

The Informer

February 17, 2023
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Mayflower Beebe Book Club Celebrates

On Wednesday, January 18th, the Beebe Assisted Living Book Club dined on Paul Newman's favorite meal as they celebrated the completion of the reading of Newman's memoir. "The Extraordinary Life of An Ordinary Man" was read and discussed in hourly Wednesday and Thursday resident sessions over several weeks.



Pictured are, from left, Alice Breemer; Cecelia Bagnoli, Mayflower Community Life Coordinator; Gene Rohr; and Deena Wellborn.

According to the *New York Times*, the posthumous memoir is an autobiography/biography, which "...reveals Paul Newman in his own words compiled from interviews he gave to a close friend. [The book] sheds light on the self-doubt of the seemingly imperturbable Hollywood star."

Dining in Mayflower's J&B Bistro, Beebe Book Club members enjoyed a delicious dinner, which included dessert and wine. The full menu included of a butterhead lettuce salad with carrots, onion, tomato, bacon, vinegar, and oil. The entrée was the "Newman Burger," a ground chuck burger with salsa, tomato, onion, and dill pickles served with homemade French fries.

Created and served by Mayflower's Foodservices staff, the event, according to Cecelia Bagnoli, Mayflower Community Life Coordinator, "...helped us celebrate our completion of Paul

Newman's memoir with a delicious meal and fun conversation. The rum ice cream was a crowd-pleaser!"

Oh, the fun just doesn't stop at Mayflower!

-Bob Mann, Mayflower Sales & Marketing Director



UnLOCKING the Power of Philanthropy: QCDs + CGAs = The New Reese's Peanut Butter Cups

Do you remember early TV commercials promoting Reese's Peanut Butter Cups? Two unsuspecting souls, one enjoying chocolate, the other enjoying peanut butter, collide on a busy sidewalk. Shouting ensues; "Hey, you got chocolate in my peanut butter!" "No, you got your peanut butter on my chocolate!" Peace is restored when each discovers the combination is something they cannot live without.

A "Reese's" moment just happened in the charitable planning world, albeit without a collision. New federal legislation passed in December 2022 allows two popular charitable vehicles to be combined into one.

You may recall that "charitable gift annuities" (CGAs) allow you to make a gift to Mayflower and receive lifetime income in return. And "qualified charitable distributions" (QCDs) allow you to send tax free withdrawals from your IRA to Mayflower after age 70 1/2. Now, for the first time, your QCD can be used to fund a CGA.

Here is a practical example. The new law allows Jane to transfer (up to) \$50,000 from her IRA to Mayflower to create a CGA. The Mayflower CGA will pay Jane a fixed rate between 6.0% and 9.7% of her gift annually for the rest of her life, depending upon her age at the time of the gift. (6.0% if Jane is age 71. Up to 9.7% if she is age 90 or older).

Jane's IRA distribution is tax free and counts toward the required

minimum distribution (RMD) she must take from her IRA that year. Then in future years, she will pay ordinary income tax on the annual distributions from her charitable gift annuity, effectively spreading out the tax on that portion of her IRA over the rest of her lifetime.

These are key elements of this “tasty” new opportunity. To further explore CGAs, QCDs, or a combination of both, please let me hear from you.

*-Doug Lockin, Charitable Gift Planner,
dlockin@mayflowerhomes.com*

Well-Being Nutrition At Mayflower

The Benefits of Bone Broth


A healthy gut supports healthy mental functioning and emotional regulation through the production of neurotransmitters (NTs) and hormones. When the gut is irritated or inflamed, mental and emotional wellbeing also suffer. Whether the gut is healthy or ailing, bone broth is a foundational food for promoting gut health.



In recent years, bone broth has been earmarked as a “trendy” food, marketed to health and culinary enthusiasts alike. Despite the trendiness, bone broth is “vintage,” having been consumed for centuries. People across various cultures around the world have used it both culinarily and medicinally.

What is bone broth? Bone broth is made from animal bones and connective tissue that are simmered with herbs, vegetables, and spices over a period of several hours and up to two days. This slow simmer extracts the nutrients from the bones and tissues into the broth. The result? A liquid rich in amino acids, minerals, gelatin, and collagen.

Despite having humble origins, the bone broth nutrient density and health benefit are unmatched. The amino acids, glycine and



glutamine, are critical for protecting and healing the gut lining, reducing inflammation, and supporting immune function. Collagen is an easily-digested protein that soothes and repairs damaged or inflamed gut tissue. Gelatin maintains the integrity of the gut wall to allow nutrients in, while keeping bacteria and other harmful substances out. Minerals like calcium, magnesium, and phosphorus (among others) support electrolyte balance, bone and muscle health, and blood sugar control. Making and consuming bone broth is the primary method to reap the nutritional benefit contained within bones and connective tissue.

