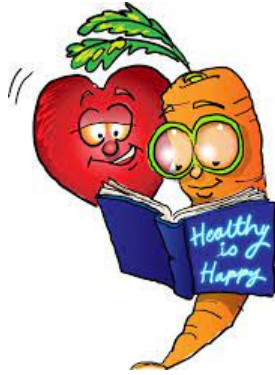


The Informer

September 15, 2023
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MIND Diet: Anxiety

While approximately 8% of Americans have experienced at least one episode of Major Depression in the last 12 months, more than twice that number (19%) have experienced at least one anxiety disorder in the last year. Anxiety is always diagnosed more specifically, according to causative factors and specific symptoms. Perhaps you have heard of panic disorder, generalized anxiety disorder, social anxiety, separation anxiety, post-traumatic stress disorder, or obsessive-compulsive disorder? These are all specific types of anxiety, all showing different physical symptoms and requiring different treatment approaches.

Because anxiety has such a broad spectrum of causes, symptoms, and treatments, this article provides general nutrition recommendations to increase foods which promote calm. Food is simply one component of an individualized treatment plan for anxiety. Most people struggling with anxiety require the help of physicians, therapists, or counselors; medications or supplements; and specific foods, exercises, and habits which promote physiological calm.

Remembering that food is one piece of the treatment puzzle, food and eating have the potential to be highly soothing. Every human on the planet was once a baby who cried. What is the best way to soothe a crying baby? Cradling the little one close and offering the bottle or breast. From our first moments, we have associated food with comfort and calm. As adults, experiencing this calming effect is found in choosing the right foods eaten in optimal environments.

Foods known to promote calm include green tea, oats, coconut, bone broths, leafy greens, apple cider vinegar, full-fat dairy, eggs, and fatty

fish. Culinary herbs like lavender and chamomile are also known for their calming effect. The right eating environment is equally important. Optimal digestion happens in a relaxed state. Even foods known to promote relaxation cannot be effective in a distracted, stressful environment. The adage “Rest and Digest” is a reminder to eat while seated and undistracted (no multitasking). This means no screens, reading, working, or driving. In our fast-paced world, eating a meal undistracted can be more challenging than it sounds!

If you’re feeling unsure of where to begin, consider starting with bedtime. Oats and oatmeal are a delicious evening snack and known to promote relaxation and sleep. This recipe offers an example, but feel free to make it your own!

Sleepy-Time Oats ingredients:

- 2 cups steel-cut oats
- 2 cups water

Directions:

1. Place oats and water in a slow cooker, cover, and cook on low for 6-8 hours.
2. Serve, topped with a sprinkle of raisins, walnuts, and cinnamon.
3. Store leftovers in the refrigerator for up to one week. Single-serve portions can be reheated in the microwave and enjoyed at a moment’s notice.

References:

- *Eat Right, Feel Right: Recipes and tips to improve mood, sleep, attention, and focus.* Dr Leslie Korn. 2017.
- <https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder>

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

UnLOCKING the Power of Philanthropy: Legacy Giving: The Building Blocks

Today I begin exploring the building blocks of your legacy plan. Two weeks ago, we considered ways to make an IMPACT beyond your lifetime:

- Extending your annual giving beyond your lifetime
- Extending the reach of your favorite



organizations

- Showing the next generation(s) the joy and impact of generosity.

A legacy plan will rarely be complicated. Taking thoughtful time to create your plan will yield lasting personal satisfaction and family financial benefit.

First, keep in mind these general charitable giving strategies:

- “Give taxable assets to charity and non-taxable assets to heirs.” Do not make your heirs pay taxes that charity does not have to. This applies equally to lifetime or future giving plans. A charity receives the same gift, and your heirs keep more.
- “Bunch’ lifetime gifts for maximum tax benefit.” Or, put another way, fund your charitable plans when it is best for you, and send gifts to charity when it is best for them.
- “Turn estate gift provisions into lifetime gifts, if possible, for maximum tax benefit.” Few Americans will face federal estate tax, but almost everyone can benefit from a well-timed income tax deduction.

