

The Informer

November 25, 2022
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Happy Thanksgiving!

Please be safe throughout your Thanksgiving celebrations this weekend. We hope you enjoyed some turkey and family time yesterday.



Veterans Day at Mayflower

The residents of The Mayflower Community's Beebe Assisted Living and Health Center remembered veterans and their spouses in tribute to Veterans Day.

-Tracy Woolfolk, Community Life and Wellness

MIND Diet: Food for Thought Controlling Blood Sugar

November is National Diabetes Month, designed to increase awareness and education about how to live with diabetes. According to published statistics, 10.5% Americans are diabetic. Approximately 95% of these cases are type 2 diabetes. Additionally, an estimated 38% of adults have impaired glucose tolerance (prediabetes), which typically precedes type 2 diabetes. Therefore, nearly 50% of the U.S. population has diabetes or prediabetes. It is an epidemic that affects us all.



In order to lessen the risk of severe, long-term health consequences,

it is essential to maintain blood sugar within the range recommended by your physician. For the 95% of diabetics managing type 2 diabetes, lifestyle measures have major effects on blood sugar control. Some people can achieve optimal blood sugars with diet, exercise, and stress management alone, while others require the addition of medication(s). Since no two people are identical, the optimal lifestyle is determined by each person's unique needs.

Because lifestyle recommendations should be individualized, the focus here is generalized. Below is basic guidance that is foundational to managing blood sugar, but also applicable to those without a diabetes or prediabetes diagnosis.

1. Eat Whole, Minimally Processed Foods.
2. Focus on Protein and Green/Orange/Red Veggies at Meals. 75% of your plate should be filled with protein and/or veggies.
3. Engage in Enjoyable Physical Activity. Aim for a minimum of 30 minutes, 5 times weekly.
4. Allow for Enough Sleep. Most people require 7-8 hours for optimal functioning.
5. De-Stress. Engage in everyday activities that allow you to unwind physically and mentally.

Start small, choosing one area of focus. You'll be amazed at the difference made when a few small changes add up.

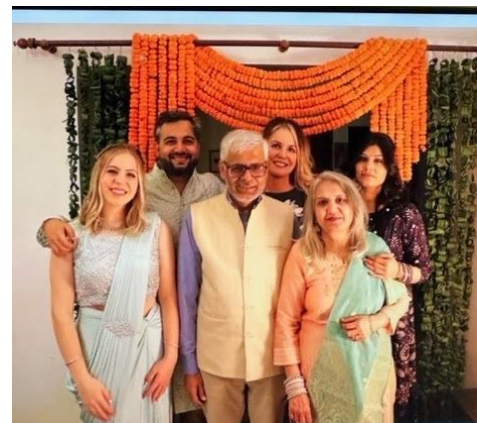
Looking for recipe inspiration? [Visit here for numerous recipes and ideas for satisfying meals and snacks.](#)

[References found here.](#)

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

Celebrating an Upcoming Indian Wedding

On Monday, November 7th, The Mayflower Community residents living in Beebe Assisted Living and the Health Center participated in a "Roka Ceremony" viewing. A Roka Ceremony is one of the most significant ceremonies



that takes place before a wedding in India. This ceremony marks the union of both the bride's and groom's families and friends.

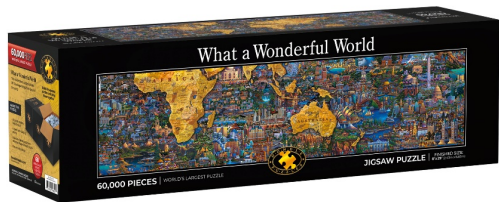
In this Roka Ceremony, the bride-to-be is Lilianna, the older sister of Mayflower's Community Life and Wellness Coordinator, Cecelia Bagnoli. Lilianna has lived in India for seven years and met her now fiancé about five years ago. They plan to be married in March of 2023.

For Beebe and Health Center residents, Cecelia showed a PowerPoint of parts of the Roka ceremony held in India. Cecelia's and Lilianna's mother attended to represent the bride's family.