Because bone broth is easily digested and soothing to the gut, it can be a useful remedy across a variety of gut ailments. From short-lived viral infections to chronic inflammation caused by autoimmune diseases, bone broth is helpful in soothing gut tissues. Drink the broth plain or add to soups, stews, or sauces. Use the recipe cited below to make your own broth, adapting as desired to suit your own preferences and ingredients on hand. Alternatively, you can purchase a ready-to-use option at the grocery store. Foundational from a culinary and medicinal perspective, your taste buds and gut will thank you for enjoying bone broth often. Bon Appetit!

- **[Recipe found here.](#)**

Additional Reference:

Nutrition Essential for Mental Health: A complete guide to the food-mood connection. Dr Leslie Korn. 2016.

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

What's New at the Mayflower Mini-Shop?

Mini-Shop has expanded into two rooms in Pearson #103 and is selling kitchen ware, pottery, jewelry, stationery, puzzles, and gift items as well as greeting cards. We have Easter cards.

The Mini-Shop is taking donations for the shop in February and March ONLY because of limited storage space. If you are wanting to donate items, please call Kathy Herman at 236-4592.

THE MINI-SHOP IS OPEN ON TUESDAYS, 9:30–11:00 a.m.

-Kathy Herman, Mini-Shop Committee Chair



February Wine & Cheese Gathering

The next Wine and Cheese event will be **Friday, February 24th, 4:30-5:30pm, Buckley Dining Room**. Come and enjoy Mayflower resident conversation...and refreshments!

Lyceums



February Lyceum Programs Thursday Evenings, 7:00pm *Carman Center Mayflower Residents Only*

Feb 23: T.B.D.

Mar 2: T.B.D.

Mar 9: Grinnell High School Singers

Mar 16: Irish Evening

Mar 23: Flute-iano Duo (Kris McKlveen and Glenda Duffus)

Mar 30: Royce Wolf, pianist

Apr 6: Mark Laver

Apr 13: Kent Mick and Kevin Boehnke

Apr 20: Tony Perman & Mbira Ensemble

Apr 27: Kelly Maynard & Vox Feminae

May 4: T.B.D.

May 11: Calle Sur

May 18: T.B.D.

May 25: Too Many String Band

-Bob Butterfield, Events Committee Chair



Enjoyable Music in The Mayflower Community

Residents of The Mayflower Community were treated to the mixed genre of instrumental and vocal music by Fred Buck and the County Line Band on Thursday, February 2nd.

The presentation was the regular Tuesday Lyceum offering of the Mayflower Residents Association Events Committee. The Mayflower Lyceum is an entertainment program in the spacious, acoustically-enriched Carman Center on the second floor of the Health Center. The events are often music performances, but there have been poetry readings and slide shows.

At this stage, only Mayflower residents are allowed to attend as the group may include independent living and healthcare residents, the latter subject to special federal infection-control environmental guidelines.

The County Line Band has been together for over 10 years and has played many Bluegrass Festivals and local shows.

They play a mix of bluegrass, gospel, old county, and old-type county blues. The band members are Fred Buck, usually on banjo; his wife, Julie Buck, vocals, guitar, and some old-time banjo; Steve Anderson, mandolin and vocals; Cheryl Gunderson, vocals and bass; her husband Rex Gunderson, fiddle, guitar, vocals; and Jim Morris, dobro and vocals. Fred has “...known most of the band members for over 30 years, playing lots of music watching the kids grow up and leave home.”

Fred, who incidentally taught Sig Barber to play banjo, retired from Maytag and teaches music part-time at Grinnell College. Julie Buck works at UnityPoint Health—Grinnell. Steve Anderson is a retired Fisher Control Valves engineer (Marshalltown). Cheryl Gunderson is retired and works with seniors in Marshalltown. Rex Gunderson

and Jim Morris are also both retired from Fishers.

-Bob Mann, Mayflower Sales & Marketing Director

Dr. Dahlby Albright Entertains at Mayflower



On Thursday evening, February 9th, The Mayflower Community Lyceum hosted over 60 attendees. The Lyceums have now been opened to guests of residents. Ryan Dahlby Albright, M.D. sang and played guitar with selections from Taylor Swift, John Denver, Arlo Guthrie, Elvis, and other well-known and loved artists.

The video can be found on the [**Mayflower Residents Association Facebook page.**](#)

-Leslie Jaworski, Community Life and Wellness Director



Fun Times in the Mayflower Health Center

In the last week, a number of events took place in Mayflower's Health Center

for the benefit of residents.

Susie Ford, Mayflower housekeeper, and Dorothy Noer, Mayflower resident, assisted with crafts. Kathy Locey picked designs to iron on a top. Susie uses a Circuit Joy to print transfer designs.

Tammy Dufoe, physical therapist, watched as Kathy choose her design.

Steve Cranston dropped off two 50-pound bags of bird seed for the feeders at the Health Center, to the delight of the birds, squirrels, and those who enjoy watching them! It is thoughtful, kind, and

greatly appreciated! The donation is in memory of his friend and American Legion member, Timer McCombs.

