

The Informer

August 18, 2023

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New Nursing Staff Leaders at Mayflower

Two Registered Nurses have taken leadership positions on the staff of The Mayflower Community.

Jacki Hicklin, R.N., has been named Director of Assistant Living and Home Services. She will be responsible for all facets of Mayflower's Beebe Assisted Living and for services to Mayflower's more than 200

independent living residents.

Jacki has been employed as a nurse in The Mayflower Community since November of 2002. Her positions have included charge nurse, supervisor of restorative services, Infection Preventionist, Assistant Director of Nursing, and Interim Director of Nursing. Jacki was licensed as a Practical Nurse (L.P.N.) in 1998 and as a Registered Nurse (R.N.) in 2000. Before coming to Mayflower, she worked in other long-term care facilities for a total of four years, in the positions of charge nurse, and interim director of nursing.

Taylor Gersdorf, BSN, RN, has been named Associate Director of Nursing. She is based in Mayflower's Health Center, where she provides nursing support to staff and to long-term care and rehabilitation residents.

Taylor received her RN (registered nurse) degree from Marshalltown Community College in 2020. While pursuing her degree, she worked as a CNA and then an LPN in

The Mayflower Community. Taylor then continued her nursing education at the University of Iowa, where she earned her Bachelor of Science in Nursing degree. During that time, she worked in intensive care and medical-surgical at Mercy One Newton and as a clinical nurse for Grinnell Family Practice. A native of Grinnell, Taylor appreciates the opportunity to again be a part of the Mayflower family.



Kellie McGriff, Mayflower's Associate Director/Administrator, states, "Both nurses have impeccable credentials and good hearts. Our residents' lives are enriched by their service."

-Bob Mann, Mayflower Sales & Marketing Director



Well-Being At Mayflower: Food and Depression

Major depressive disorder (MDD) is the most common mental disorder in the United States, with an estimated 21 million Americans (approximately 8%) reporting at least one episode of MDD in the last year. MDD is defined as when a person experiences a depressed mood and/or little interest or pleasure in daily activities for a period of at least two weeks. Persons experiencing MDD may also experience changes in sleep patterns, eating habits, energy levels, concentration, or sense of self-worth.

To say that depression is a crippling disease for individuals, families, and societies, is an understatement. Typical treatment involves medication, counseling or psychotherapy, and self-care. Food preparation is one of the simplest, yet profound, self-care efforts.

The sensory experience of preparing food, alongside the relational connections that happen around a table, can promote emotional grounding and gradual healing. At a physiological level, food itself may have a powerful influence over gut function, microbial balance, and brain chemistry. And, as research is continually unearthing, gut function, microbial balance, and brain chemistry are in complex

interplay with direct effects on mental, emotion, and physical wellbeing.

This begs the question: What foods promote healing for people with MDD? The most general answer: Whole and unprocessed foods rich in protein and fat with plenty of dark green and red/orange vegetables.

Many people with MDD feel better eating a lower carbohydrate diet. Lower carbohydrate diets are naturally higher in fat and protein. It is not necessary to eliminate carbohydrates. Instead, the focus should be on choosing whole grain options (brown rice, oatmeal, quinoa, or sweet potatoes) in small portions. An appropriate portion size of carbohydrates fills $\frac{1}{4}$ of the plate, with the remaining $\frac{3}{4}$ filled with protein and vegetables. Save white flour and sugar for very occasional treats. Start small, remembering every nourishing choice contributes to a healthier gut and mind.

Try this cool and refreshing shake for an energy and mood boost anytime!

Avocado Chocolate “Moodshake”

1 small, ripe avocado

1 cup almond or coconut milk

$\frac{1}{4}$ cup heavy cream or coconut cream

5 ice cubes

2-3 Tablespoons cocoa (unsweetened)

5-10 drops of stevia (to taste)

$\frac{1}{2}$ frozen banana (optional)

Combine avocado, milk, cream, ice, and banana (if using) in a blender. Process until smooth. Add chocolate and stevia to taste. Enjoy!

References:

Eat Right, Feel Right: Recipes and Tips to Improve Mood, Sleep, Attention, and Focus. Dr Leslie Korn. 2017.

[Website reference found here.](#)

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

Mayflower Annual Shrimp Boil

On Tuesday, August 15th, The Mayflower



Community celebrated fun dining with their annual Shrimp Boil for residents and guests. Unlike prior shrimp boils held at dinner time, this year the event was held at 12:00noon.

You ask, how is that possible, given Iowa's heat and humidity? Easy! Mayflower rolled out the new awnings over the Buckley Patio. Sitting next to the Buckley Courtyard Gardens and the koi fishponds, diners enjoyed fresh shrimp boiled in open hot-water vats on the patio, with most dining in the shade.

