

The Informer

June 10, 2022

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French Dinner

On Thursday, May 26th, the Foodservices department of The Mayflower Community prepared and served a special French Dinner. The offering, which was



overseen by Foodservices Certified Dietary Manager, Jacob Staroska, included a seven-course meal and beautiful table setting.

Mayflower Foodservices staff who prepared the French dinner (left to right): Rosie Mumm, Toni Hamilton, and Jacque Kirby.

Components of the menu were:

- Cocktail Time – French75 Cocktail and Chicken Galantine
- Hors D'oeuvres – Mushroom & Onion Tarts
- Cheese Course – Baked Camembert with Toasted Crostini
- Appetizer – White Wine & Garlic Frog Legs
- Soup – Creamy Shrimp Bisque
- Entrée – Veal Marsala with Mushroom and Herbs de Provence
- Dessert – Poached Pear with Chocolate Sauce and Vanilla Ice Cream
- Mignardise – Organettes and Coffee

Excellent food and Mayflower...synonymous!

-Bob Mann, Mayflower Sales & Marketing Director



Too Many String Band Plays Mayflower

On Friday, May 29th, Grinnell's renowned Too Many String Band played for healthcare residents of The Mayflower Community in the Carman Center. In the accompanying photo, you will note that the band front row is composed entirely of Mayflower residents (from left), Sig Barber, Sandy Moffett, Betty Moffett, and Bob Cadmus. Aren't we all fortunate that this talented and fun group lives in Grinnell!

The event was organized and hosted by Mayflower's Community Life and Wellness Department, Leslie Jaworski, Director, and Tracy Woolfolk and Jessica Hasenyager, Coordinators.

-Bob Mann, Mayflower Sales & Marketing Director



Mayflower Beebe Poetry Society Holds 1st Meeting

On May 26th, a group of Beebe Assisted Living residents in The Mayflower Community met in the Beebe Activity

Room for the formative meeting of the Beebe Poetry Society. The plan is to hold monthly meetings of the group.

From left Deena Wellborn, Betty Anne Francis, Barbara Rosfjord, Joan Mohan, Gene Rohr, and Alice Breemer.

The theme for the first meeting was the role imagination plays in poetry. Inaugural members received copies of poems prior to the meeting, including three poems written recently by Beebe resident and poetry enthusiast, Gene Rohr. Additional poems read and discussed were "The Idea of Order at Key West" and "Peter Quince at the Clavier" written by American modernist poet, Wallace Stevens.

Gene led the meeting which inspired an exchange of thoughtful ideas, suggestions, and discussion about imagination and reality within literary works. The next meeting will take place in June, with Betty Anne Francis selecting the poems and leading the discussion.

-Leslie Jaworski, Community Life and Wellness Department

Well-Being at Mayflower

Food For Thought

Recommended Foods: Fish and Poultry for Protein



Protein provides the building blocks for the brain and body to grow, repair, and metabolize. Every body tissue and enzymatic reaction requires protein for proper function. Adequate dietary protein is essential for health and wellbeing. As the body ages, it is at greater risk for muscle tissue loss. Eating enough protein can slow the process of muscle loss, helping maintain physical function and quality of life.

What are the best sources of protein? Focus on fish and poultry. MIND (Mediterranean-Dash Intervention for Neurodegenerative Delay) recommends choosing fish or shellfish at least once a week. Most preferred are fatty fish options, like salmon, sardines, mackerel, herring, cod, or trout. Fatty fish provide a bonus brain boost: omega-3 fatty acids.

In addition to fish, opt for chicken or turkey at least twice weekly. Experiment with a variety of cooking methods, like baking, sauteing, grilling, poaching, broiling, or steaming. Reserve deep frying as an occasional treat, as the frying process compromises nutrient quality.

Eating fish and poultry once or twice weekly are minimum recommendations. Seek to have protein-rich meals daily to meet the body's needs.

Looking for some fresh ideas or inspiration? Here are two recipes:
[Simple Baked Chicken](#)

Tomato Poached Fish

[Reference found here.](#)

-Meredith Crow, MA, RD, LD, Mayflower Dietitian



Pop-Up Pizza on Mayflower's Altemeier Patio

The Mayflower Community independent living residents enjoyed a pop-up pizza party on Memorial Day on the new Altemeier Patio that was installed last fall. Residents, Bob and Barb McConnell, organized the event. Becky Neal provided the photograph.

-Bob Mann, Mayflower Sales & Marketing Director

Mini Cooper Visits Mayflower

On Saturday, June 4th, Cooper, the miniature horse, visited Mayflower healthcare residents in the Health Center and in Beebe Assisted Living. Known as "Mini Cooper," the gentle pony greeted folks and got up close.



Pictured are Bentley, Cooper, Susan and Suzy Raffety.

"Mini Cooper" is owned by Susan Leathem Sanning of rural Grinnell, who is the Associate Dean and Director of Service & Social Innovation at Grinnell College. Susan also brought her therapy dog Bentley for the visit.

