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The Informer

February 26, 2021

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Margarita Monday at Mayflower

Sunshine and spirits were high at Mayflower on Monday afternoon, February 22nd as Health Center residents enjoyed margaritas to celebrate Margarita Monday (National Margarita Day)! Mayflower's Foodservice Supervisor, Jacob Staroska, conjured up frozen "mocktails," strawberry- and lime-flavored nonalcoholic fruit juices.

Pictured is resident Norma Veldboom enjoying her refreshment. The delicious drinks disappeared quickly, much like the snow has this week. Cheers!



-Bob Mann, Sales & Marketing Director



Mayflower Residents "Go To" the Symphony

So, how was the Symphony? That question was asked on Friday, February 12th in Grinnell's Mayflower Community. Making arrangements to "attend" the Des Moines Symphony virtual-streamed performance on Thursday evening, February 11th, Mayflower offered up an appetizer and wine selection accompaniment.

Entitled "Past and Present," the Symphony performance was a study in historical and current pieces from Haydn and Saint-Georges to Jessie Montgomery's modern, multicultural tribute to "The Star-Spangled Banner."

The Mayflower tasting menu was an appetizer and dessert box including smoked salmon napoleon with crème fraiche; stuffed cherry tomato with feta, bacon, and green onion; and topped off with flourless chocolate cake under a rosemary ganache. The two different wine pairings complementing the menu were Chenin Blanc and Chianti.

Sampling and viewing took place in about 30 Mayflower households.

-Bob Mann, Sales & Marketing Director



UnLOCKIN the Power of Philanthropy
"Legacy Giving...Simple and Sound!"

Follow Your Heart

My plans later today include a first time “gift planning” conversation with a friend of Mayflower. Perhaps this “friend” will have a specific gift arrangement in mind. If so, that is where our conversation will begin. If not, my first questions will focus on charitable passions with questions like “How do you want to make a difference with your charitable giving?”

Charitable planning starts with following your heart. Most often, this column focuses on specific gift planning tools and techniques, with suggestions that we sift through the “good, better, and best” ways to put sound charitable strategies into action. (This is a good time to remind you that Mayflower provides my assistance to you no matter which organizations you desire to support.)

Many of you have followed your heart and touched Mayflower residents and employees with your generosity. I know those folks (and their family members) extend you their heartfelt gratitude. Whether you are a many-time donor or considering your first gift, this seems a good time to share reminders of how you might follow your heart if it leads you to Mayflower residents or its caregivers.

The primary charitable mission of Mayflower is providing housing and/or healthcare to residents, who, through no fault of their own, have outlived their resources. Imagine the blessing you give a resident and their family by providing the services they can no longer afford. If this is your charitable passion, your gift to Mayflower’s “Residents Assistance Fund” will be spent directly to serve residents. Or, you may choose the “Human Needs Endowment Fund,” where your gift is invested to provide income that supports residents year after year.

For seventy-one years, Mayflower has responded and adapted to the needs of its residents and caregivers. If your passion is new and innovative resident services, Mayflower’s “Mission and Vision Fund” is a solid choice. If supporting caregivers with educational and advancement opportunities is your passion, consider the Mayflower Employee Education Fund (MEEF). Both funds are held as endowments, spending annual earnings to enhance the lives of residents and staff.

Each year, passionate Mayflower donors support one or more campus enhancement projects. In 2021, those projects include the “Pearson Well Being Center” and the “Open Dining” enhancements for Beebe Assisted Living. The “Pearson” project will bring exercise, recreation, and professional services for independent living residents to the lower level of the Pearson building. “Beebe Open Dining” will complete a campus-wide Food Services renovation, giving all Mayflower residents expanding dining options.

Hearing your charitable passions is the greatest joy of my work. I welcome a conversation this year, beginning with listening to what is most important to you. From there, I am confident we can discover a plan that will take you exactly where your heart is leading.