In recognition of the program, Mayflower's Foodservices Supervisor, Jacob Staroska, prepared two special Indian desserts for residents to sample. The dessert resembling donut holes is called "gulab jamun," and the diamond-shaped sweet made of cashews is called "kaju katli." They were scrumptious.

-Leslie Jaworski, Community Life and Wellness Director

Be a Part of The Ultimate Mayflower Puzzle



How would you like to complete a part of a 60,000-piece puzzle? Yes, 60,000 pieces. Really!

You can be involved by doing a section of this mammoth blue chip cardboard art, jigsaw puzzle manufactured by Dowdle of Lindon,

Utah.

First, why puzzle? According to Dr. Julie Brody-Magid, clinical director of the Memory Disorders Assessment Clinic at Harvard-affiliated McLean Hospital, "[Puzzles] may help with improving overall brain health." A recent study revealed that brain games can help Active Adults keep minds sharp, maintain quick wits, enhance processing and planning skills, and support short-term memory as we age. (*International Psychogeriatrics*, November 2016)

In addition, a puzzle at home or with friends is an enjoyable alternative to being outside in this frigid weather!

Now, the puzzle! John Noer, Mayflower's puzzle master, has paid for and received *What a Wonderful World*, the world's largest puzzle featuring 187 paintings from the Dowdle art studio. It is a fully interlocking masterpiece crafted into 60 1,000-piece puzzles that seamlessly lock together into an eight-foot by 29-foot big, beautiful work.

The puzzle came in one big box containing 60 individually bagged puzzles, 60 large puzzle reference posters, and a master legend showing the placement of each puzzle.

Can Mayflower conquer the worlds' largest puzzle? John thinks we can. He would like to have 12 volunteer individuals or couples take responsibility for five (5) 1,000-piece sections each. One section would be card-table-sized and could be completed in your own home. White freezer paper would be provided to put under it so that your finished section can be glued together before it leaves your home.

John projects that the five sections could be finished within six months. Then, the 60 sections would be gathered and locked into one puzzle. He is awaiting suggestions as to where to hang the completed masterpiece.

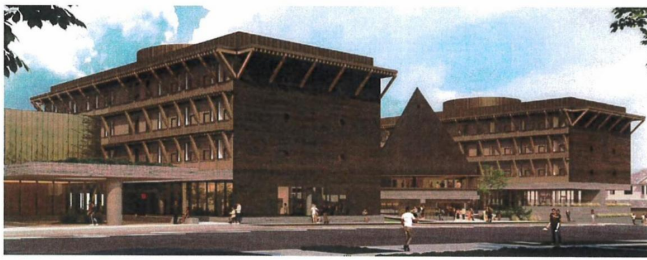
Get involved! Contact John at 712-431-6685 or johnnoer35@gmail.com with questions or to register your interest.



November Wine & Cheese Gathering

The next Wine and Cheese event will be the day after Thanksgiving, **Friday, November 25th, 4:30-5:30pm (tonight!), Buckley Dining Room**. Come and enjoy Mayflower resident conversation...and refreshments!

MRA December Forum



CEQ Core
View to the northwest from Broad Street

Connecting Campus and Community: Grinnell College's New Civic Engagement Quad (CEQ)

Grinnell College staff, Sarah Smith and Rick Whitney will be presenters for December's

monthly Forum. Tuesday, December 13th. 2:00-3:30pm. Kiesel Theatre.

Sarah is the College's Director of Outreach Programming and Events, and Rick is the Assistant Vice President for Facilities Management.

The Civic Engagement Quad is now under construction on Broad Street. The structure is designed by Adjaye Associates, the firm of Ghanaian-British architect, Sir David Adjaye OBE, whose works include the National Museum of African American History & Culture (Washington, DC), the Nobel Peace Center (Oslo, Norway), the UK Holocaust Memorial & Learning Center (London, UK), and the National Cathedral of Ghana.

