

The Mayflower Log



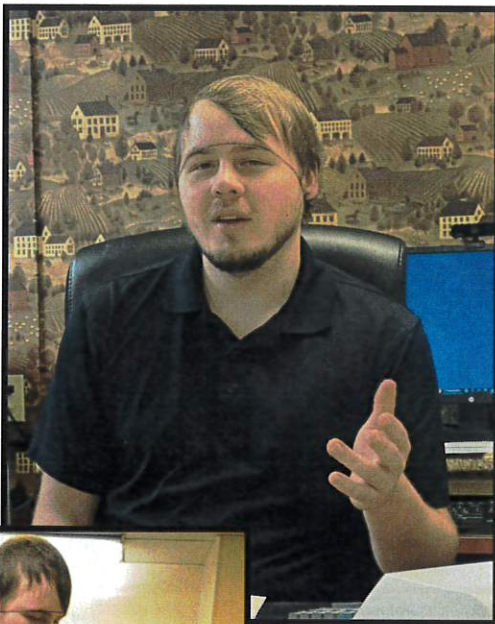
Winter 2023 Volume 23, Number 1

MEET JAKE STAROSKA

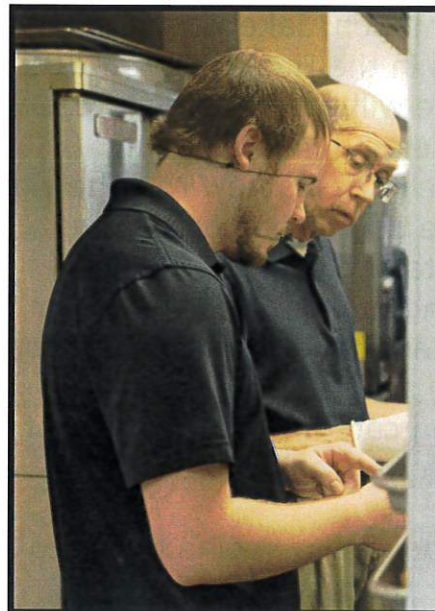
Jake Staroska is only 25, but he says he has an “old heart.”

That feature will serve him well as he began new duties on Feb 1, heading up food service at Mayflower as his predecessor, Scott Gruhn, moves into an expanded role as Director of Facilities and Operations.

Despite his young age, Jake can rely on his 10-year history of work with food service in many different arenas. As a 15-year-old Grinnell High School student, he began working at Michaels restaurant and at Grinnell Mutual. Knowing he wanted to focus on food service, he attended the Iowa Culinary Institute at DMACC. While in school, he worked first at Luther Park in Des Moines, cooking for folks in assisted living and dementia care, and later at Deerfield, an Urbandale independent retirement home. Along the way he also worked in a country club, managed a pizza restaurant, and worked with



Though young in years, Jake's food service experience is extensive.



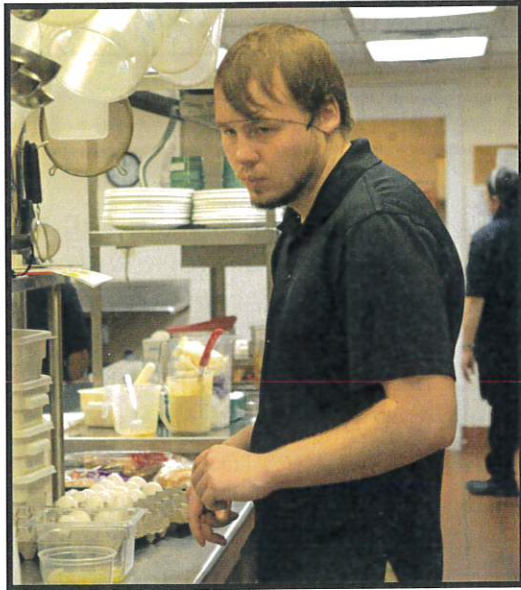
Jake believes his predecessor, Scott Gruen gave him “good ground to stand on.”

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MEET JAKE STAROSKA

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friends from school at different venues. Jake is eager to expand his work at Mayflower. He appreciates following in



Jake will be supervising the many kitchens and dining areas on the Mayflower campus.

the footsteps of Scott, who, he says, "has provided good ground to stand on."