Doug Lockin: dlockin@mayflowerhomes.com or 515.210.6603

Valentine's Day Deserves a Dessert Treat

Sunday is Valentine's Day. How do you celebrate it and still be safe? At Grinnell's Mayflower Community, the answer was that you order a special trifle created for the event.

A trifle? What's that? According to Mayflower's Director of Foodservices, Scott Gruhn, a "Trifle (TRI-fuhl), originally from England, is a dessert consisting of sponge cake or lady fingers doused with spirits, usually sherry. It is covered with jam and custard; topped with whipped cream; and garnished with candied or fresh fruit, nuts, or grated chocolate. Trifles were composed in early times, when cooks in large English estates had surprise guests, and only bits and pieces with which to work."



How do we do it at Mayflower? We created a raspberry & chocolate mousse trifle dessert. It is a Kahlua raspberry fluff and chocolate crème liqueur mousse with layers of sponge cake and topped with Chantilly crème. The ingredients in this layered dessert are 1)chocolate sponge; 2)chocolate Bailey's mousse; 3)vanilla sponge; 4)cream cheese, whip cream, yogurt, coffee, Kahlua, raspberry fluff; 5)caramel nest; 6)Chantilly cream; 7)mixed berries; 8)mint leaf; and 9)raspberry coulis.

To complement the dessert, other baked items were available in the Buckley Dining Room for resident selection.

The partying just never stops at Mayflower!

-Bob Mann, Sales & Marketing Director

Celebrating Mardi Gras at Mayflower



The Mayflower Community's Beebe Assisted Living and Health Center residents celebrated a frozen and Fat Tuesday, February 16th. The Mayflower Foodservices staff baked traditional King Cakes to honor the lead up to Ash Wednesday. Residents adorned festive beads and masks while enjoying themed trivia and games.

In the accompanying photo fashionista Kay Roberts, a Beebe resident, shares her Mardi Gras spirit! For more information about the history of [Mardi Gras](#), click here.

-Bob Mann, Sales & Marketing Director

Your Contributions to Mayflower Menu Planning

The Mayflower Community Foodservice staff is in the process of reviewing menu cycles. We would appreciate your thoughts about items you would like to see on our Buckley Dining Room

menus.

In addition, we would like to receive any recipes that you personally enjoy. Especially meaningful would be your OWN recipes, if you would like to share them with us. We may be able to add them to our daily menus.

If enough recipes are shared, we will put them together and make them available in a resident cookbook that could be available within our community.

If you have suggestions or recipe, offerings please send them to me by paper copy or by email: **jstaroska@mayflowerhomes.com**.

-Jacob Staroska, The Mayflower Community Foodservice Supervisor

**MAYFLOWER PRESENTS:
WOMEN AIRFORCE SERVICE PILOTS
&
THE HISTOY OF HUMAN POWERED FLIGHT
VIRTUAL TOURS**



**MONDAY,
MARCH**

**1st &
22nd**

2:00 PM

The Museum of Flight Speakers' Bureau is a collection of aviation and space experts who share their knowledge and stories about aerospace history, military and commercial aviation, and the future of spaceflight. Many of our speakers have first-hand experience with these topics because they've worked in the field or completed years of research and training.

Zoom Link for both Tours:
<https://us02web.zoom.us/j/8588697586>

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Presentation # 1: Women Airforce Service Pilots
Date: March 1st, 2021
Time: 2:00 pm

Zoom Link

Meeting ID: 858 869 7586

Docent Leslie Czechowski will talk about the WASP, the program created for female pilots in the USAAF Air Transport Command in 1942. She will tell about the further growth of the program and experiences of a few of the pilots as they began to fly all of the USAAF fighter planes and even some of the bombers during the time they served. As one said afterward: "We didn't win the war. But we released the men so they could."

The tour consists of a 45-minute presentation, with a 15-minute question and answer period.