Sir David believes that architecture is about much more than buildings: "I'm interested in the way architecture can nurture connections between knowledge, space, and community," he has said. "Architecture is about ideas and a lens through which to understand different world views." Sarah and Rick will show drawings and plans of the new building and explain how the building intends to engage community and College in a hopeful discussion about the future. There will be time for questions as well as comments on other projects now underway at Grinnell College.

-Dan Kaiser, Forum Committee

Resident News

MRA Council Meeting Notice

The Mayflower Residents Association Council will meet in the Carman Center on November 28th at 2:00 pm. Attached to the

November 23rd "Take Note" were 1)meeting agenda, 2)minutes from prior Council Meeting, 3)Treasurer's fiscal-year-to-date financial report. All Mayflower residents are welcome to attend this meeting, although only members of the Council have a vote.

The next regular MRA Town Meeting will be December 12th at 2:00pm in Carman Center. At this meeting, all residents may have input and may vote. At this meeting, the minutes from Monday's Council meeting will be available.

-Gerry Guenther, MRA President

Mayflower Chapel Service Resumes

Worship

The Spiritual Life Committee of the Mayflower Residents Association will present two more Chapel Services: **10:00-10:30am; Kiesel Theatre.**

The worship leaders for upcoming services are:

- **December 13th**. A musical trio: Diane Eberhard, violin; Joyce Wubbels, piano; and Gene Wubbels, guitar and vocal. Joyce and Gene are Mayflower residents, and Diane is a Mayflower friend. Refreshments to follow.
- **December 27th**. Rev. Linda Myren, resident and pastor of Gilman United Church of Christ. Refreshments to follow.

Future Mayflower Worship Opportunities

Beginning the first week of January 2023, there will be changes to the way that worship is offered in The Mayflower Community. The Mayflower Residents Association Spiritual Life Committee is announcing:

- Regular Tuesday morning Chapel Services will cease
- Weekly Devotions will be offered on Tuesdays at 11:00am in the Kiesel Theatre.
- Weekly Bible Study will be offered on Thursdays at 11:00am in the Buckley Dining Room Anchor (north end).

The changes are being made to respond to interests expressed by

Mayflower residents. Resident Pat Lipton will be assuming the chairperson role for the Spiritual Life Committee.

Resident Rev. Bonnie Lipton will lead the Weekly Devotions. She describes this 30- to 40-minute time as a quiet period set aside to focus on God and your relationship with God. It will be a time of devotions, prayer, Scripture, short stories, but not a worship service, not a Bible study, no homework. All are welcome.

Resident Rev. Anne Sunday will be the moderator for the informal, 40-minute Weekly Bible Study. All are welcome to attend and encouraged to bring your favorite Bible version or use the large-print handout that will be available. The readings will follow the outline of the “New Common Lectionary.” There will be group discussion and quiet time to contemplate, “How does this passage connect to my life?”

Both worship events will be finished in time for lunch. Participants are welcome come to the Buckley Dining Room for your meal.

Times, they are a’changing!

-Pat Lipton, MRA Spiritual Life Committee Chair



Happenings at Grinnell College

Met Opera

Live on Screen Harris Center Cinema

December 10th: *The Hours*, Kevin Puts

December Treasure Display: White House Christmas Tree Ornaments

December is a time to celebrate many holidays—Christmas being one of them. Please come see Montie and Suzanne Redenius' White House Christmas ornaments in the Mayflower Treasure Chest during the month of December. This is the curio cabinet located in the lobby of the Pearson building.

In 1981 the White House Historical Association issued its first Christmas ornament. In 1983 the association's board of directors approved a proposal to create a series of annual ornaments that would represent each of the presidents of the United States. Thus, the tradition began, growing in 1989 to include special ornaments designed to celebrate significant events in White House history.

The Redenius' collection starts with the 1981 ornament and is complete through 2022 including a commemorative, all-white ornament. The 2019 edition is the Presidential helicopter sitting on the shelf and it honors President Dwight D. Eisenhower.

