

The Informer

January 20, 2023
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Food, Mood, and Mental Well-Being

With the New Year, Mayflower's Well-Being feature will begin a new series discussing the intricate interplay between food, mood, mental health, and wellbeing. The food/mood connection is complex. Understanding of this complexity is ever-evolving as researchers are progressively uncovering pieces of the puzzle.



At the intersection of food choices and mental health is the gastrointestinal (GI) tract, also known as “gut.” Responsible for digestion and absorption of foods, the gut serves as the gate through which food’s energy and nutrients are allowed into the body.

Nicknamed the “second brain,” the gut is also responsible for producing and utilizing neurotransmitters. Neurotransmitters (NTs) are chemicals that communicate information throughout the brain and body. NTs directly affect mood, sleep, concentration, weight, cravings, and addictions. NTs that are outside of normal balance contribute to depression, pain, anxiety, and insomnia, among other mental health concerns. Together, the brain and gut produce and utilize NTs, with the ultimate goal of maintaining physical and mental equilibrium and health.

The foods we eat directly affect the gut’s ability to produce and utilize NTs. Thus, dietary choices have a significant impact on mental health and wellbeing. Certain foods promote optimal functioning, while others can impair digestion or increase inflammation. Throughout 2023, we will discuss foods recommended to support gut health when addressing specific mental health

diagnoses. We will also strategize the use of “gut friendly” foods and supplements to support general gut health for all individuals. Come along on the journey to find optimal foods to support a stable, healthy mood!

References:

1. *Nutrition Essential for Mental Health: A Complete Guide to the Food-Mood Connection*. Dr Leslie Korn. 2016.
2. *Eat Right, Feel Right: Recipes and Tips to Improve Mood, Sleep, Attention, and Focus*. Dr Leslie Korn. 2017.

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

Alana Ferguson Interning at Mayflower

Grinnell native, Alana Ferguson, is serving as an intern this semester at The Mayflower Community. She will be experiencing the business and operations side of senior living and long-term care.



A second-year student at St. Olaf College, Northfield, Minnesota, Alana graduated from Grinnell High school in June 2020. At St. Olaf, she is majoring in Social Work with a concentration in Family Studies. At St. Olaf, Alana was named to the Dean’s List in 2021 and 2022 and worked as a technology consulting assistant in the Information Technology department.

Previously, Alana was a summer technology worker with the Grinnell-Newburg School District, where she was responsible for maintaining and updating over 1,500 laptops and iPads while managing software for over 1,000 staff and students.

In the Mayflower experience, Alana will explore gerontology and the impact of aging on human development.

In her spare time, Alana enjoys reading, listening to music, and spending time with her family including her grandparents who live in The Mayflower Community.

-Bob Mann, Mayflower Sales & Marketing Director (641-236-6151)



Neighborhood Luncheons at Mayflower

An activity that had to be suspended during the pandemic is back at

Mayflower. The independent living "Neighborhood Luncheons" combine groupings of residents for four different Mondays each month. The residents for each luncheon live in traditional apartments, Watertower Square apartments, and Harwich Terrace patio homes. In the accompanying photo, compliments of Bonnie Lipton, residents are present from all three types of homes.

-Bob Mann, Mayflower Sales & Marketing Director

Mayflower Health Center Crafts and Treats

On Friday, January 6th, residents of The Mayflower Community's Health Center enjoyed candies delivered in snowmen-decorated containers. The craftwork was compliments of FANS, Friends and Neighbors of Mayflower, and much appreciated.



Then, under the tutelage of Mayflower Housekeeper, Susie Ford, Health Center residents decorated colorful bags with buttons brought by Susie. She is a seamstress supreme, owning 25 working sewing machines. Susie has been training residents in the use of sewing machines.

Residents working on decorated bags, from front, Karen Stevenson; Jean Carpenter; Phyllis Munitz; Wilma Graden; Lisa Leris, BSN, RN, Director of Health Services; Susie Ford; Kathy Locey.

