

The Informer

December 17th, 2021

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Jacob Staroska Receives Dietary Manager Certification

Jacob Staroska, Foodservice Supervisor for The Mayflower Community, has been licensed as a Certified Dietary Manager (CDM). He recently completed the necessary testing requirement after meeting the educational and experiential requirements.



A Grinnell native, Jacob began working in The Mayflower Community as Foodservice Supervisor in December 2020. He is a graduate of the Des Moines Area Community College Culinary Arts program and has earlier foodservice work experience in two Des Moines senior living communities as well as a restaurant.

Jacob appreciates his certification. “In an ever-changing field such as ours, it is important to be able to adapt with every new resident. As a CDM, I will be able to advance the dining experience on an individual resident basis and work with residents to meet their nutrition needs. I am thankful for the Mayflower and Scott Gruhn for allowing me to further my education and knowledge by becoming a Certified Dietary Manager.”

In his Mayflower role, Jacob has 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 ensure dietary needs for Health Center and Assisted Living residents.

Scott Gruhn, Mayflower’s Director of Foodservice, says of Jacob,

“Mayflower Foodservice has evolved and innovated since its start in the late 1960s. For us to continue to offer the quality and service we have proven, it is important for us to also recruit and develop staff. Jacob came to us with an extensive skill set. The CDM certification gives Jacob and Mayflower, another level of expertise in this constantly changing environment of health care and retirement living.”

Under State of Iowa Nursing Facility requirements, each licensed organization must employ a Certified Dietary Manager or the equivalent in its Foodservice operations. Specifically, this person must be accredited by the certifying board for dietary managers of the Association of Nutrition and Foodservice Professionals (ANFP) as a result of successfully completing the nationally-recognized CDM Credentialing Exam certification and achieving certain other requirements.

These educational and training requirements range in length from 18 months to four years and include on-going continuing education. Visit [here](#) and [here](#) for more information.

-Bob Mann, Mayflower Sales & Marketing Director



New Year's Eve at Mayflower

On Friday, December 31st, Mayflower is going to P A R T Y!

Here is the line-up:

- 4:30pm – Appetizer Buffet (Buckley Dining Room). Charge: \$6.00
- Meatballs
- Chicken Wings
- Pigs in a Blanket
- Mini Hot Ham & Cheese Bun
- Cheese Tray with Crackers
- Vegetable Tray with Dip
- Spinach Artichoke Dip with Chips
- Buffet Reservations Deadline: Tuesday, December 28, 12:00 noon. Call Buckley kitchen or email Scott at sgruhn@mayflowerhomes.com.

6:00pm – Movie: *The Second Best Exotic Marigold Hotel* (Kiesel Theatre). See details below. No charge. No reservation needed.

At Conclusion of Movie – Champagne and champagne cupcakes will be served in the Kiesel Theatre. No charge; paid by the MRA Social Committee. No reservation needed.

The Second Best Exotic Marigold Hotel (2015). There is love and laughter in this sequel to the heartwarming *The Best Exotic Marigold Hotel*. A new arrival, Richard Gere, joins an all-star ensemble cast, including Judi Dench, Maggie Smith, Bill Nighy and Dev Patel. Now that his first venture has been proven successful, ever-confident Sonny is busy juggling plans for a second resort...as well as his own wedding. But his efforts are constantly hampered by hilarious complications. In order to pull it all together, he'll need a little help and encouragement from his resident friends. PG. 123 minutes. English Subtitles.

Mayflower Residents Christmas Luncheon

This year's special **Christmas Day luncheon** will be served at **12:00noon** on **Saturday, December 25th** in the **Buckley Dining Room** on Friday, December 10th. Here's the menu:

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



Seating in Buckley Dining Room (limited to 88) and available **delivery** (\$3.00; 11:30am-12:30pm) or **carry-out** (11:30am).

Reservations: Due Wednesday, December 22nd, 12:00noon by calling Kitchen (641-236-6151 x216) or emailing Scott (sgruhn@mayflowerhomes.com).

Cost: \$14.00 per person.