Considerations for Legacy gifts made during your lifetime:

- “Give assets other than cash.” Stocks, Bonds, Mutual Funds, IRA distributions, or anything you consider ‘unproductive property’ is likely better than writing a check.
- “Consider proactive techniques,” tricks of the trade that are not tricky:
 1. Donor Advised Funds. A plan to help you give when it is best for you.
 2. Bargain Sales. A sale to charity for less than fair market value.
 3. Real Estate with a Retained Life Estate. A big deduction now, charity benefits later.
 4. Interest Free Loans. A temporary use for excess cash.
 5. Charitable Gift Annuities. Turn an unproductive asset into meaningful income.

Considerations for Legacy gifts made beyond your lifetime:

- “Revocable plans help maintain maximum flexibility.” Retain the right to easily change plan details if your circumstances require.
- A provision in your Will or Living Trust.

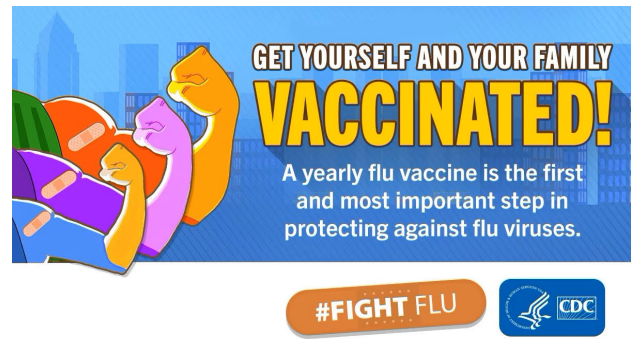
- A beneficiary provision in your IRA, Bank Accounts, or other Brokerage Accounts.
- A beneficiary provision in your Life Insurance.
- Placing assets intended for charity into a separate account your control.
- “Charitable Trusts and other powerful plans.” Not all taxes are mandatory; these plans help you re-direct dollars destined for taxation to your favorite charitable organizations.

Discussing these building blocks with me is a valuable first step and has no obligation. I welcome hearing from you with questions or comments.

-Doug Lockin, CPA, Mayflower Gift Planning Specialist

Flu Vaccination Clinic at Mayflower For Mayflower Residents

*Conducted by UnityPoint Health—
Grinnell Public Health Department*



Monday, October 2nd

1:00-2:00pm: Residents living in Altemeier, Buckley, Edwards, Montgomery, and Pearson

2:00-3:00pm: Residents living in Watertower Square and Harwich Terrace patio homes

Location:

- Check-in: Bistro side (south) of Buckley Dining Room
- Vaccination: J&B Bistro

Bring:

- Health insurance cards (to cover the administration charge)
- Signed consent form (print the attached)

COVID-19 Vaccinations: Public Health will provide an update once the new vaccination receives its FDA and CDC approvals. If that vaccine

should be available by October 2nd, they will also make it available at the Mayflower clinic.



Lions Tractors Parade through Mayflower

The annual Grinnell 4th of July parade did not pass through the Mayflower campus this year, taking an alternate route due to street

construction. That was disappointing after many years of float-cheering and waving.

The Grinnell Lions Club made up for this deficiency by parading their tractors through campus on Broad Street for their annual Ag Appreciation Day event on August 31st. Located just south of downtown Grinnell, residents are often treated to parades and other activities near Central Park.

In the photo, Mayflower residents await the tractors in front of Watertower Square.

-Bob Mann, Mayflower Sales & Marketing Director

Mayflower Audio Books Buckley Second Floor Lounge

The Body by Bill Bryson

One Summer by Bill Bryson

The Johnstown Flood by David McCullough

The Pioneers by David McCullough

1776 by David McCullough

Lady In Waiting by Anne Glenconner

The Invention of Surgery by David Schneider, MD

Me, Elton John

The Rathbones by Janice Clark

The Pull of the Stars by Emma Lowe

Franklin and Winston by Jon Meacham

Elizabeth (Taylor) by J. Randy Taraborrelli



Alaska and Canada Collectibles in the Treasure Chest

This month and next, the MRA Treasure Chest is featuring a display of Alaskan and Canadian artifacts from Janet and the late Jim Ferguson's collection. The Treasure Chest, a responsibility of the Mayflower Residents Association standing committee of that name, is a ceiling-height curio cabinet located in the Pearson building lobby.