Before his promotion, Jake was in charge of the kitchens in the Health Center and Beebe. Now he will add Buckley Kitchen to his duties, serving independent residents as well. In his new role, he will be making sure day-to-day operations run smoothly, taking over independent events, planning menus in cooperation with the dietician, handling reservations, and scheduling staff. He plans to hold off on accepting catering jobs outside of those for Mayflower residents.

When asked about changes he hopes to make, he looks to instituting more flexible scheduling for staff and working collaboratively with the other members

of staff. He also hopes to be able to include more affordable items, as well as special menus so that all residents will choose to eat at Mayflower, perhaps instead of going out to a restaurant. Appreciating the creativity the position offers, he hopes to introduce finer dining items, including more fish and vegetarian options, as well as items from other cuisines, such as Mediterranean and Mexican.

He feels fortunate to be at Mayflower, where he says the residents are diverse, willing to try new things, and open to different options. He is pleased that he and the servers get to know residents by name. He likes the personal connections that form between residents and workers.

Mayflower is also fortunate to have this young man with an "old heart."

Judy Hunter



Welcome Lois Oertwig



Lois Oertwig moved from Ankeny, Iowa, to the light-filled apartment at 107 Pearson overlooking the Buckley Garden in July, 2022. Lois learned about Mayflower from her grandson, Jason Pollock, a local plumber who has provided services to Mayflower, and her son, Kenny Pollock. Both live in Grinnell.

Lois was born in 1931 in Ames, Iowa, the youngest of three children. Her original family name was Arrasmith, which is distinguished by having a street of the same name in Ames. Her family moved often, and Lois attended 13 different schools in and around Des Moines, before graduating from Des Moines' North High School in 1949.

Lois had a career as an office worker in U. S. government agencies including the Small Business Administration, Army, Dept. of Agriculture, Internal Revenue Service, and Veterans Administration.

She much liked her Army job, which entailed recruiting nurses and other medical personnel and orienting them to their jobs in the Army. She retired from the Veterans Administration in 1986 after 26 years of service. Lois was married three times and survived all three husbands, who died prematurely. Her two children are Kenny, who has retired in Grinnell, and Debra, who lives in Runnells and likes to winter in Arizona. Lois also has two step-daughters and the distinction of being the matriarch of a five-generation family. Her three great, great grandchildren are named Kaselyn, Tanner, and Paisley.

As a teenager, Lois had fascinating experiences as a Civil Air Patrol cadet. She took observation flights over airports and municipalities, learned to shoot a rifle properly, and remembers walking home up 6th Avenue in Des Moines toting her rifle. She also remembers fondly the many winter trips to south Texas with her husband, Dick Oertwig, in their 33-foot Park RV.

Lois was not much for hobbies along her way. She is currently sorting a mountain of family pictures. She is interested in participating in activities at Mayflower such as card playing and board games.



Gene Wubbels

MRA President's Annual Report 2022

2022 will likely go down as a pivotal time in the ongoing story of the Mayflower Community. Change seemed to be a constant.

*Jack Morrison retired after nearly 40 years as the Director of Facilities and Operations and Scott Gruhn was named as his replacement.

*Jacob Staroska was named as Scott Gruhn's replacement and will bring creativity and enthusiasm to his new role as Director of Food Services.

*The residents portal on the Mayflower website has been reworked and is now the best place to go for information and services.

*Our community well-being spaces have been upgraded significantly: the Carman Center, Pearson Fitness Center, Health Center 2nd floor, and the Obermiller Fitness Center.

In addition it seems there are new faces everywhere. We have welcomed many to the Mayflower this year. One of the benefits of age is recognizing the inevitability of life cycles and change. Soon the new faces will become familiar and a source of comfort.

In general, life at the Mayflower is settling in to a new normal. Our relationship with Covid-19 has morphed from fear into caution; more of us are participating in group activities, and residents have the option of engaging with entertainment via Zoom, Facebook or YouTube.

Lastly, I urge you to participate in the community by participating in activities and committees. There is no better way to meet people, build friendships, and foster a feeling of belonging than participating on a committee.

To all those currently serving on committees, thank you! You make Mayflower a stimulating place to live! For those who have not yet done so, try it. I guarantee such service will generate both purpose and belonging.

Here's to all the surprises, joys, and serendipity awaiting us in 2023!