-Tracy Woolfolk, Community Life and Wellness

Upcoming Lyceums

Thursday Evenings 7:00pm

Carman Center

Mayflower Residents Only



January 19th: Poetry Reading. Chris and Judy Hunter and Sandy and Betty Moffett. Various MRA authors.

January 26: Original blues and rock compositions. Kent Mick

February 2nd: To be determined

February 9th: To be determined

February 16th: Love Songs

-Bob Butterfield, Events Committee Chair



French Horn and Piano at Mayflower

On Thursday, January 12th, Mayflower residents were entertained during a weekly “Lyceum” event by Mayflower resident, John Landkamer, on the piano and Ryan Gruman on the French horn.

MRA February Forum

Tuesday, February 14th. 2:00-3:30pm. Kiesel Theatre

The Red Earth People: Change and Persistence Among the Meskwaki

By Jonathan Andelson, PhD

At the next Mayflower Residents Association monthly Forum, Grinnell College Professor of Social Science, Jonathan Andelson, PhD, will present some of his findings of the study of the Meskwaki.

Jonathan has taught anthropology since 1974. He is founding director emeritus of the College’s Center for Prairie Studies. His areas of scholarly interest are Intentional Communities (particularly the Amana Colonies), Prairie Studies, and the links between Religion and Ecology. He is married to Karin Stein. In his spare time, he enjoys prairie rambles, music, reading, and spoon carving.

January Wine & Cheese Gathering

The next Wine and Cheese event will be **Friday, January 27th, 4:30-5:30pm, Buckley Dining Room**. Come and enjoy Mayflower resident conversation...and refreshments!



Treasure Chest

Toy Sewing Machine Collection *Vicki Gruhn*

The manufacturer of toy sewing machines started in the 1880's, primarily by German machine, tool, and watch companies. They were sold not only as toys, but as a method to teach young children how to sew.

The popularity of the machines continued through WWII, when several of the manufacturers were forced to change their production to items needed for war efforts.

As the development of plastic made its way into the toy production, toy machines made of metals faded from the market in the 1950's.

The Treasure Chest display is a sample of the 30+ machines within the collection.

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

Table Tennis Anyone?

Back in the old days....Prior to the pandemic, The Mayflower Community maintained a much-used "Sports Room" in the north end of the Health Center lower level. Miniature golf, walking track, billiards, shuffleboard, exercise space....AND table tennis.



That space is again open for use by Mayflower residents. And, to punctuate the fun, there is again organized table tennis playing. Fridays. 1:00pm. All skill levels. Whoever shows up just rotates in between points.

Resident Marilyn Schuler has issued an invitation to residents to "Come join us! You haven't played for 30 years? It's like riding a bicycle, you never forget!" You probably just need a little practice."

Marilyn reports that she researched the Sports Room history in the Mayflower chronicle, *A Journey in Faith*, and found the story of the resident-built miniature golf course. But, she found no reference to the table tennis set-up. That's because it began after the publishing of the first 50 years of Mayflower history.

Irene Engelmann brought with her two tables, paddles, and balls when she moved to Mayflower in the summer of 2007. Shortly thereafter, the space was dedicated as the Vic and Irene Engelmann Table Tennis Center. In the accompanying photo published in a 2016 Edition of *The Log*, Marilyn partners with Judy Hunter.

Irene's husband, Rev. Victor Engelmann, was a retired United Church of Christ pastor. In their joint ministries, the Engelmanns encouraged the playing of table tennis, especially among youth. In the process, they themselves entered many mixed doubles tournaments around the country with significant success. Vic died in 2004 and Irene in 2017.

After table tennis caught on and Irene's original tables became worn, players made a joint donation to Mayflower to purchase two new, competition tables. The fun continued. One year, three different Mayflower residents won medals in their age classes at the All-Iowa

games. Two of those champions were Warren Reinecke and Jack Gustafson. Do you recall who was the third?

The Sports Room space is well-lit, with good ventilation and screens around the tables to reduce the amount of ball chasing! Marilyn would like to see you on a Friday afternoon. For further information, give her a call (641-891-7760).