-Mayflower Community Life and Wellness Department

Mayflower' Beebe Book Club Does Another

Book...and Dinner

On Thursday evening, June 2nd, the Beebe Book Club social dinner was held in The Mayflower Community's J&B Bistro. The Book Club is a function of Mayflower's Beebe Assisted Living and includes all Beebe residents who wish to participate. It was founded in 2021.



Toasting the New York style dinner are, from left, Betty Anne Francis, Laird Keever, Alice Breemer, Joan Mohan.

In April, the group began reading and sharing, "When Harry Met Minnie," a true story of love and friendship among dog owners, written by CBS correspondent Martha Teichner. Because this book was set in New York City, Mayflower's Foodservices Supervisor, Jacob Staroska, put together an NYC menu of New York Style pizza, New York sour cocktails, and dessert cheesecake.

The meal was attended by Laird Keever; Alice Breemer; Betty Anne Francis; Joan Mohan; Brittany Hinkle, BSN, RN, Mayflower's Director of Assisted Living and Home Services; and me. All Beebe residents were invited, but some were not able to attend.

Residents gather periodically to listen to the book on audiobook. Others read it or have it read for them. The Club was founded last fall when they read the inaugural book, "Dinner with Edward."

-Jessica Hasenyager, Community Life and Wellness Coordinator

Resident News



Mayflower Lawn Games



The following lawn games are available to be borrowed at The Mayflower Community: Corn Hole bag game, Bocce Ball lawn bowl, Bling Ball/Ladder Ball, and Horseshoes.

A project of the Mayflower Residents Association Social Committee, the games were acquired to be used for outside events, including pop-up parties. They are stored in the Bell Choir Room, lower level of the Pearson building, just off the Basement Craft Room. A room key may be borrowed from the Pearson building receptionist. With the games on the northwest wall of the room, is a check-out sheet that can be used at time of check out or ahead of time for reservations.

-Dorothy Noer, MRA Social Committee Member

Marie Eisenman Birthday Celebration

You are invited to join Mayflower resident, Marie Eisenman, in the celebration of her 90th birthday. Sunday, June 12th. 2:00 – 4:00pm. Buckley Dining Room. Please, no gifts.

Sue Drake's Poem Is Published

A number of Mayflower residents have been honored in the anthology of original poetry published in *Lyrical Iowa 2021*. The Iowa Poetry Association sponsors an annual competition of poems submitted by their authors and then publishes the ones chosen in its annual printed compilation.

Mayflower resident, Sue Drake, had her poem, “Nature’s Dance,” selected for publication among 340 qualifiers from the total 1,800 poems submitted.

Nature's Dance

This morning, I woke up to find a party in my front yard.
Golden iris and flaming orange poppies danced around our maple
tree,
trying to wake others, still sleeping.

The sun was out, the rain had stopped.

The coronavirus seemed far away.

As the dance went on, my eyes danced with them.
Thank heavens, nature knows no virus and mingles in freedom.

Some day, I too, will have freedom to dance
and mingle with loved ones again.

-Sue Drake, Resident

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



Below are the upcoming virtual "trips."

June 16th

- Spain, Santiago, Journey to
- Spain, Santiago, De Compostela
- U.S. Wisconsin and Chicago, Best of the Midwest

June 23rd

- U.S. Hawaii, The Big Island
- Formosa/Taiwan: The Natural Side
- U.S. California, Sonoma Valley

June 30th

- U.S. Michigan, Taste of India, Dehli and Agra
- Argentina/Chile, Patagonia, Mt. Fitzroy

June Treasure Chest: Love Comes Alive

"Love Is in the Air" and on display in the Pearson building lobby Treasure Chest. The June 6th through July 7th exhibit will feature 20th century love songs. Stop by, take a look, and recall some familiar lyrics. You will leave humming a tune. In addition, wedding pictures of Mayflower couples will be on display. See if you can guess who these



couples are. Fill out a ballot to enter the contest. There will be prizes for all who participate.

As always if you have a collection of something you want to share, please contact Ginny or Doug Cameron at 641-236-4544.

-Doug Cameron, Treasure Chest Committee

Informer Submission Deadlines

Submission deadline:

- Submission deadline: June 17th for publication June 24th
- Submission deadline: July 1st for publication July 8th



[Submit here.](#)

Residents' Birthdays

Ed Phillips on June 12th
Gerry Guenther on June 14th
Tom Moore on June 21st
Nancy Roudabush on June 21st
John DeRooi on June 26th

In Memoriam

Bruce Voyles
Date of Birth: April 15, 1946
Date of Passing: May 24, 2022

[You will find the obituary for late resident, Jean Libbey, here.](#)

A service of remembrance for Jean and celebration will take place at the Grinnell United Church of Christ on August 27, 2022 at 10:30am

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



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Mayflower
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