Gerry Guenther
MRA President



Meet Heidi Lauritzen

Heidi Lauritzen is getting settled in her new home at Harwich Terrace East. She shares her residence with Charlotte (after Charlotte Bronte), her very shy ten-year-old cat who, during this interview, only appeared as a small mound under the bedspread.

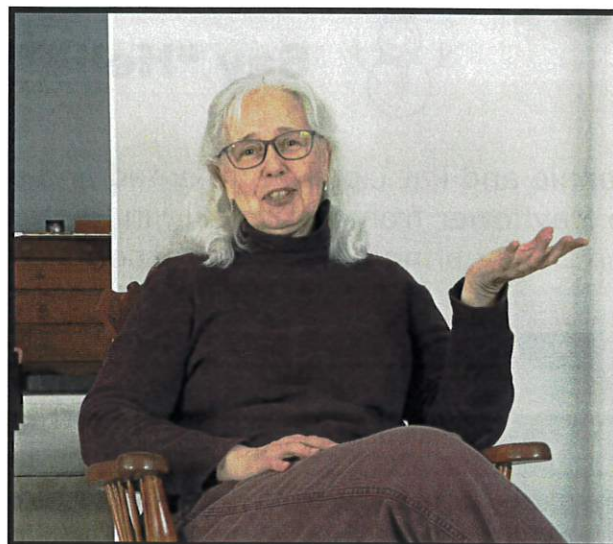
Heidi is no stranger to Grinnell; she and her family moved here from Illinois when she was nine. Her father, Kenneth, worked for Onthank Body and Fender; Jo Ann, her mother, was a Grinnell College faculty secretary. The whole family enjoyed the Grinnell community, and Heidi, who graduated from Grinnell High School, still has good friends here. Her older brother, Greg, lives in Nevada, IA; her younger sister, Lisa, works for the college here in Grinnell; and another brother, Eric, chose a career with the Navy and lives in Hawaii (A nice place to visit, according to Heidi).

After attending Grinnell College for one year, Heidi took a couple of years off before enrolling in Knox College, which she loved. As a Classics major, she had “a real liberal arts experience.”

Following her graduation, Heidi wanted to live in a big city, so she and a few friends moved to San Francisco. But she missed the Midwest and her family, and, in 1984, she settled in Iowa City.

For five years, she worked at the Emma Goldman Clinic in women’s health services, doing patient advocacy and clinic administration. Then she became a full-time student in the University of Iowa’s School of Library Information and Science, earning her Master’s degree in four semesters.

Right after graduation, Heidi found a job as assistant director in the



Coralville library. A year later, she became director, a position she held for seven years. She then became an assistant manager at the Iowa City Public Library Department and reference librarian in the Iowa City public library, where she worked for twenty-two years, “connecting people with the universe of knowledge and stories.”

Heidi retired fairly young—to read more, travel (she cites a Road Scholar trip to Greece, Egypt, Israel, and Turkey) and explore being creative. She is currently enjoying paper marbling, and has taken introductory classes on bookbinding and natural and plant dyes. She hopes to explore more learning opportunities at the Grinnell Area Art Center.

She also enjoys spending time with her three nieces (her sister Lisa’s daughters) who live in town. She says it’s a pleasure to know them as adults after watching them as children from afar.

Heidi explains that she waited to move here until “something that allowed cats became available.” We welcome her—and Charlotte—to the Mayflower community.

Betty Moffett



Say “Hello” to Pat and Bonnie



Bonnie and Pat Lipton, a talented and active couple who live in Watertower 209, moved to Mayflower from Tampa, FL, in September, barely escaping the wrath of Hurricane Ian. They bring a wealth of experience and care to the Mayflower.

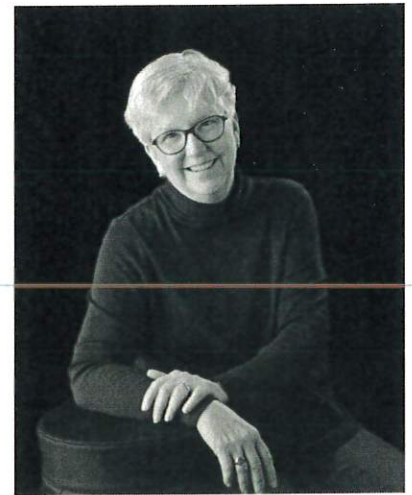


Pat Lipton

Pat was a music major in college and became a professional musician, playing French horn. She lived in Iowa during her first marriage, from which she has two children: Amy, her daughter, lives in Chicago, and her son, Doug, an amazing 46 year old with Downs Syndrome, has relocated to Iowa. Living in Florida for 30 years, Pat worked her way up to become head of human resources department for eight hospitals within the Bay Care system in Florida. She enjoys reading, listening to classical music, doing needle-point projects, cross-stitching, traveling, and watching historical and Hallmark movies.