In addition, the Mayflower Foodservices staff, under the direction of Jacob Staroska, Director, served up a menu that included boiled corn on the cob and red potatoes, along with the shrimp, sausage, and drinks. In the accompanying photo, Justin Faircloth, Mayflower cook, presents the stars of the show!

As poet Stevie Smith wrote first in 1937, "And, a good time was had by all." Yummmm.

-Bob Mann, Mayflower Sales & Marketing Director

Let 'Em Eat Pie...at Mayflower

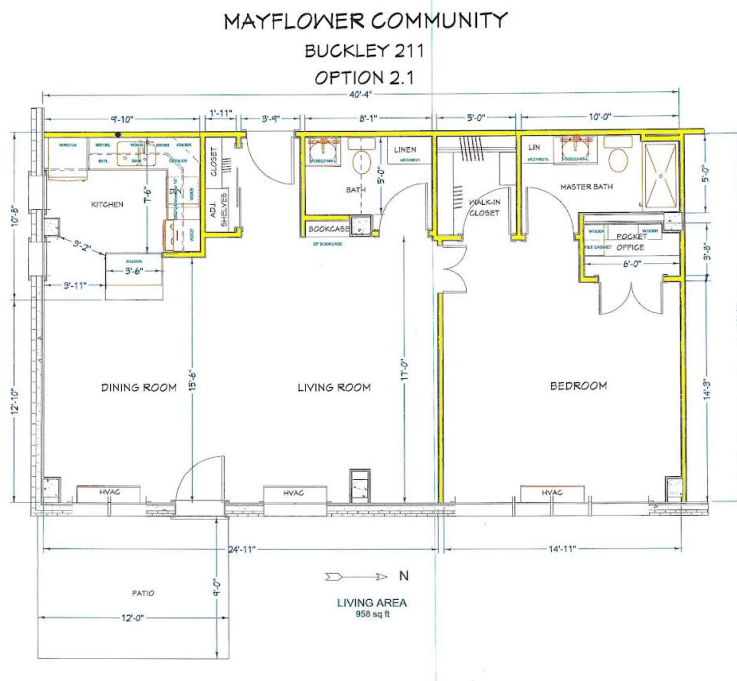
On Tuesday, August 8th, Mayflower Community residents and guests were treated to homemade pie (what other kind is there?). The Mayflower Foodservices staff baked and made a variety of pies to provide an afternoon break for residents. In this photo Jacob Staroska, Director of Foodservices at Mayflower, serves pie to Doug Cameron as folks eagerly wait behind him for their slice.



Mayflower...fun events, supportive services, clean and beautiful facilities, next-door to downtown Grinnell, AND great food.

-Bob Mann, Mayflower Sales & Marketing Director

Open House Activities



On Saturday, July 29th, The Mayflower Community (Grinnell) hosted an Open House to show campus amenities and available traditional apartments in the five inner-campus apartment buildings.

Mayflower's independent living homes include 73 traditional apartments, 26 Watertower Square apartments, and 48 Harwich Terrace patio homes, which are home to over 200 Active Adults.

As a result of the Open House, five traditional apartments have been committed to new residents. In addition, several visitors discussed Watertower Square and Harwich Terrace living.

Currently, there are four available Harwich Terrace patio homes. Two are in the process of sale, and two are being shown to members of Mayflower's Wait-List.

A lot of activity with these Active Adults!

There are still a few traditional apartments available. One that was being held during the Open House is now available. This just-under 1,000 square foot attractive home with open kitchen and dining counter, one-bedroom, one-and-a-half baths, a pocket office, and a walk-out door and deck, is shown in the floor plan above.

-Bob Mann, Mayflower Sales & Marketing Director

**American Legion Award to Dale
Lippincott**

On Tuesday, September 15th Brooklyn

American Legion Post 294 Commander Ron Brown and First-Vice Tom Ryan presented Dale Lippincott with an award certificate for over 75 years of continuous service as a member in good standing. Dale lives in The Mayflower Community (Grinnell). Pictured at the presentation was Dale's daughter Donna and wife Helen. Dale is one of three living WWII veterans of Post 294.



-Bob Mann, Mayflower Sales & Marketing Director



Music, Music, Music at Mayflower

Melodies are in the air in The Mayflower Community, Grinnell. Over the last few weeks, we have been entertained by gospel, country, popular, old-time, Disney, and love songs. We are fortunate to have an acoustically superb venue in the Carman Center and a finely-crafted grand piano. Musicians comment about what a treat it is to perform at Mayflower.

Performers have included Melissa Keller and her daughter Lauren Keller, Jerry Beauchamp and Myrt Evans, Dennis Perry, and Bill Lawyer.

Let the good times roll!