Docent Leslie Czechowski has a B.A. in Drama Theory, a M.S. in Library Science, and a M.S. in Liberal Studies (concentration in 19th century American history and literature). She has worked in a variety of library and archives positions at Grinnell College, The University of Minnesota, and The University of Pittsburgh. In addition, she taught graduate courses at The College of St. Catherine and The University of Pittsburgh. She has also authored many professional publications and presented on library and archival services. Leslie served as a Peace Corps volunteer in Moldova in 2012. She currently volunteers at the Kent Library teaching Microsoft Office software, volunteers at the Museum's archives, and joined the docent program at the Museum in 2016.

Leslie is a former resident of Grinnell, living here for about 25 years. Her parents lived in The Mayflower Community.

-Victoria Collins, Mayflower Community Life Coordinator

Available Residences

Apartments	Size	Entrance Fee	Features
Buckley #312	365 ft ²	\$ 34,750	Studio. Recently remodeled. Luxury vinyl wood floor plank. East balcony.
Altemeier #102	558 ft ²	41,750	One-bedroom. North and south exposure with big south picture window.
Buckley #320	592 ft ²	51,750	One-bedroom. Vinyl wood floor plank. East balcony.
Pearson #213	600 ft ²	48,250	One-bedroom. East windows.
Buckley #101	681 ft ²	63,750	Two-bedroom. First floor. Two exposures. Kitchen storage space.
Buckley #318	887 ft ²	73,750	One-bedroom (large) LVP flooring. 1½ baths. East-facing balcony.
Altemeier #205	892 ft ²	67,750	One-bedroom. East/west windows in large great room. Washer/dryer.
Buckley #203	990 ft ²	74,500	One-bedroom. 1½ bath. Office/den. Eat-at island. Courtyard balcony.

Virtual Great Courses

Drake Community Library would like to share that Kanopy, our streaming video site, has the The Great Courses videos available at <https://grinnelliowa.kanopy.com/>. Poweshiek County residents get 7 free viewing credits a month.

Who is The Great Courses for?

- Curious about life, and especially want to dive deeper into subjects such as History, Literature & Language, and the Natural Sciences.
- Planning a vacation and hoping to learn more about the history and architecture of their destination before traveling.

- Feeling stuck or adrift, and want to improve their quality of life, build healthier habits, understand interpersonal relationships and negotiations better, or develop new skills for studying and learning.
- Instructors at a high school or university level, and want to pick up ideas and tips for making their own lectures and presentations more engaging, organizing course material, and incorporating visuals.
- Driven primarily by innate love of learning, and simply aspire to continue learning new ideas and skills throughout life.

-Judy Hunter, Bucket Course Planning Committee, Grinnell Community Education Council

Treasure Chest

March's Treasure Chest will contain Grinnellian Bob Wemer's collection of calculators, mostly Hewlett Packard, that he has collected over the years. Bob is the brother-in-law of Mayflower resident Janis Peak. He is the husband of Kim Wemer, Mayflower's chair yoga instructor (pre-pandemic). Bob and Kim are Mayflower Wait-List members.

-Jan Peak

Resident Writes Grinnell History Piece

Mayflower resident and retired Grinnell College faculty member, Dan Kaiser, has been writing about chapters in Grinnell's history. See his latest piece, "When College Students Go Missing" at [this website](#).

Book Review: *The Vanishing Half* by Brit Bennett

-MRA Library Committee Member

The Vanishing Half by Brit Bennett may be one of the best novels of 2020. I liked Bennett's first book, *The Mothers*, which we also have in the Mayflower Library, but *The Vanishing Half* blew me away.

This is the story of twin sisters, very light-skinned Blacks, who are raised in a Black town in Louisiana and witness their father being lynched in the 1940's. As young women they run away from home together but then make very different choices. One of the twins finds it expedient to pass as White and creates a complete life for herself as part of the White culture, a decision which requires her to break completely with her sister and her past. The other twin continues on her own path experiencing life as a Black woman in the second half of the twentieth century. Bennett explores many issues of race, gender and identity as the story of these two women, their mother, and their daughters unwinds from multiple points of view.