Bonnie is a “second career” ordained UCC minister. Before accepting her call to the ministry, she served in social service, particularly serving individuals with developmental disabilities. As a minister, she has been a trained Intentional Interim Pastor and Hospice Chaplain. She joined a medical mission trip to support local clinics, orphanages, and hospitals in Ukraine, Hungary, and Serbia and represented the denomination on an informational trip to Israel and the West Bank.

In her younger years, she played semi-pro softball and college volleyball; now she enjoys watching sports on TV and in person. She has been a local, state, and national leader in organizations as diverse as Special Olympics, United Way, American Red Cross, Rotary, and the Business and Professional Women’s organization. She enjoys taking photos, reading, and helping others on their spiritual journeys.



Bonnie Lipton

Pat and Bonnie feel glad to be at Mayflower; they say, “We’re in a good place.” They have felt welcomed and accepted and are glad to be located closer to family and friends. Bonnie, having grown up in a small town, is delighted to return to one; Pat, who has always lived in larger cities, is discovering the joys of a small town. They appreciate the amenities offered in the community, including the availability of specialists at Unity Point Health Grinnell. They look forward to getting to attend events at the college and in the community.

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Say "Hello to Pat and Bonnie Lipton

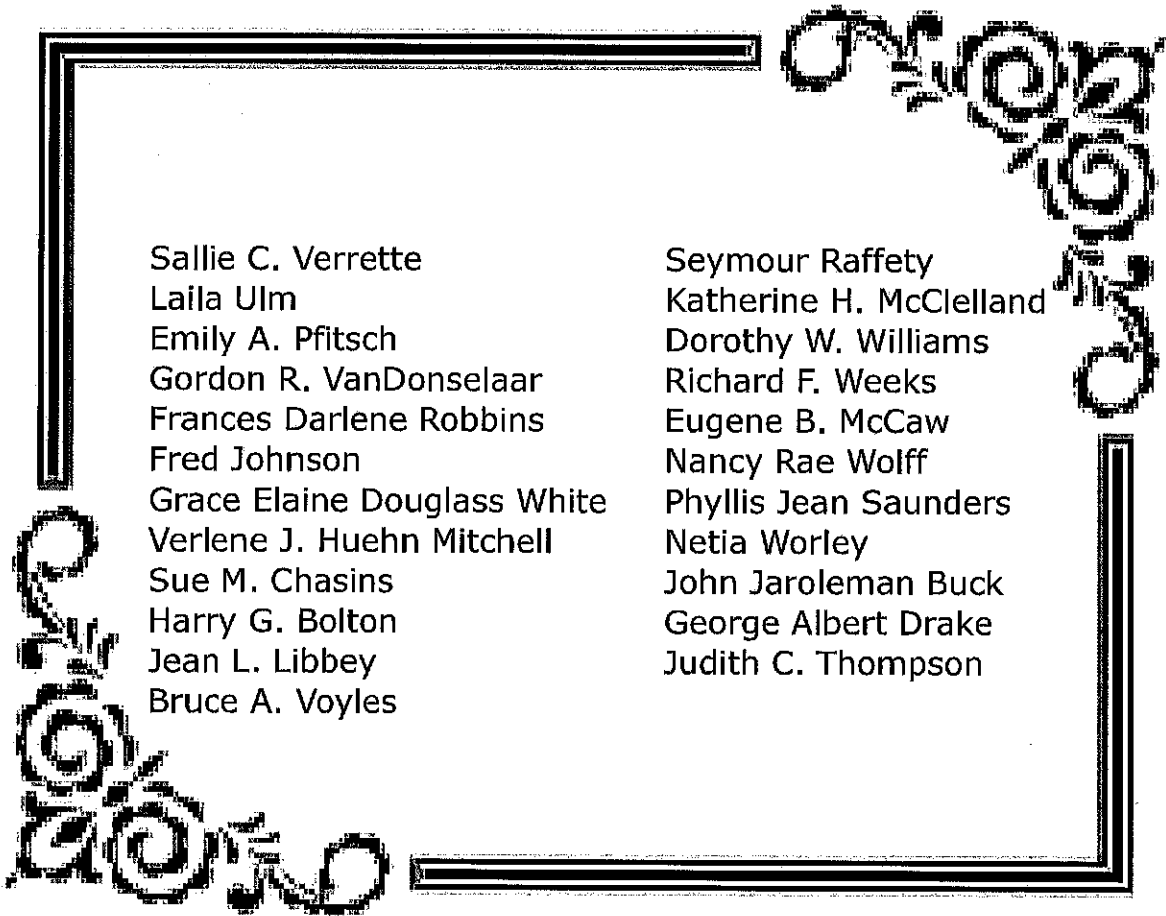
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Both Liptons have dived enthusiastically into Mayflower life: Pat is chairing the Spiritual Life committee; Bonnie is leading the Weekly Devotions. They enjoy Mayflower neighborhood lunches, the opportunities to meet with college students, and get-togethers in the building. They laugh easily and often. Mayflower is lucky to have this delightful couple.