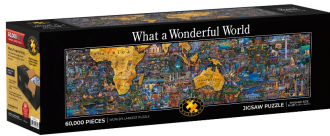
Our regular friends, G.M.S. students, played penny pitch with the Health Center residents. Ash, Counselor Paula Simon's lovable therapy dog, napped during the game even with pennies landing nearby and under her.

The DJS Midnight Rider played favorite country tunes from yesteryear in the upstairs Carman Center.

Bob Mann, Mayflower Sales & Marketing Director

Status of 60,000 Piece Puzzle

As of February 10, 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: John Noer. Arnie Adelberg. Cecelia Bagnoli. Jeanette Budding. Tom Groth. Doug Brown. Lyle Kuehl and daughter Donna Kuehl-Forde and family. Jessica Hasenyager. Jackie Hutchison. Ann Igoe. Dr. Whitney Jensen. Georgia Langerud. Pat/Bonnie Lipton. Emily Moore. Rich Murphy. Hannah O’Polka. Karen Phillips. Megan Veldboom.

19 family units are working on or have completed sections. All 60 1,000-piece sections have been assigned. All but 13 are finished. Getting close to the completion of the 8' by 29' masterpiece!

-Bob Mann, Mayflower Sales & Marketing Director

MRA February Forum

Tuesdays, 2:00-3:30pm. Kiesel Theatre

March 14th. “The New Grinnell College Prison Program at Mitchellville.” Emily Guenther.

April 11th. “Drake Community Library Online Resources.” Monique Shore.

-Leslie Jaworski, Community Life and Wellness Director

Booklist

The Handmaids Tale by Margaret Atwood
The Speckled Beauty by Rick Bragg
The Lindbergh Nanny by Mariah Fredericks
I Left My Homework in the Hamptons by Blythe Grossberg
After the Fire by Will Hill
Trace Elements by Donna Leon
The Mind Diet by Maggie Moon
The Chaperone by Laura Moriarty
The Soul of the Cell by Siddhartha Mukherjee
Filthy Rich by James Patterson
A World of Curiosities by Louise Penny
The Blackest Bird by Joel Rose
Shade by Peter Souza

Book Reviews

The Lindbergh Nanny

When Charles Lindbergh, Jr. is kidnapped, the case makes international headlines. His father, Charles Sr. is the country’s golden boy, with his wealthy, lovely wife by his side. But there is someone else in the household—Betty Gow, a formerly obscure young woman, now known around the world as the “Lindbergh Nanny.”

Betty finds Colonel Lindbergh eccentric and often odd, Mrs. Lindbergh kind yet nervous, and Charlie simply a darling. Then Charlie disappears and Betty is suddenly a suspect in the eyes of both the media and the public. Betty must find the truth about what really happened in order to clear her name and to find justice for the child she loves.

The Lindbergh Nanny is a powerful novel about America’s most

notorious kidnapping as seen through the eyes of the woman who found herself at the heart of this deadly crime.

-MRA Library Committee Member

The MIND Diet: A Scientific Approach to Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia

You may remember reading about this diet in the *Informer*. Right now there is a class at Mayflower on Thursdays called "Unlocking Brain Fitness" that includes this diet, which promotes a well-rounded variety of whole foods.

Enjoying a high quality of life as you age means taking care of your mind as well as your body. The MIND diet explains the science behind mental fitness in an approachable and understandable way. There is a section filled with recipes that will help you prepare these foods in a delicious way.

-MRA Library Committee Member

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

Below are the upcoming virtual "trips."

February 23rd

England, Stonehenge
The Story of Thanksgiving

March 2nd

Egypt, The Sphinx
South Africa, The Garden Route

March 9th

Italy, Roman Lost Ships
Norway, Oslo

March 16th

Germany



Extra, The Vikings
France, Provence River Cruise

March 23rd

Israel, King Solomon's Mines
Korea, Seoul

March 30th

England, The QE2
Norway, Bergen, Fjords & Mountains

-Shane Estes, Resident



Kiesel Theatre Movie Saturdays, 2:00pm.

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.

These two worship gatherings 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. Special Lent Services run February 21st through April 4th

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

Carol Grant on February 17th

Addy Hanson on February 19th

Phyllis Munitz on February 21st

Dale Lippincott on February 23rd

Leo Lease on February 24th

Gene Smith on February 25th

Jeanette Tisdale on March 4th

Informer Publication Schedule

Submission deadline: February 24th for publication March 3rd

Submission deadline: March 10th for publication March 17th

Submission deadline: March 24th for publication March 31st

In Memoriam

Joan Mohan

Birth: August 23, 1941

Passing: February 6, 2023

Betty Anne Francis

Birth: December 24, 1928

Passing: February 14, 2023

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Mayflower
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