it. Residents were shut in and I was shut out. But, I did hear a lot.

I heard contentment. Not every resident I spoke with (or Zoomed) was happy with their circumstances, but without exception, they were content. I heard praises for heroic staff efforts and thoughtful gestures from neighbors. The common theme was always, "I am so glad I am at Mayflower."

I heard heroism. My oldest daughter (Meredith Crow) is Mayflower's consulting dietician. She could not be on campus as much as she wanted, but was there enough to see and relay to me heroic staff efforts, particularly in the Health Center. Occasionally with a tear, each of her visits produced stories of the compassion she witnessed amidst the intensity of the work.

I heard generosity. My phone rang regularly, calls from friends of Mayflower wanting to know how they might help financially. (Please understand, like the lonely "Maytag repairman," a fundraiser's phone never rings....except when that fundraiser works for Mayflower.) In addition, Bob Mann faithfully forwarded to me local newspaper articles featuring Mayflower residents serving their greater community.

I heard vision. Like carbon becoming diamonds, Mayflower leaders are shaping a project from the ashes of the pandemic (access to the Health Center). A Pearson building "Well-Being Center" is on the drawing board for 2021 to serve independent living residents and other Grinnellians with exercise and wellness services.

Despite all of this "hearing," my wife still thinks I'm going deaf. Pish-posh.

I welcome hearing from you if I can help in any way! I will be celebrating the "COMMUNITY" that is Mayflower, but not so loudly that I won't hear your call.

Holiday blessings to one and all!



### **New Community Life Director at Mayflower**

Leslie Jaworski has come aboard the Mayflower Community as the Director of Community Life. In the process, she has been credentialed as a Certified Nurse Aide and as a State of Iowa Activities Director. Leslie has a B.A. in psychology from DePauw University, Greencastle, Indiana and an M.S. in Student Affairs and Higher Education from Indiana State University, Terre Haute.



Mayflower's Associate Director/Administrator, Kellie McGriff, says, "Leslie brings theoretical and practical experience to the community life and well-being programs at Mayflower. An emphasis in counseling within Leslie's graduate school training is a strong addition to the Mayflower well-being programs. Understanding how to provide resident-centered programs are key components of Leslie's work. I appreciate the understanding of the Grinnell community, of branding, and of how to use data to design and implement new programs that Leslie brings to Mayflower."

Before arriving at The Mayflower Community, Leslie was the Director of Reputation Management at Hotel Grinnell. The highlight for her there was the interaction with guests while serving as a Chamber Ambassador on behalf of Hotel Grinnell.

Leslie says, "This is a whole new career for me! It's a wonderful opportunity to combine my previous work experience, education, active lifestyle, and holistic approach to well-being in order to promote person-centered activities and experiences for the residents of The Mayflower Community. I am excited to be here and am enjoying the many people I have gotten to know."

Previously, Leslie managed a national research project assessing undergraduate student psychology of learning and motivation under Dr. David Lopatto, Grinnell College Professor of Natural Sciences and Mathematics and Director of the Samuel R. and Marie-Louise Rosenthal Center for Teaching, Learning, and Assessment.

Leslie has been active with Grinnell College sports activities including 15 years with the Sports Camp along with her husband Brian (a.k.a. "Coach Jaws"), the College's Head Men's Soccer Coach and Head Men's Golf Coach, who teaches in the Physical Education Department. Their daughter, Ann Marie, plays soccer for Boston University, where she has begun her master's degree in Human Development. Son John started college last September and plays ice hockey for Sacred Heart University, Fairfield, Connecticut. Another son Calvin is a junior at Grinnell High school, playing football, basketball, and soccer.

*-Bob Mann, Sales & Marketing Director*

---

### **New Mayflower Foodservice Supervisor**

Grinnell native, Jacob Staroska, has begun work in The Mayflower Community as Foodservice Supervisor. A graduate of the Des Moines Area Community College Culinary Arts program, Jacob has previous foodservice experience with the senior living communities of Deerfield in Urbandale and Luther Park in Des Moines. In addition, he has restaurant work experience.





