

The Voyager

Reporting life at Mayflower Place

Debra Darsney chats with Evelyn Head as she checks blood pressure



Knowing residents is key to meeting their needs

An array of services is always available at Mayflower Place

As Clinical Services Director Debra Darsney strolls through Mayflower Place, she greets residents by name, and often stops to chat. The conversation may be about a family gathering, a recently read book, or even one of the Mayflower Place activities.

No matter what they discuss, Debra says getting to know the residents is what she likes best about her job. She also knows it is an important component of making sure residents get the services they need.

A Registered Nurse, Debra manages a staff of 16 professionals that includes Licensed Nurses as well as Certified Nursing Assistants and Home Health Aides.

"We advocate for residents, to make sure they get the best possible medical care when they need it"

They help residents with everything from meal preparation to medication administration and personal care. Services are offered on an ongoing basis, or from time to time as needed.

"When our residents are comfortable with us, they're most likely to approach us when they need assistance, and to let us know if their needs are changing," Debra explains.

"Some residents are completely independent when they move to Mayflower Place," she says. "This quickly

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becomes their home, and they don't have to leave that home when their needs change at some point down the line. We provide them with the services they need, right in their apartment."

Wellness Secretary Maxine Albury assists Debra and the rest of the wellness staff, organizing medical records, scheduling doctor's appointments for residents, and arranging transportation.

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"Mayflower Place has launched their new Short Stay program this summer," says Joanne Johnson, Director of Community Relations. Now seniors can stay at Mayflower Place for a short period of time and relax in beautifully appointed apartments, knowing that their needs will be met in the Mayflower Way. The Short-Stay program includes a furnished apartments, three nutritious meals a day, scheduled transportation, weekly housekeeping and customized care. Inquire about "Short Stay" at 508-790-0200

Mayflower
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Continuing Care Retirement Community

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A Chat with Peg

Margaret “Peg” Holmes, Executive Director, has been a member of the Mayflower Place team since 1991. Here, she answers some of the questions she is frequently asked.



Q: What is life like at Mayflower Place?

Many of our residents are very independent, and many also need some assistance with activities of daily living. They have all chosen to make their home here because they are ready to give up the headaches of maintaining a house and yard. They are ready to live more conveniently, and our services and amenities— such as fitness, dining and personal care services— are very appealing. A wide array of activities and programs make it possible for everyone to be just as active and involved as they want to be.

Q: What kinds of activities are offered?

We really do have something for everyone. There are art lessons and fitness classes, gardening, golfing on our putting green, current events discussions on timely topics, lectures and musical performances. We also schedule plenty of getaways. We handle all the arrangements and transportation, so residents can just enjoy themselves on everything from Boston museum visits, to Cape Cod shopping excursions, to Nantucket daytrips and lots more.

Q: What happens if I need more assistance as I get older?

That's an excellent question, because as seniors plan and look ahead to the future, they usually consider the possibility that their needs will change. The services seniors are likely to need as they age — such as help with dressing and personal care, or medication reminders— are available as you need them, right here at Mayflower Place.

Q: Will I need to move to a different apartment when my needs change?

No, and that really sets us apart. We offer independent living, assisted living and skilled nursing care on a single campus. But unlike many senior living communities, which only offer assisted living services in a separate section of the building, our staff will come right to your apartment when you need help.

Q: I'd like to move to Mayflower Place, but is it wise to consider selling my house, in this economy?

Your house shouldn't be a ball and chain! People who bought their home decades ago will still find that real estate was a good investment. And they also discover that Mayflower Place makes good financial sense for seniors, because one monthly fee pays for house-keeping, maintenance, landscaping, a daily meal, activities, property taxes, and a lot more. If you are concerned that you need to sell

your home before you plan your move, let us discuss several flexible options that can allow you to enjoy life at Mayflower Place while your home is on the market. I encourage you to call or stop by anytime for a tour, so we can answer all your questions. You can also look at our website: www.mayflowerplace.com.

Knowing residents needs

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Debra Darsney,
Director of Clinical
Services

Debra also works to coordinate services from outside providers, typically covered by insurance or Medicare. Those may include health monitoring from Visiting Nurses, or in-home

physical therapy.

“We advocate for residents, to make sure they get the best possible medical care when they need it,” she says.

“Our residents think Mayflower Place is a great place to live, but I can tell you it is also a great place to work” say Debra. “I’ve worked here for 15 years, and most of the people in my department have been here for a long time. We love being a part of the residents’ lives, and having them be part of ours.”