-Bob Mann, Mayflower Sales & Marketing Director

Status of 60,000 Piece Puzzle

As of January 16, 2023



“What a Wonderful World” by Dowdle.

Master Puzzler and Owner: John Noer (712-431-6685 or johnnoer35@gmail.com)

Work Started: November 2022

Puzzlers and number of 100-piece puzzle sections: John Noer (11). Arnie Adelberg (4). Cecelia Bagnoli. Tom Groth (4). Doug Brown (2). Lyle Kuehl and daughter Donna Kuehl-Forde and family. Jessica Hasenyager. Jackie Hutchison. Ann Igoe. Dr. Whitney Jensen (2). Georgia Langerud (3). Pat/Bonnie Lipton. Emily Moore (2). Rich Murphy (4). Hannah O’Polka (5). Karen Phillips.

That’s 17 family units working on or having completed sections. 34 of the 60 sections have been completed to date.

-Bob Mann, Mayflower Sales & Marketing Director

A Note From Retired Steve O' Connor

Mayflower Community,

I want to thank everyone who attended, planned, and executed my Wonderful Surprise Retirement party. It was very touching; you have all added so much to my life. Your notes and words of kindness will be cherished for the rest of my life. I had no idea when I applied for

this job how it would change my life in so many ways. I hope the very best for all of you. Thanks for the opportunity to get to know each of you in such a special way.

May God Bless you all,
Steve O'Connor

Booklist

The Winners by Fredrik Backman

*The Guest List** by Lucy Foley

The Locked Room by Elly Griffiths

The Last Garden in England by Julia Kelly

Circe by Madeline Miller

The Gentleman on Pennyfield Street by C.G. Oster

Mischief in St Tropez by C.G. Oster

Hour of the Assassin by Matthew Quirk

Signal Fires by Dani Shapiro

The Third Pole by Mark Synnott

Properties of Thirst by Marianne Wiggins

The Care and Management of Lies by Jacqueline Winspear

Lessons from the Edge by Mitch Yovanovitch

*Large Print

Book Reviews

by Members of the MRA Library Committee

***The Winners* by Fredrik Backman**

A new novel from Author Fredrik Backman, *The Winners* returns to the close-knit community of Beartown for a story of first loves, second chances and last goodbyes. It starts with a storm, a death and two funerals on the same day. A late summer storm reignites the old rivalry between Beartown and the neighboring town of Hed, a rivalry that has always been fought through their ice hockey teams. Simmering tensions between the two towns turn into acts of intimidation and then violence.

The Winners beautifully captures all the complexities of daily life and explores questions of friendship, loyalty, loss and identity. This novel asks us to reconsider what it means to win, what it means to lose and

what it means to forgive.

Circe by Madeline Miller (Large Print)

Miller has given new life to the story of Circes, the daughter of the sun god Helios, the aunt of Media, the aunt of the Minotaur and the cousin of Prometheus. We get to experience Circe grow from a weak young girl to a brave and powerful woman.

Her journey is long and filled with forces trying to hold her back but she is persistent and finds her way. Miller's writing style is smooth and beautiful and engages the reader, keeping readers hooked and eager for the next chapter. She has built a bridge between the Greek mythological character, Circe, and modern day women.

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 large bedroom (15'10" x 17'3"). 1½ baths. Extra storage closets. LVP flooring. \$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. Completely remodeled. \$41,750
- Buckley #213. 498 sq.ft. Studio. Balcony. East windows. \$38,500

Watertown Square Apartment -- None

Harwich Terrace Patio Homes -- None

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

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



Below are the upcoming virtual "trips."

January 12th

- No "trips"

January 19th

- U.S., Missouri, Sacajawea
- South Africa, Cape Town

January 26th

- France, River Cruising
- U.S., New England Ghosts

February 2nd

U.S. Hawaii, Kauai
Syria

February 9th

Spain, Andalucia, Gibraltar & Tangier

February 16th

Mexico, Riviera
Czech Republic, Prague
U.S., California, Sacramento Baseball


February 23rd

England, Stonehenge
The Story of Thanksgiving

-Shane Estes, Resident

Kiesel Theatre Movie
Saturdays, 2:00pm.