More information about the ornaments and how to purchase them can be found at <https://www.whitehousehistory.org/>.

For information about the Treasure Chest, contact Doug or Ginny Cameron (236-4544), cameronv641@gmail.com or Janis Peak (236-8993).


Book List

7 Simple Steps for Coping With Stress by Patricia (Pasha) Buck
Lyrical Iowa by Multiple Authors
Northern Lights by Nora Roberts
Almost Everything by Anne Lamott
Small World by Jonathan Evison
The Likeness by Tanya French
In the Woods by Tanya French
Faithful Place by Tanya French
The Clot Thickens by Dr. Malcolm Kendrick
World of Wonders by Aimee Nezhukumatathil
*Our Missing Hearts** by Celeste Ng
*Dreamland** by Nicholas Sparks

*Large print

Book Reviews

World of Wonders: In Praise of Fireflies, Whale Sharks, and Other Astonishments
by Aimee Nezhukumatathil



This is a beautiful, poetic, and powerful memoir about growing up as a “brown girl” in America in the 1960s, the child of a Filipina mother and South Indian father. It is divided into scenes that span the author’s childhood to her present-day life as a mother and teacher. The natural world provides a cast of characters: the catalpa tree, the peacock, fireflies, the narwhal, and more. Each story sheds light on who she was and is now. As a *New York Times* reviewer says, “It’s a book about nature which is so much more.” The illustrations by Fumi Nakamura are exquisite and add to the powerful story.

We have two copies of this book so be sure to add this to your reading list!

The Clot Thickens
by Malcom Kendrick

In *The Clot Thickens*, Malcom Kendrick, a Scottish doctor and author, makes the case that the “cholesterol hypothesis”—that heart disease is the result of eating too much cholesterol—is a scam pushed by doctors and drug companies with a financial stake in portraying cholesterol as the villain in heart attacks.

Kendrick argues strenuously instead for the rival hypothesis that coronary disease results from clots building up as arterial plaques, and he maintains that cholesterol has nothing to do with the process.

Cheerfully admitting that his views contradict the received wisdom of the medical community, Kendrick offers a welter of evidence drawn from medical journals in support of his claims, as well as a history lesson on how and why the cholesterol hypothesis became so entrenched in medical thinking.

Because the book is loaded with medical terminology and quotations from medical studies, it can be slow going in places, but Kendrick writes in an amusingly irreverent style, issuing jargon alerts before the densest chunks of quoted text. Perhaps he’ll remind you of your know-it-all nephew holding forth at the family dinner table—a bit annoying, but he may actually know what he’s talking about.

Kendrick tosses in lots of advice on what to eat and not eat if you



want to stay healthy, as well as, for instance, why it's good to breathe through your nose and to sunbathe without worrying about skin cancer. It was all intriguing enough for me to read through to the last chapter, though I skimmed some chapters along the way. If you feel a little skeptical about the pronouncements and prescriptions of the medical establishment, *The Clot Thickens* is the book for you.

-Members of MRA Library Committee

Available Mayflower Homes

Traditional Apartments

- Buckley #207. 1,027 sq.ft. One bedroom + den. 1½ baths. All LVP flooring. Extra storage. Two balcony doors/long balcony. \$76,750
- Altemeier #105. 892 sq.ft. One bedroom/one bath. Large great room. Kitchen dining space. Washer/dryer. Two exposures. \$67,750
- Buckley #218. 887 sq.ft. One bedroom. 1½ baths. Office. LVP flooring. Walk-in closet. \$77,900
- Edwards #1. 732 sq.ft.. One-bedroom. All LVP flooring. Open living room/kitchen. Washer/dryer. Outside deck. \$64,500
- Buckley #201. 681 sq.ft. Two-bedroom/one bath. Balcony. \$64,750
- Pearson #213. 600 sq.ft. One-bedroom. All LVP flooring. \$48,250
- Pearson #212. 600 sq.ft. One-bedroom. All LVP flooring. Open kitchen. \$45,500
- Buckley #202. 592 sq.ft. One-bedroom/one bath. Outside door/balcony over Buckley courtyard. Four closets. \$55,250
- Altemeier #102. 558 sq.ft. One-bedroom. LVP flooring in living room/kitchen. Being remodeled. \$41,750

Watertower Square Apartment

- #204. 1,443 sq.ft. Two-bedroom/two full baths. Pocket office. Washer/dryer. Large kitchen and large great room. Two exposures. South balcony. In Wait-List.
- #301. Sold.