-Bob Mann, Mayflower Sales & Marketing Director



Kiesel Theatre Opera & Buckley Themed Dinner

On Saturday, August 26th, the third 2023 summer opera to be shown in Mayflower's Kiesel Theatre will be

Tchaikovsky's *Eugene Onegin*. At 2:00pm, resident Don Smith will be sharing a few story insights just prior to the showing. There is no charge and guests are welcome.

Following the opera, a Russian-themed dinner will be served in the

Buckley Dining Room. The cost will be \$20.00, including wine. Guests are welcome. Reservations will be due by 12:00noon on Wednesday, August 23rd to 641-236-6151 x216 or jstaroska@mayflowerhomes.com

-Bill Pollak, Mayflower Resident

Therapists Play Games at Mayflower

On Friday, August 4th, Key Rehab licensed therapists, Tammy Dufoe and Kathryn Padgett, led some activities in the Mayflower Health Center.



Tammy and Kathryn are based in the Key Rehab Clinic located in the Health Center. Residents played tic-tac-toe with bean bags and rolled the dice for prizes. Therapists are multi-talented.

-Bob Mann, Mayflower Sales & Marketing Director

August Wine & Cheese Gathering

The next Wine and Cheese event will be **Friday, August 25th. 4:30-5:30pm. Buckley Dining Room.** Come and enjoy Mayflower resident and guest conversation...and refreshments!



In addition, Nancy Cadmus and Jack Mutti, members of the MRA Information Resources Committee, will be at a Dining Room table to assist with computing/phone issues.



MRA Forum

“The Status of Our Legal System”

Judge Stephen Carroll

Tuesday, September 9, 2023. 2:00-3:30pm.

Kiesel Theatre

The Mayflower Residents Association sponsors a monthly Forum where information of interest to Grinnell residents is presented and followed by a

question-and-answer time. The presenter for September's Forum will be retired District Judge, Steve Carroll.

Steve is a graduate of Grinnell College and received his law degree from Drake University. He serves as a senior judge in Iowa's District 2A. Appointed to the court in 1985, Steve retired in 2012, but continues to serve in senior judge status.

He will speak about current topics and happenings in our legal system.

-Bob Butterfield, MRA Events Committee Chair

2023 Armchair Travels



Coming Armchair Travel videos (Kiesel Theatre; 2:00-3:30pm):

August 24th

- U.S., Iowa, The Tallgrass Prairie
- U.S., Florida, Sea Grasses

August 31st

- Greece, The Spartans

September 7th

- Greece, The Spartans

September 14th

- Lebanon
- U.S., Iowa, Ledges State Park

September 21st

- U.S., Florida, Artificial Reefs
- U.S., California, San Francisco, Alcatraz
- The Story of Kwanza

September 28th

- U.S., the Park to Park Highway 1
- Austria, Vienna Christmas

-Shane Estes, Resident

Kiesel Theatre Movie Showings

The Saturday Afternoon Movies Are Back (2:00pm)!

September 2nd: *84 Charing Cross Road* (1987). A story about love and the love of books. Helen Hanff (Anne Bancroft), a feisty New York writer, mails a letter to a small London bookshop requesting some rare English classics. Frank Doel (Anthony Hopkins), the reserved English bookseller, answers her request, beginning a touching and humorous correspondence that spans two continents and two decades. PG-13. 123 minutes. English subtitles.

September 9th: *The King's Speech* (2010). When England's throne is suddenly thrust upon him, amidst royal family scandal and impending world war, King George VI (Colin Firth) must overcome a lifelong, debilitating speech impediment to lead his nation. His wife (Helena Bonham Carter) enlists an eccentric speech therapist (Geoffrey Rush). The two men forge a friendship that will empower the monarch to find his voice. R. 119 minutes. English subtitles.

September 16th: *The Russians Are Coming, the Russians Are Coming* (1966). Carl Reiner, Eva Marie Saint, Alan Arkin, Brian Keith, Jonathan Winters. When sightseeing Soviet commander (Arkin) runs his submarine aground off the New England Coast, his crew's attempts to find a boat to dislodge the sub almost starts World War III. This is a riotous, uproarious, and sidesplitting comedy. NR. 126 minutes. English subtitles.

September 23rd: *Born Yesterday* (1951). Judy Holliday and William Holden. Billie Dawn (Judy Holiday) is the "dumb blonde" girlfriend of Harry Brock (Broderick Crawford), a corrupt millionaire junk dealer. Brock is embarrassed by Billie's crass behavior, so he arranges for her to take a crash course in "culture" from a handsome, young journalist (William Holden). This is a classic comedy with unforgettable performances. B&W. NR, 102 minutes. English subtitles.