January 21st: *Hello Dolly* (1969). In turn-of-the century Yonkers,




New York, an ambitious young widow with a penchant for matchmaking (Barbra Streisand) has an idea for the perfect match: tight-fisted, local merchant Horace Vandergelder (Walter Matthau), and herself! As she tries to win his heart, we're treated to one of the most musically entertaining, hilariously underhanded plots in film history. G. English subtitles. 2 hrs/28 min.

January 25th: *Same Time Next Year* (1978). Oscar-winner Ellen Burstyn and the ever-popular Alan Alda star in this sweet romantic comedy tracing the unique 26-year relationship between two people who happen to be married to other people. When Doris (Burstyn), a young housewife from Oakland, and George (Alda), an accountant from New Jersey, meet by chance at a rural California inn, they embark on an affair that brings them together on the same weekend, in the same place, for the next 26 years. As time passes, events in their personal lives impact their special once-a-year romance in this heartwarming comedy. PG. English subtitles. 2 hours.

February 4th: *Bonhoeffer, Agent of Grace* (2003). What is a moral person to do in a time of savage immorality? That question tormented Dietrich Bonhoeffer, a German clergyman of great distinction who actively opposed Hitler and the Nazis. His convictions cost him his life. This film sheds light on the little-known efforts of the German resistance. It brings to the audience the heroic rebellion of this highly regarded Lutheran minister who could have kept his peace and saved his life. Instead he paid the ultimate price for his beliefs. Not rated. English subtitles. 90 minutes.

February 11th: *Roman Holiday* (1953). The film was nominated for 10 Academy Awards, and Audrey Hepburn captured an Oscar for her portrayal of a modern-day princess rebelling against her royal obligations to explore Rome on her own. She meets Gregory Peck, an American newspaperman who, seeking an exclusive story pretends ignorance of her true identity. G. English subtitles. 118 minutes.

February 18th: *Some Like It Hot* (1959). When Chicago musicians Joe (Tony Curtis) and Jerry (Jack Lemmon) accidentally witness a gangland shooting, they quickly board a southbound train to Florida, disguised as Josephine and Daphne, the two newest—and homeliest—members of an all-girl jazz band. Their cover is perfect until a lovelorn singer (Marilyn Monroe) falls for “Josephine”. An ancient playboy falls for “Daphne”, and a mob boss (George Raft) refuses to fall for their hoax! Black and white. Not rated. No subtitles. 122



minutes.

February 25th: The White Countess (2005). Takes place in the glamorous, corrupt, and boomtown atmosphere of the 1930's Shanghai that is soon to be swept away by advancing Japanese armies and civil war. At its center are the blind American diplomat, Todd Jackson, played by Ralph Fiennes and Sofia Belinskaya, played by Natasha Richardson, a refuge Russian aristocrat making a living in a taxi dancehall and as an occasional prostitute. In the spectacular mass exodus from the city, Sofia is abandoned by her in-laws played by the Redgrave sisters. In the end, mother and daughter are reunited, as Sofia and Jackson, realizing their growing love for each other, escape to the safety of Macao. PG-13. English subtitles. 132 minutes.

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. Leader: Rev. Bonnie Lipton. No registration required.
- Weekly Bible Study. Thursdays. 11:00 – 11:40am. Buckley Dining Room Anchor (north end). Leader: Rev. Anne Sunday. Please sign up with her at 319-290-9171 or revsunday1@yahoo.com.

-Pat Lipton, MRA Spiritual Life Committee Chair

Residents' Birthdays

John Martinek on January 20th

Jean Perri on January 20th

Dorrie Lalonde on January 24th

Joyce Wubbels on January 24th

Anne Sunday on January 29th

Roger Roudabush on February 4th

Dan Agnew on February 6th

Informer Publication Schedule

Submission deadline: January 27th for publication February 3rd
Submission deadline: February 10th for publication February 17th
Submission deadline: February 24th for publication March 3rd
Submission deadline: March 10th for publication March 17th
Submission deadline: March 24th for publication March 31st

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Mayflower
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