Harwich Terrace Patio Homes

- 725 Park Street. Sold
- 630 Park Street. Sold

Note: "LVP flooring" is luxury vinyl wood floor plank or tile. Water proof. Durable.

-Bob Mann

Sales & Marketing Director (bmann@mayflowerhomes.com)

"I wish we had moved sooner!"

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



Below are the upcoming virtual "trips."

December 1st

- Immigrating to America 2
- Buffalo Bill

December 8th

- U.S., Alaska, Mistry Fjords to Sitka
- England, London
- Slovenia, the Best of

December 15th

- Kit Carson
- U.S., Florida, Palm Beach

December 22nd

- Bermuda
- U.S., Tennessee, Cherokees

December 29th

- Uzbekistan
- Spain, Granada, Cordoba & Costa del Sol
- Peru, Lima

Kiesel Theatre Movie
Saturdays, 2:00pm.

November 26th : No movie. Happy Thanksgiving weekend.

December 3rd: **A Simple Twist of Fate** (1994). Steve Martin shines in this picture about a single dad who discovers the joys and pain of fatherhood after adopting a daughter. All is well with this special relationship until a local politician attempts to come between

them. An all-star cast features Gabriel Byrne, Stephen Baldwin, and Catherine O'Hara. PG-13. English subtitles. 106 minutes.

December 10th: *The Call of the Wild* (2020). John Thornton rescues a large gentle St. Bernard named Buck. The two bond over their daily activities of fishing and gold panning, all while being chased by a ruthless man bent on getting Buck to be a sled dog for him. PG. English subtitles. 90 minutes.

December 17th: *White Christmas* (1954). This is a treasury of Irving Berlin classics, among them "Count Your Blessings Instead of Sleep," "Sisters," Mandy," and the beloved holiday song, "White Christmas." Two talented song-and-dance men (Bing Crosby and Danny Kaye) team up after the war to become one of the hottest acts in show business. One winter they join forces with a sister act (Rosemary Clooney and Vera-Ellen) and trek to Vermont for a white Christmas. Of course, there's the requisite fun with the ladies, but the real adventure starts when Crosby & Kaye discover that their inn is run by their old army general who's now in financial trouble. Not rated. English subtitles. 120 min.

December 31st, 6:00pm: *De-Lovely* (2004). The Cole Porter Story. This cinematic ode to legendary composer, Cole Porter, is buoyantly fun and heartbreakingly beautiful. Kevin Kline is perfection as the elegant and deeply-complex Porter in a film that offers performances from Natalie Cole, Elvis Costello, Sheryl Crow, Diana Krall, Alanis Morissette, and Robbie Williams. Melancholy, wit, and style to burn. From Paris to Venice to Broadway to Hollywood, the lives of Cole and Linda (Ashley Judd) Porter were never less than glamorous and unconventional. Though Cole's thirst for life strained their marriage, Linda never stopped being his muse, inspiring some of the greatest songs of the twentieth century. PG-13. English subtitles. 122 minutes.

Residents' Birthdays

Stan Swann on November 25th

Martha Voyles on November 25th

Dona Emmert on December 1st

Bonnie Schlesselman on December 4th

Mary Schuchmann on December 7th

Nancy Cadmus on December 8th
Gaye Van Hamme on December 8th

Informer Submission Deadlines

- Submission deadline is December 2nd for publication December 9th
 - Submission deadline is December 16th for publication December 23rd
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Find more of *The Informer* online [here!](#)



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Mayflower
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