-Scott Gruhn, Foodservices Director

Upcoming Wine-and-Cheese: Not Until January

There will be **no Wine and Cheese** event on the last Friday of **December** (the 31st). That is New Year's Eve with alternate events planned. See details elsewhere.

Therefore, the next Wine and Cheese will be on Friday, January 28th, 4:30-5:30pm, Buckley Dining Room. Be sure to save all your "table stories" for then!



-Bob Mann, Mayflower Sales & Marketing Director



Sweet Flutes at Mayflower

On Thursday, December 9th, the Grinnell College "Fresh Flutes" ensemble performed a mini-concert in The Mayflower Community

Buckley Dining Room to a gathering of about 40 residents.

Fresh Flutes has been a staple ensemble of the Grinnell College Music Department since the early 1990s. Always seeking repertoire that covers a range from traditionally Classical to "out-there" contemporary, Fresh Flutes is both an educational resource and a socially-bonding experience for students. The group has performed every semester on campus since its inception and plays regularly for the annual Iowa Flute Festival, held each year on various college campuses.

Claudia Anderson, DMA, MM, BM is the Grinnell College Applied Music Associate Lecturer and Director of the Grinnell College Fresh Flutes Ensemble. Student performers at Mayflower were Octavia George, flute; Hana Leonard, flute; and Gaen McCan, flute and bass

flute. Dr. Anderson filled in on flute for a missing quartet member.

The numbers performed were *Sakura*, traditional Japanese/arr., G. Grognet; *Echoes of the Ancients*, Sarah Bassingthwaighte; *Adagio*, Laszlo Zemleni; *Presto in G Major*, J.J. Quantz from Sonata for two flutes and continuo.

Per Leslie Jaworski, Mayflower's Community Life and Wellness Director, "The Fresh Flutes gave a delightful performance!"

-Bob Mann, Mayflower Sales & Marketing Director

2022, We're Looking at You

Big Sports Events in 2022:

January 22nd-28th (postponed from 2021)	Special Olympics World Winter Games (Russia)
February 13th	Superbowl (California)
April 7th-10th	Golf Masters (Georgia)
May 7th	Kentucky Derby
June 27th-July 10th	Wimbledon (London)
November 21st-December 18th	FIFA World Cup (Qatar)



The Metropolitan Opera Is Back at Grinnell College

The Metropolitan Opera is livestreaming from New York to Grinnell College, reviving a program popular prior to

the pandemic. The Met, founded in 1883 at the corner of Broadway and 39th Street in New York and now located since 1966 in the Lincoln Center, produces an annual lineup of "cinema" HD shows that are carried by selected theatres.

The schedule is as follows:

- *Cinderella* (Massenet) January 5, 2022 @ 6 PM (Wednesday night)
- *Rigoletto* (Verdi) January 29, 2022 @ 11:55 AM
- *Ariadne Auf Naxos* (R. Strauss) March 12, 2022 @ 11:55 AM
- *Don Carlos* (Verdi) March 26, 2022 @ 11:55 AM
- *Lucia Di Lammermoor* (Donizetti) May 25, 2022 @ 6 PM (Wednesday night)
- *Hamlet* (Dean) June 4, 2022 @ 11:55 AM

Tickets must be purchased at the door—\$15 for adults and \$10 for children 12 and under. The College also has some season passes available for \$100. To purchase a pass, email Britta Meints at meintsbr@grinnell.edu to coordinate payment and pick-up.

Please note that the Grinnell College campus **activity level** is Blue, meaning masks are required for individuals two years and older at all times when indoors. Please confirm the campus activity level or event website prior to your visit on campus as conditions may change.

For additional information about the opera presentation, go to the Met website: <https://www.metopera.org/season/in-cinemas/>.

-Bob Mann on behalf of Britta Meints, M. Ed., Guest Housing & Special Programming Coordinator, Conference Operations and Events, Joe Rosenfield Center, Grinnell College (641-269-3235).

It's the Holiday Season!

While many of our friends and family may celebrate traditional Christmas, there are others who may celebrate differently. It's important to respect other holidays, as well as people's right to not celebrate entirely. Below, you will find an alternative holiday that is celebrated and the meaning behind it.