In his Mayflower role, Jacob will have responsibility for supervision of Foodservice staff, assisting with planning and execution of daily meal production and special events, and coordinating with Mayflower's consultant dietitian to insure dietary needs are being met for Health Center and Assisted Living residents.

Jacob explains, "I'm very excited to be a part of the Mayflower community to build lasting relationships with the residents and staff. After having lived in Des Moines for the past four years, I decided to purchase a house here in town and call Grinnell home again. This is a great opportunity to contribute to my home community. I look forward to helping build an enhanced food culture at Mayflower. My goal is to work with our staff to give the residents the best experience possible while they stay here in this community."

Jacob is a 2016 graduate of Grinnell High School, where he competed in cross-country, soccer, and wrestling.

Steve Langerud, Mayflower's Executive Director, states, "Jacob is a talented and well trained foodservice leader. Jacob understands the business of long term care and highly regulated service in health care. We look forward to Jacob's on-the-floor leadership supporting Scott Gruhn, Foodservice Director, in taking a stellar program to the next level of innovation and integration, while working with our well-being programs across the Mayflower campus."

Bob Mann, Sales & Marketing Director

---

### Why is There Colored Text in the *Informer*?

Have you been wondering why you're seeing redtext throughout the digital *Informers*? Go ahead and [click on this text](#) and it will take you to a new webpage (this one is about dogs as an example). This is called a "hyperlink" and takes you to a relevant external source. You will see them throughout the digital *Informers* and they are safe to click on!

---

#### Treasure Chest:

Do you have a collection that not many people know about? Or perhaps, some special treasures that are beginning to turn into a collection?

The MRA committee is searching for displays for 2021! They especially need a collection to start the year off right.

Contact resident Sue Drake, chair, if you are interested in having your collection on display in the Treasure Chest!



#### Story Circle to Take Place Virtually!

Thursday, January 14, at 7 P.M.

In keeping with Director Steve Langerud's suggestion to "encourage us to redefine our activities as we engage as a community," the popular Story Circles are going virtual. You will be invited to join this activity in January by a Zoom link. You will click on the ZOOM link and you'll be admitted to the group (by our Story ZOOMstress, Harriet Adelberg).

You will recall that these sessions have a story







theme announced beforehand. We are drawing inspiration for this first session from a book entitled, "The Gift of Years - Aging Gracefully", by Joan Chittister. It is available in the Mayflower Library if you'd like to read it. The topics we selected for this session are your stories that deal with: joy, accomplishments, wisdom, memories and appreciation.

Stay tuned for a message in early January how to access the virtual story time.

*-Harriet Adelberg*



### **You Light Up My Life!**

Getting ready for the holidays....Mayflower residents of the Watertown Square apartments, 625 Broad Street, have lit up the Jewel Garden located on the west side of the building. Beautiful in daylight. Spectacular after dark! Go see it for yourself!

*-Bob Mann, Sales & Marketing Director*

### **Mayflower Christmas Dinner Menu (December 25, 2020)**

Roast Beef Tenderloin  
Baked Ham  
Mashed Potatoes and Gravy  
Green Bean Casserole and Scalloped Corn  
Cranberry-Pear Salad and Fruit Compote  
Dinner Roll  
Cheesecake

All items on the menu will be served as a complete meal. If there are preferences, please indicate when you make your reservation.

All meals will be delivered to resident homes without delivery charge.

Cost is \$14.00 per person, delivery times: 11am-1pm. Indicate your time when you make a reservation.

For reservations: Call Buckley kitchen (641-236-6151 x216) or email Scott Gruhn (sgruhn@mayflowerhomes.com)

Reservation deadline: Monday, December 21, by noon.

