

The Informer

July 7, 2023

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Mayflower Open House

Saturday, July 29th

10:00am – 2:00pm

(Enter Pearson building lobby, 616 Broad)

Come see the options available for independent living in The Mayflower Community's traditional apartments. Your own kitchen or outstanding meals in the Buckley Dining Room. Mayflower does all the grounds work, repairs or replaces your appliances, and provides high-speed internet and high-definition cable T.V. There is free access to exercise equipment and classes. Health professionals see residents on the campus. Neighbors become your new friends.



It's working. Mayflower has been doing this for over 70 years.

-Bob Mann, Mayflower Sales & Marketing Director



The 4th of July Was Special for Mayflower

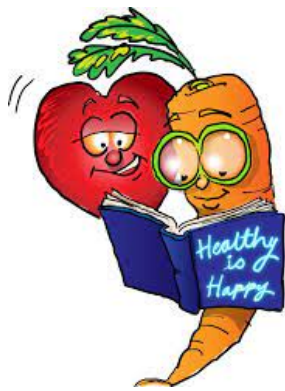
From Tuesday morning devotions, to the noon potluck, and on to the afternoon parade, Mayflower residents celebrated the 4th of July in Grinnell. Resident Rev. Bonnie Lipton led the regular Tuesday devotions in the Carman Center as participants heard encouragement to share kindness in life and words of assurance and then meditated in silence.

At noon, over 100 residents and guests enjoyed an old-fashioned potluck buffet, also in the Carman Center. The Mayflower Residents Association provided quarter-pound, all-beef hotdogs (not what Joey Chestnut eats!); hamburgers, buns, baked beans, and coleslaw. Residents enhanced that offering with their own contributions of special foods.

Having not gathered like this for a few years, it was enjoyable time of camaraderie...and eating!

Then, residents drove “floats” in the annual Grinnell 4th of July Parade that skirted campus on Main Street. Darwin Kinne and Suzanne Schwengels pulled the Mayflower ship on a trailer. Chris Vogel drove the “Bubble Mobile” (Mayflower gator). Shelia Gause and Bonnie Lipton drove decorated Mayflower golf cars accompanied by Iann Veldhuizen and Pat Lipton. Iann might have been dispensing bubbles from her “bubble gun.”

Bob Mann, Mayflower Sales & Marketing Director



Prebiotics and Synbiotics 101

Last month’s article discussed basic definitions and benefits of probiotic supplementation. Closely related (yet distinctly different) are prebiotics and synbiotics. As a review, probiotics are live microorganisms that convey a health benefit to the host. By definition, probiotics are alive and work synergistically within the host’s body.

In contrast, a prebiotic is any substance that is used by the host’s microorganism(s) to confer a health benefit. Prebiotics are not alive. Instead, prebiotics are substances that “nourish” the microorganisms living in the gut. This benefit reaches the human host, as a happy microbiome makes for a happy human. Synbiotics are defined as supplements or foods that contain both probiotics and prebiotics.

Prebiotics are contained in a wide variety of foods. For most people, dietary sources provide adequate intakes. Fiber-rich foods are often rich in prebiotics, so an easy way to increase prebiotic intake is to increase fiber intake. Fiber-containing foods are fruits, vegetables, whole grains, nuts, and seeds.

More specifically, foods highest in prebiotics are garlic, onion, leeks, asparagus, artichokes, beans, bananas, apples, dandelion greens, oats, barley, wheat bran, chia seed, flax seed, and seaweed. Certain root vegetables and starches are also high in prebiotics, including chicory root, yacon root, konjac root, jicama root, and burdock root. Prebiotic supplements are isolates from these foods, serving as a helpful alternative if increasing prebiotic food sources is not feasible for an individual.

The list of synbiotic-containing foods is much shorter, as few foods naturally contain both probiotics and prebiotics. Certain types of yogurt, whole grains, and sauerkraut round out the options. Adding probiotic-containing and prebiotic-containing foods into the daily diet provides the same benefit as eating synbiotic foods. For those looking to supplement both probiotics and prebiotics, a synbiotic supplement may meet both needs.