Kwanzaa: December 26th-January 1st

Kwanzaa is a 7-day African-American and pan African cultural holiday that celebrates family togetherness and community. Families celebrate with feasts, dancing, and end the holiday on January 1st with a day of reflection and commitment to the seven principles, which came about in 1965, the year before Kwanzaa.

The seven principles are:

- Umoja/unity
- Kujichagulia/self-determination
- Ujima/collective work and responsibility
- Ujamaa/cooperative economics
- Nia/purpose
- Kuumba/Creativity
- Imani/faith

On each of the seven nights, the family gathers and a child lights one of the candles on the kinara, then one of the seven principles, known as Nguzo Saba, is discussed. These principles are values of African culture which contribute to building and reinforcing community among African Americans.

The name Kwanzaa comes from the phrase “matunda ya kwanza” meaning “first fruits” in Swahili. The celebration aims to honor culture, life and unity.

-Temesha Derby, Informer Editor



Mayflower's Koffee & Konversation Group

The Mayflower residents Koffee and Konversation group meets every Friday in the J & B Bistro at 10:00am. Appointed discussion leaders bring a specific topic for group sharing. Please join us on Fridays in December for Koffee & Konversation. We look forward to seeing you!

-Jo Entwisle, Koffee & Konversation Member

Des Moines Register Holiday Editions Notice

The "Des Moines Register" will combine their December 23rd, 24th and 25th editions into an expanded holiday edition. It will be delivered on December 23rd and no separate editions will be printed on the 24th and 25th.

Also, for the New Year holiday, the Des Moines Register will combine the December 30th, 31st and January 1st editions into another expanded holiday edition that will be delivered on Thursday, December 30th. No separate editions will be printed on the 31st or the 1st.

Mini-Shop Opening

Mini-Shop Card Sales. The Mini-Shop opened in Pearson #103 on Tuesday, December 14th, 9:30-11:30am for greeting and holiday card sales. It will be open at that time on Tuesdays and Thursdays until further notice.

Mayflower's Treasure Chest

Bells Collection in the Mayflower Treasure Chest

The Mayflower Residents Association's "Treasure Chest" display for the month of December will be my bells collection. I have been collecting bells for about 40 years. Most of them are gifts, souvenirs, and thrift store and garage sale specials. They are not "collectibles," but I wanted to share them with all of you, especially at this holiday season. I, of course like every bell I see, so each year I usually buy one.



I have been ringing handbells since 1984 in various towns and choirs. For several years, I rang the carillon bells in the tower of my home church.

-Mary Smith, Mayflower Residents Association Treasure Chest Committee

Informing all Mayflower residents NEW and OLD: We are the Treasure Chest Committee: Doug Cameron, Sue Drake, Karen Packard, and Jan Peak. We are here to help residents who wish to share a hobby, talent, trip experience, photography; you name it, with your Mayflower community. The possibilities are endless.

How do you do this? Simply get in touch with one of the committee members, and we will help you set up your treasure for all to view. We have a large new glass cabinet in the first floor lobby of the Pearson building, which can hold all sizes of collections. Your collection will be shown for a month. Then, our committee will help you take it down before a new one is put into the cabinet for the

following month.

As of now, we need displays for 2022, starting in January. So PLEASE give us a call about any month of 2022. This is a wonderful way to let your Mayflower friends know more about you. We look forward to hearing from you with questions and hopefully displays.

Treasure Chest Committee: Sue Drake, Chair (236 9243), Doug Cameron (641 990 3656), Janis Peak (236 8993), and Karen Packard (236 1082).



January Forum

The Mayflower Residents Association Forum Committee is announcing the next program for **Tuesday, January 11th, 2:00-3:30pm in the Kiesel**

Theatre (lower level of the Pearson building). The presenter will be **Henry Wilhelm**, local entrepreneur and founder and President of Grinnell's Wilhelm Imaging Research, Inc.