If you have read Isabel Wilkerson's book *Caste*, I predict you will find that each book illuminates the other and that you will have much to ponder.

Book Review: *The New Iberia Blues* by James Lee Burke

-MRA Library Committee Member

In *The New Iberia Blues*, James Lee Burke, now 82 and the author of 37 novels, takes us back to the swamps of Southern Louisiana, where detective Dave Robicheaux investigates the murder of a young woman who has been crucified, wearing only an ankle chain. The plot involves Robicheaux's old friend Desmond Courmier, who has made it big in Hollywood—and is now

taking an unwelcome (for Robicheaux) interest in the detective's daughter, Alafair—and a cast of unsavory (and savory) characters. As usual, Burke balances the brutality of his story with excellent writing and impressive metaphors.

Booklist for March

This booklist includes new additions to the Pearson Library, located in the main Pearson building. This booklist changes each month. Make sure to visit the library and check out a book for your enjoyment. You can even leave a book review and submit to the MRA Library Committee to be included in *The Informer*!

Austin, Lynn	<i>If I Were You</i>
Butler, Nickolas	<i>Little Faith (Large Print and All Iowa Read)</i>
Clark, Mary Higgins & Alafair Burke	<i>Piece of My Heart</i>
Donoghue, Emma	<i>The Pull of the Stars</i>
Erdrich, Louise	<i>The Night Watchman</i>
Esty, Katharine	<i>Eightysomethings</i>
Foley, Lucy	<i>The Guest List</i>
Grisham, John	<i>A Time for Mercy</i>
Harper, Jane	<i>The Survivors</i>
Johnson, Nancy	<i>The Kindest Lie</i>
Krueger, William Kent	<i>This Tender Land</i>
Michaelis, David	<i>Eleanor</i>
Morton, Kate	<i>The Clockmaker's Daughter (Large Print)</i>
Perry, Anne	<i>Brunswick Gardens</i>
Steel, Danielle	<i>The Wedding Dress (Large Print)</i>
Williams, Eley	<i>The Liar's Dictionary</i>

Informer Submission Deadlines

- Submission deadline: March 5th for publication March 12th
- Submission deadline: March 19th for publication March 26th
- Submission deadline: April 2nd for publication April 9th



[Submit here.](#)

Movie

March 6th: *Cheaper by the Dozen*

Based on the true story of the Galbreth family and their 12 children, this movie is humorous and light-hearted.

Call Deb Jack, receptionist, at 641-236-6151 on Monday after 10am if you would like to attend.
Call February 1st.

The Old Scout Stands in Line at the Clinic

by Garrison Keillor

I married a pro-vaxxer, which is good to know after all these years — we never discussed vaccines during courtship — and in addition to her respect for science, she has the patience to track down clinics online and spend time on Hold and so now I am vaccinated. I sat for fifteen minutes so the nurse could see that I didn't faint or show distress and I wrote a poem.

The clinic that offers vaccine
Resembles a well-run machine,
I got my shot,
Sat down, was not
Dizzy or hot or pale green,
No aftereffects,
Loss of reflex,
Skin wasn't waxy
So I hopped in a taxi,
Went home to my wife,
Resuming my life,
Which still is, thank God, quite routine.
Isolated, as monks, but serene,
Trying to keep my hands clean.

Residents' Birthdays

Please wish a belated birthday to Dale Lippincott, who celebrated on February 23rd.

Leo Lease on February 24th
George Drake on February 25th
Catherine Rod on February 26th
Jeanette Tisdale & Phyllis Saunders on March 4th
Zona Jones on March 5th
Lyle Roudabush on March 7th
Beverly Starrett on March 9th
Orlan Mitchell on March 13th

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



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