Because prebiotics and synbiotics are usually fiber-rich, increasing dietary intake should be slow/gradual to minimize GI upset or discomfort. Working up incrementally to a full dose is often advised. Ensuring adequate water intake is always important, but especially if increasing fiber intake. As always, be sure to check with your physician before starting any new supplements for safety and correct dosage. Together with your physician, you can identify health goals and determine if probiotics, prebiotics, or synbiotics might be a helpful tool toward realizing optimal wellness.

For more information, resources, and tips/tricks, visit the International Scientific Association for Probiotics and Prebiotics, at: Isappscience.org.

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

UnLOCKING The Power of Philanthropy: Two Roads to a Great Destination

For nearly 75 years the primary focus of charitable giving to the Mayflower Community has been residents in need.

In the early years, generous donors provided housing



for United Church of Christ clergy who completed their life's calling without home equity or a pension. Today, providing health care for residents who exhaust personal resources is the favored mission of generous donors.

Mayflower donors make gifts to one of two distinct funds established to help others in need. If you will, they choose one of “two roads to the same great destination.”

The first road is a superhighway, a fast and direct path to help those in need. At Mayflower, we call this the Residents Assistance Fund (RAF). The full amount of your RAF gift is available to spend on the healthcare needs of residents. In technical terms, the RAF is a “non-endowed” fund.

The second road is a meandering coastal or mountain highway, a beautiful drive that seemingly lasts forever. This is Mayflower's Human Needs Endowment Fund (HNEF). Your HNEF gift is pooled and invested with the HNEF gifts of hundreds of others. Each year the HNEF makes a distribution from the earnings of those funds to Mayflower for the care of residents in need. Like the meandering road, your HNEF gift continues to give indefinite pleasure.

A few related facts about Mayflower's two roads.....

Mayflower spends between \$125,000 and \$250,000 annually providing healthcare to residents in need. All RAF gifts and HNEF earnings distributions are annually applied to this need but are not typically enough to meet the full need. Mayflower makes up the difference from its operating funds.

Mayflower's HNEF balance is approximately \$2.5 million, depending upon market fluctuations. It provides annual earnings distributions in excess of \$100,000. This fund is a favorite destination for gifts made in honor of, or in memory of, a family member or friend.

Both the HNEF and RAF are favorite destinations for “legacy” gifts made through a lifetime or estate provision.

I welcome a conversation about your wishes to support Mayflower residents in need. The road you take will be the one of your choosing,

and I can help make the ride even more enjoyable.

*-Doug Lockin, CPA, Mayflower Gift Planning Specialist
(515.210.6603 or dlockin@mayflowerhomes.com)*

Status of 60,000 Piece Puzzle

“What a Wonderful World” by Dowdle. Master Puzzler and Owner: John Noer. 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.

More than 25 people have participated in the latest big puzzle project engaged by John. All 60 of the 1,000-piece sections have been completed. John has finished 15 himself. Others have completed between one and eight units each.

One section was worked on in the Beebe Assisted Living community room by residents and staff. Four units were assembled in Minnesota by the son of a Mayflower resident. Two were done by a local businessperson. One was completed in less than ten hours by the daughter and grand-daughters of a resident.

Each 10,000-piece section has been glued, front and back, and then glued side-to-side with a second section. All 30 two-piece units are glued and sit in a pile in the Edwards Basement Craft Room. They now await transport to their display destination.

John informs us that because of physical limitations he will not be working on the further assemblage of the puzzle. His daughter and son-in-law may tackle the challenge when they return to the states early next year. At this point, John would welcome any assistance toward final assembly and display.