---

**Available Residencies:**



Apartments	Size	Entrance Fee	Features
Buckley #320	592 ft <sup>2</sup>	\$ 51,750	One-bedroom. Vinyl wood floor plank. East balcony.
Buckley #101	681 ft <sup>2</sup>	63,750	Two-bedroom. First floor. Two exposures.
Buckley #318	887 ft <sup>2</sup>	73,750	One-bedroom. LVP flooring. 1½ baths. East-facing balcony.
Altemeier #205	892 ft <sup>2</sup>	67,750	One-bedroom. Long great room. Washer/dryer. Two exposures.
Buckley #203	990 ft <sup>2</sup>	74,500	One-bedroom. 1½ bath. Office/den. Eat-at island. Courtyard balcony.
<hr/>			
Harwich Terrace Patio Home	Size	Selling Price	Features
630 Park St.	1,274 ft <sup>2</sup>	\$ 174,500	Two-bedroom. 2 baths. New flooring. Full basement. Big back yard.



### Is Now the Time to Talk about Moving to Mayflower?

Altemeier #205 is available. This 892 square-foot apartment has one-bedroom, spacious great room, dine-in kitchen, and washer/dryer. The great room has both east and west exposures with good views from the apartment's second-floor perch.

- Recently remodeled
- Quality carpet plus tiled-floor kitchen and bathroom
- Full kitchen with pantry and plenty of storage
- Wall of closets in the bedroom with high windows for bed placement on any of three walls
- Bathroom with high-rise toilet and step-in shower
- Large linen cabinet
- 40" x 40" x 8' storage unit

Entrance Fee: \$67,750

Monthly Service Fee: \$1,277 includes, without additional charge:

- High-speed Internet
- High-definition (HD) cable T.V.
- Electricity, heat/air conditioning; water; sewer; trash; recycling
- Property insurance
- Code Alert (nurse call system)
- All repair and maintenance, including built-in appliance replacement when necessary
- Ceiling fans

#### Movie

##### **December 26: "Lovely, Still"**

-Martin, a perennial bachelor, is surprised when his new neighbor, Mary asks him on a date. Martin's jealousy and fears take them down an unexpected path.

Call Deb Jack, receptionist, at 641-236-6151 on Monday after 10am if you would like to attend.  
Call Dec 21st to view *Lovely, Still*.

#### Informer Submission Deadlines

Submission deadline: **Wed**, Dec. 23 for publication Dec. 31

Submission deadline: Jan. 1, 2021 for publication Jan. 8, 2021

Submission deadline: Jan. 15 for publication Jan. 22

Submission deadline: Jan. 29 for publication Feb. 5



## Booklist for December:

*Aunt Dimity & the Heart of Gold* by Nancy Atherton  
*Anxious People* by Fredrik Backman  
*A Few of the Girls* by Maeve Binchy  
*Stuck in Manistique* by Dennis Cuesta  
*Akin* (LP) by Emma Donoghue  
*The Evening and the Morning* by Ken Follett  
*The Searcher* by Tana French  
*The Jane Austen Society* (LP) by Natalie Jenner  
*Enemy Women* by Paulette Jiles  
*The Dutch Wife* by Ellen Keith  
*Eggnog Murder* by Leslie Meier  
*Cut and Run* by Fern Michaels  
*The Book of Two Ways* (2 copies) by Jodi Picoult  
*Jack* by Marilynne Robinson  
*Bark at Night* by Rosenfelt David  
*The Return* (LP) by Nicholas Sparks  
*Royal* (LP) by Danielle Steel



---

## Residents' Birthdays

Netia Worley on Dec. 19  
Gerald Adams on Dec. 20  
Jenny Erickson on Dec. 21  
Betty Anne Francis on Dec. 24  
Verlene Mitchell on Dec. 29

---

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



616 Broad Street  
Grinnell, IA 50112  
(641) 236-6151  
[mayflowerhomes.com](http://mayflowerhomes.com)

Mayflower  
Information



[About Us](#)

[Living Options](#)

[Giving](#)

[Order Food](#)

[Contact](#)