Judy Hunter

BOOK OF REMEMBRANCE

For the year of 2022, 23 names have been added to the Book of Remembrance:



The Memorial Committee is notified of a resident's death. At that time, a letter is sent to the next of kin expressing condolences, telling them that a \$50 gift has been sent from the MRA to the Mayflower Human Needs Endowment Fund in memory of their loved one.

The Book of Remembrance is found outside the Pearson front desk.

Tommy Haas

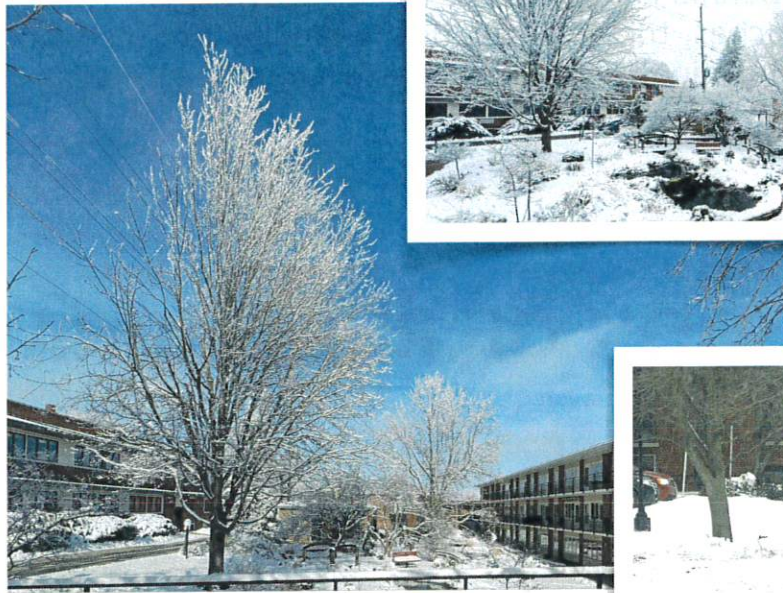


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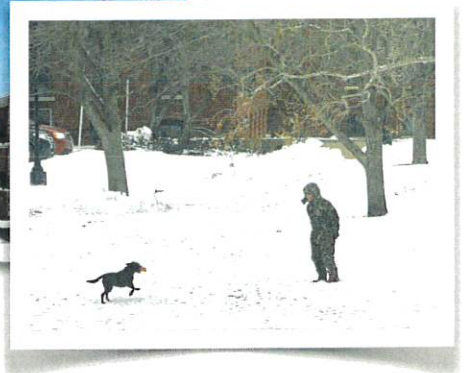
Log Staff

Jeanette Budding
Judy Hunter
Patty Johnson
Dorothy Martinek
Betty Moffett
Bill Pollak
Mary Schuchmann
Gene Wubbels

Photos by Bill Pollak



Winter transforms the Mayflower gardens.



Sandy Moffett and his dog, Hyde, love a frolic in the snow!