-Bob Mann, Mayflower Sales & Marketing Director

Learning about RAGBRAI at Mayflower

Rachael Kinnick, CEO & President of the Grinnell Area Chamber of Commerce, visited the Mayflower Community on Wednesday, June 28th to share the latest news about the "Jubilee at the Jewel," Day 5 of RAGBRAI. On July 27, 2023, riders participating in the Register's Annual Great Bicycle Ride Across Iowa, will pass through Grinnell on their way to Tama-Toledo for the over-night. Rachael described activities focused on Central Park and the related volunteer opportunities. Thank you, Rachael.



-Bob Mann, Sales & Marketing Director

Birdseed Donated in Memory of Timer McCombs



Recently, the Deep River American Legion Post 296 donated 100 pounds of birdseed to The Mayflower Community in memory of the late Norman (Timer) McCombs. Timer was a faithful member of the post, and his fellow veterans continue to faithfully remember him in a gesture that was dear to

Timer. They donated seed for the bird feeders located around the Health Center. Timer loved all animals and spoke fondly of the ones he had on his farm. Mayflower residents enjoy watching the birds and squirrels and remind us when the feeders need a refill!

-Tracy Woolfolk, Community Life Coordinator

2023 Armchair Travels

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



July 13th

- Malawi & Zambia
- Vatican City

July 20th

- Dragons
- Italy, Genoa & The Riviera

July 27th

- Israel, Pickles
- U.S. California, Yosemite National Park

-Shane Estes, Resident



Treasure Chest Display: Woodworking Masterpieces

How does one pass the time during a long Iowa winter, when you are used to the climate of sunny California? For Gerald Adams, it was a simple transition. You take up woodworking as a hobby, instead of year-round gardening! He has been crafting and creating for 15-20 years.

Perusing a magazine, he saw a picture and instructions for making a model train. A perfect gift for young grandchildren! That was the beginning. The home basement and garage on Grinnell's Elm Street became filled with wood, tools, and supplies, eventually overflowing into a neighbor's garage. According to Gerald, the move to Mayflower was perfect. His Harwich Terrace basement is large enough for all his equipment, and he continues to create.

Previously the Treasure Chest featured Gerald's wooden boxes and objects made entirely from scraps of wood. During July and August, you will see his wooden toys in the Pearson building lobby "Treasure Chest." There will be cars, trucks, and vehicles of all sorts to amaze you. No two are alike, and they are made from a variety of wood. This isn't work for Gerald. He says, "It's fun!" We thank him for sharing his talent with us.

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

Mayflower Worship Opportunities

Worship

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. Thursday, August 3rd. 11:00 – 12:00noon. Health Center Fireside Room (2nd floor). Leader: Rev. Anne Sunday.

-Pat Lipton, MRA Spiritual Life Committee Chair

Residents Gather for Prayer Group

On selected Thursday mornings, 11:00am – 12:00noon, an informal gathering of Mayflower residents meets to share prayers—spoken or silent. During July, the meeting dates are the 13th, 20th, and the 27th. Health Center Fireside Room. If you would like to submit prayer requests, please contact Marilyn Schuler (641-891-7760 or mschuler107@gmail.com).

Residents' Birthdays

Jim LaCasse on July 7th
Ann Igoe on July 8th
Peggy Kolpin on July 12th
Steve Lovig on July 12th
Jan Mutti on July 13th
Walda Gustafson on July 14th
Jennifer Kang on July 14th
Miriam Baumann on July 15th
Montie Redenius on July 15th
Esther Bethel on July 17th
Dan Kaiser on July 20th
Deena Wellborn on July 20th

Cindy Crandon on July 21st
Norma Veldboom on July 21st
Joan Brand-Landkamer on July 22nd
Harley Henry on July 22nd
Phil Palmer on July 23rd

Informer Publication Schedule

Submission deadline 14th for publication July 21st
Submission deadline July 28th for publication August 4th
Submission deadline August 11th for publication August 18th
Submission deadline August 25th for publication September 1st

In Memoriam

Luther Erickson
Born: June 30, 1933
Passing: July 4, 2023

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



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