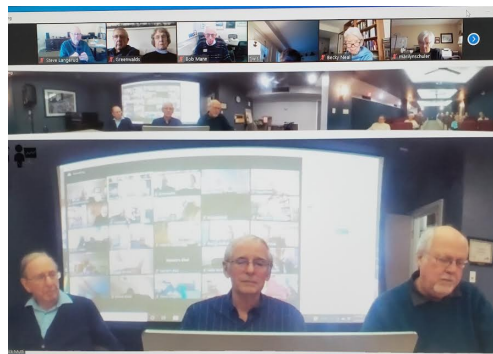
Henry, a Grinnell College alumnus, will speak on "The History of Photography from Film to iPhone." He is an internationally recognized expert in the study of the archival properties of photographic printing processes.

Previous presenters have included Janet Stutz, Grinnell-Newburg Community Schools Superintendent, Officer Jon Soubayi of the Grinnell Police Department, and John Ashby for CoSI (Committee Support for Immigrants)

-Gerry Guenther, MRA Forum Chair

Mayflower Community "Hybrid" Meeting

In a continuing effort to get out from under pandemic limitations and to enhance resident communications, Grinnell's Mayflower Community held



a “hybrid” meeting on Monday, December 6th. More than 70 residents “attended” the semi-annual Mayflower Residents Association (MRA) Town Meeting. Some tuned in via Zoom. Some attended in person in Mayflower’s Kiesel Theatre.

Using a video conferencing device named the Meeting Owl App®, residents could choose to attend by Zoom on their home computers or by meeting in the 55-seat Keisel Theatre, where the MRA Executive Officers led from a table down front.

The 360° camera, microphone, and speaker device connects remote residents with on-site residents allowing both groups to interact in conversation. Residents on Zoom could hear and see residents in the Kiesel Theatre and vice versa, as the Owl provides a panoramic view of everyone in the room and on the screen.

At the MRA Town meeting, new officers were nominated and elected while 90 members of the MRA’s 15 standing committees were recognized. In addition, annual financial reports and committee summaries were presented and approved. Plans for expansion of MRA activities in 2022 were discussed.

Mayflower Chapel Services Schedule

Worship

The Spiritual Life Committee of
the Mayflower Residents

Association presents weekly Chapel Services:

- Tuesday mornings
- 10:00 to 10:30am
- Kiesel Theatre

The worship leaders for upcoming services are:

- Dec 21st – Bob Williams, retired pastor, and Marilyn Schuler, Mayflower residents
- Dec 28th – Pastor, Grinnell United Methodist Church
- Jan 4th – Rev. Daniel Reinhart, Pastor, St. John’s Lutheran Church
- Jan 11th – Wendy Abrahamson, Pastor, St. Paul’s Episcopal Church
- Jan 18th – Judy Scheer, Retired Licensed Pastor, United Church of Christ

- Jan 25th – Warren Reinecke, Co-Founder, Grinnell Unitarian Universalist Fellowship

Volunteer pianists, guitarists, or other musicians are needed. Please contact me if you are interested: Email jdnoer@gmail.com or call 712-420-1337.

-Dorothy Noer, Spiritual Life Committee Chair

Book List

Title and Author

The Reading List (LP) by Sara Nisha Adams
Who Ate the First Oyster? by Cody Cassidy
Thin Air (Book 6) by Ann Cleeves
Cold Earth (Book 7) by Ann Cleeves
Wild Fire (Book 8) by Ann Cleeves
Cloud Cuckoo Land by Anthony Doerr
Out of Darkness, Shining Light by Petina Gappah
The Book of Hope by Jane and Abrams D. Goodall
The Racketeer by John Grisham
There is Nothing For You Here by Fiona Hill
The Theft of Memory by Jonathan Kozol
The Long Walk Home by Will North
Season's End by Will North
The Man Who Died Twice (LP) by Richard Osman
These Precious Days by Ann Patchett
Cry, The Beloved Country by Alan Paton
Under Currents by Nora Roberts
Anything is Possible (LP) by Elizabeth Strout
Oh! William by Elizabeth Strout
The Lincoln Highway by Amor Towles

LP= Large Print

Armchair Travels in Mayflower's Kiesel Theatre 2:00pm on Tuesdays

December 21st:

- Peru, Gateway to the Amazon
- Europe, Music Lover's

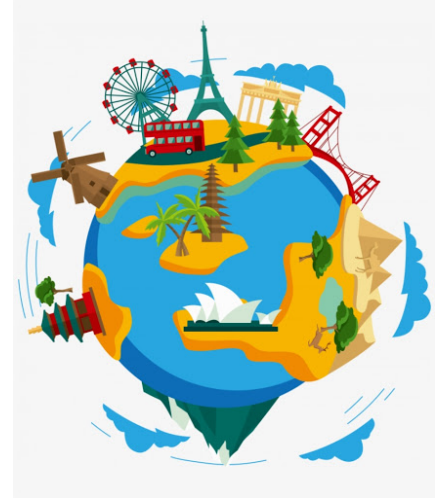
- Europe, Just for Fun

December 28th

- Egypt
- U.S., The Southwest
- Cayman Islands

January 4th

- India
- Surprising Bulgaria
- Guatemala, Antigua, and Mayan Culture



-Shane Estes, Armchair Travels Committee Chair

Movies Showing in the Kiesel Theatre on Saturdays at 2pm

December 18th: *The Wedding Planner* (2001) A romantic comedy about love, destiny, and other events you just can't plan. Mary Fiore (Jennifer Lopez) is the wedding planner. She knows exactly what to do and say to make any wedding a spectacular event but when Mary falls for a handsome doctor (Matthew McConaughey) her busy life is turned upside down. PG-13. 104 minutes. English subtitles.

December 25th: No movie.

December 31st: (No afternoon movie; this is the New Year's Eve movie). *The Second Best Exotic Marigold Hotel* (2015) There is love and laughter in this sequel to the heartwarming *The Best Exotic Marigold Hotel*. A new arrival, Richard Gere, joins an all-star ensemble cast, including Judi Dench, Maggie Smith, Bill Nighy and Dev Patel. Now that his first venture has proven successful, ever-confident Sonny is busy juggling plans for a second resort...as well as his own wedding. But his efforts are constantly hampered by hilarious complications. In order to pull it all together, he'll need a little help and encouragement from his resident friends. PG. 123 minutes. English subtitles.

January 8th: *Mrs. Brown* (1997) Mrs. Brown is a riveting, true-life story of forbidden love and passion. Queen Victoria (Judi Dench) was the world's most powerful woman. Rugged Scotsman John Brown (Billy Connolly) was a lowly servant who looked after her horses. Yet when circumstances brought them together, the result was a

passionate friendship that scandalized a nation!
PG. 104 minutes. English Subtitles.

January 15th: *Radio* (2003) For anyone who ever had a dream and everyone with the courage to stand up for what they believe, comes the real-life story of Robert “Radio” Kennedy. Experience Radio’s journey from a man no one understood to the coach no one could live without. Together with Head Coach Harold Jones, Radio inspired a football team to become champions and a town to open their hearts. Heroic performances from Cuba Gooding, Jr. and Ed Harris will have you laughing, crying, and cheering for the man who proved the world’s greatest victories happen in real life. 109 minutes. PG. English subtitles.

Informer Submission Deadlines

Due to the holidays, there will be no *Informer* published on Friday, December 31st, which would be a regular bi-weekly date. Instead, we will skip that Friday and publish next on January 7th. The deadline for that edition will be December 31st.



Beginning with January 7th, we will be back on the regular every-other-Friday schedule for *Informers*.

- Submission deadline: December 31st for publication January 7th
- Submission deadline: January 14th for publication January 21st
- Submission deadline: January 28th for publication February 4th

[Submit here.](#)

Residents' Birthdays

Lorna Caulkins on December 17th
Gerry Adams on December 20th
Jenny Erickson on December 21st
Betty Anne Francis on December 24th
Rich Adams on December 31st
Marie Cumerford Munyon on January 1st
Sue Dimit on January 7th
Marvel LaCasse on January 8th

Rick Murphy on January 10th

Find more of *The Informer* online **here!**



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Mayflower
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