Resident Profile: Al LaFreniere

A Life of Adventure and Love Leads to Mayflower Place

Al LaFreniere's Mayflower Place apartment is filled with treasures from all over the world — evidence of having lived an exciting life, by anyone's measure. Mr. LaFreniere has deciphered secret codes in Brazil, overseen an embassy in India, hunted game in Africa, and collected ceramics in Ireland, all while working for the State Department.

Since coming to Mayflower Place, Mr. LaFreniere has continued to cultivate new interests and pursue wide-ranging activities. After taking painting classes with instructor Jeannette Carney at Mayflower Place, he has covered one canvas after another with scenic landscapes. Having been a golfer all his life, he is now a frequent player on the Mayflower Place putting green. His professional background makes him a valued participant in organized current events discussions led by Sarah Franey,



Director of Resident Services. He makes a visit to the fitness center and uses the state-of-the-art Keiser resistance training equipment almost every day.

For Mr. LaFreniere, Mayflower Place is just one more part of a life filled with great adventure, but it wasn't a quest for adventure that set him on this course. It was love. From the night in 1938, when he took Marguerite Harris dancing at Kimballs Starlight Ballroom in Lynnfield, Mr. LaFreniere knew he had found the girl he wanted to marry.

"I still remember the dress she wore," he recalls with a nostalgic sparkle in his eyes.

When he learned that the U.S. Foreign Service was seeking young single men for two-year posts to remote regions, after which they would be given clearance to marry and bring their wives on assignment, he embarked on a new career. As Mr. LaFreniere's rank continued to rise as he and Marguerite traveled from one exotic location to another, raising four children in posts that included Dublin, Mozambique, and the Azores.

Mr. LaFreniere says Marguerite was

always cheerful and resourceful as she moved with him from one culture to another, making friends all over the world.

The same gracious spirit made her a popular neighbor at Mayflower Place when Al and Marguerite moved to Cape Cod in 2002. Al knew that his beloved wife would enjoy being close to their daughter Michelle, who lives in Orleans. And so it was that they found their way to Mayflower Place.

Mr. LaFreniere appreciates his newfound friends at Mayflower Place. They were a comfort when Marguerite passed away in 2006, and he enjoys the constant camaraderie.

"I especially enjoy the friendly atmosphere that prevails at Mayflower Place," he says. "I lead an active life here. All the interesting activities mean that you meet a lot of people and get to know them well. We have a good time together."

The Geritones: Singing to their hearts' content



"When you sing, you're happy," says Mayflower Place resident Edith Richards.

That's why she likes singing with the Geritones, a chorus of a dozen or so Mayflower Place residents that meets weekly to sing under the leadership of George Wennerberg.

Celebrating Our 20-year ANNIVERSARY 1989-2009



Everyone was all smiles at our 20th anniversary party

Worth Noting

Noted Cape Cod Radio Personality Joins Staff

For more than a quarter of a century, Susan Hassett was a Cape Cod radio personality known for her sparkling enthusiasm. She brings that same zest to Mayflower Place in her new job as Director of Marketing. A self-described "people person," Susan lives in Cummaquid with her husband of 44 years.



"I'm the first face many people see when they make a visit, and begin to consider making Mayflower Place their home," she says. "I love introducing them to such a stimulating community, where there are so many things to enjoy, and so many services for our residents."

Fitness is one of our strengths

Fitness Director and Exercise Physiologist Rick Pizzuto says that seniors who begin an exercise program are likely to maintain their commitment because they discover how much better they feel.

"When we are younger, we often exercise because we are concerned about how we look, but as we age, we are motivated by health," he explains.

In addition to being open to residents, Mayflower Place fitness center memberships are also available to the public.

Pizzuto says a safe, friendly approach sets the Mayflower Place fitness center apart from other gyms.

"Someone is here seven days a week. We are happy to oversee every aspect of a member's exercise program, so no one feel like their left to figure it out on their own," he says.



We're Pleased They Like Us

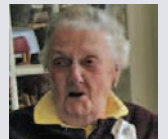
For the sixth year in a row, Mayflower Place has been recognized with Readers Choice Awards as the number one retirement community in Yarmouth, and with a regional gold award for retirement living.

Centenarians Celebrate at Mayflower Place

A 100th birthday always calls for a celebration, and this spring Mayflower Place celebrated that milestone twice.

Born on May 23, 1909, **Kay Muerling** lived in Winchester before retiring to Cape Cod 40 years ago, and moving to Mayflower Place in 1995.

Irene Costanzo, born on June 22, 1909, lived in West Yarmouth before moving to Mayflower Place in 2007.



Kay Muerling



Irene Costanzo.



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