September 30th: *The Gods Must Be Crazy* (1980). For five thousand years, things have stayed pretty much the same for Xi (Nixau) and his fellow Bushmen. Then one day, an empty Coke bottle drops magically from the sky, and life goes topsy-turvy in the face of this generous "gift of the Gods". When Xi sets off to return the mystical present, he encounters a romantic microbiologist, a schoolteacher, and a band of

terrorists, all enmeshed in a plot so insane, it could only happen in the “civilized” world. An original and thought-provoking comedy. PG. 109 minutes. English subtitles.

Mayflower Worship Opportunities



These two worship opportunities are offered by the Mayflower Residents Association Spiritual Life Committee:

- Weekly Devotions. Tuesdays. 11:00 – 11:40am. Carman Center. Prayer; scripture; stories. Relax; reflect; renew. Leader: Rev. Bonnie Lipton. No registration required.
- Bible Study. First and Third Thursdays. 11:00 – 12:00noon. Health Center Fireside Room (2nd floor). Leader: Rev. Anne Sunday.

-Pat Lipton, MRA Spiritual Life Committee Chair

“People of The Bible” Discussion Session

Resident Marilyn Schuler is leading a session entitled, “People of the Bible,” on the second and fourth Thursdays of the month. 11:00-11:45am. Fireside Room (2nd floor of the Health Center). All are welcome. Please contact Marilyn Schuler (641-891-7760 or mschuler107@gmail.com) with questions.

-Rev. Anne Sunday, Resident

LYCEUM SCHEDULE

Thursday Evenings, 7:00pm

Carman Center

Guests of Residents Welcome

September 7th: Royce Wolf, pianist

September 14th: Sandy Moffett, reading from his latest novel

September 21st: Randye Jones, soprano, and Marlys Grimm, pianist (opera and gospel)

September 28th: Gene Wubbels and Shane Estes, residents leading a sing-along

Book List:

Never Give Up by Tom Brokaw
A Single Thread by Tracy Chevalier
Book of the Dead by Patricia Cornwall
Poverty in America by Matthew Desmond
Never Home Alone by Rob Dunn
No Ordinary Assignment by Jane Ferguson
Of Women and Salt by Gabriela Garcia
Taming of the Queen by Gregory Philippa
Sparring Partners by John Grisham
Gray Mountain by John Grisham
Five Star Weekend (large print) by Elen Hildebrand
True Detectives by Jonathan Kellerman
How High We Go In The Dark by Sequoia Nagamatsu
A World of Curiosities (large print) by Louise Penny
Lucy by The Sea by Elizabeth Strout

Book Reviews

***Never Give Up: A Prairie's Family Story* by Tom Brokaw**

In this moving story, bestselling author, Tom Brokaw, chronicles the values and lessons he absorbed from his parents and other people who worked hard to build lives on the prairie during the first half of the twentieth century.

Tom's father, Red, left school in the second grade to work in the family hotel in Bristol, South Dakota. Eventually through work on construction jobs, Red developed an exceptional talent for machines. Tom's mother, Jean, was the daughter of a farmer who lost everything during the Great Depression. They met after a high school play when Jean played the lead and Red fell in love with her from the audience.

Although they didn't have much money early in their marriage, especially once they had three boys at home, Red's philosophy of "Never Give Up" served them well. His big break came after World War

II when he went to work for the Army Corps of Engineers building the great dams across the Missouri River.

Tom Brokaw throughout his career has always asked what we can learn from world events and from our history. Within *Never Give Up* is one answer, a portrait of resilience and respect for others at the heart of one American Family.

The Five-Star Weekend
by Elin Hilderbrand

Hollis Shaw's life seems picture-perfect. But after she and her husband Matthew get into a heated argument one snowy morning, he leaves for the airport and is killed in a car accident. When Hollis hears about something called a "Five-Star Weekend" (one woman organizes a trip for her best friend from each phase of her life: her teenage years, her twenties, her thirties, and midlife), she decides to host her own Five-Star Weekend on Nantucket. The *Five-Star Weekend* is a surprising and captivating story about friendship, love, and self-discovery set on Nantucket Island.

-Members of MRA Library Committee

Residents' Birthdays

Alice Breemer on August 15th

Patty Johnson on August 15th

Donna Miller on August 18th

Mary Smith on August 18th

Pat Groth on August 22nd

Katie Hoisington on August 24th

Dennis Day on August 25th

Heidi Lauritzen on August 26th

Barb Lease on August 28th

Karen Phillips on August 29th

Lisa Adkins on August 30th

Gloria Clay on September 2nd

Mari Duke on September 2nd

Dennis Perri on September 2nd

Informer Publication Schedule

Submission deadline August 25th for publication September 1st

Submission deadline September 8th for publication September 15th

Submission deadline September 22nd for publication September 29th

Submission deadline October 6th for publication October 13th

Submission deadline October 20th for publication October 27th

Submission deadline November 3rd for publication November 10th

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



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Mayflower
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