As Janet said, “This collection of Alaskan and Canadian indigenous artifacts was started when we moved to Alaska in 1978. Jim and I wanted to collect some ‘authentic’ Alaskan souvenirs that were handmade by native Alaskans and Canadians, not the usual tourist tchotchkes made in China.”

There are basketry, dolls, clothing, jewelry, scrimshaw, and sculpture to see, some of it purchased directly from the artist. The baleen basket, for example, was made especially for Jim when he lived in Barrow, Alaska. It has a distinctive carved ivory top knob as is the signature for Alaskan basket weavers.

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

Transition Treks

Mayflower independent living transition activity since last listing:

Moved In or Within:

- Phyllis Goldman from 503 State Street Harwich Terrace patio home to Mayflower Health Center #114
- Orlan Mitchell from Buckley #101 to Beebe #203
- Lynn Cavanagh from Grinnell to 725 Park Street Harwich Terrace patio home
- Wayne and Susan Glenn from Pittsburg PA to Pearson #211
- Greg and Pam Thielmann from Arlington VA to Watertower

Square #204

- Warren and Nancy Reinecke from 527 State Street to Buckley #207
- Dennis and Chris Day from Grinnell to 527 State Street Harwich Terrace patio home
- Sarah Joan Baker from Montgomery #11 to Beebe #102
- Shubha Basu from Madison WI to Buckley #202
- Charlene Vanderveer from Grinnell to Buckley #215

Moves Pending:

- Carol Grant from Buckley #320 to Buckley #314
- Bob and Pat Larson from Grinnell to Buckley #308
- Mary Schuchmann from 531 State Street to Buckley #218
- LeRoy and Ruth Van Maanen from Lynnville to Buckley #209
- Vicki Vinall from 528 Mayflower Lane to out of town
- Brice Hughes and Jonna Jensen from Burlington IA to 916 – 1st Avenue Harwich Terrace patio home

-Bob Mann, Sales & Marketing Director

2023 Armchair Travels

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



September 21st

- U.S., Florida, Artificial Reefs
- U.S., California, San Francisco, Alcatraz
- The Story of Kwanza

September 28th

- U.S., the Park to Park Highway 1
- Austria, Vienna Christmas

-Shane Estes, Resident

Kiesel Theatre Movie Showings

The Saturday Afternoon Movies Are Back (2:00pm)!

September 16th: *The Russians Are Coming, the Russians Are Coming* (1966). Carl Reiner, Eva Marie Saint, Alan Arkin, Brian Keith, Jonathan Winters. When sightseeing Soviet commander (Arkin) runs his submarine aground off the New England Coast, his crew's attempts to find a boat to dislodge the sub almost starts World War III. This is a riotous, uproarious, and sidesplitting comedy. NR. 126 minutes. English subtitles.

September 23rd: *Born Yesterday* (1951). Judy Holliday and William Holden. Billie Dawn (Judy Holiday) is the "dumb blonde" girlfriend of Harry Brock (Broderick Crawford), a corrupt millionaire junk dealer. Brock is embarrassed by Billie's crass behavior, so he arranges for her to take a crash course in "culture" from a handsome, young journalist (William Holden). This is a classic comedy with unforgettable performances. B&W. NR, 102 minutes. English subtitles.

September 30th: *The Gods Must Be Crazy* (1980). For five thousand years, things have stayed pretty much the same for Xi (Nixau) and his fellow Bushmen. Then one day, an empty Coke bottle drops magically from the sky, and life goes topsy-turvy in the face of this generous "gift of the Gods". When Xi sets off to return the mystical present, he encounters a romantic microbiologist, a schoolteacher, and a band of terrorists, all enmeshed in a plot so insane, it could only happen in the "civilized" world. An original and thought-provoking comedy. PG. 109 minutes. English subtitles.

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. First and Third Thursdays. 11:00 – 12:00noon. Health Center Fireside Room (2nd floor). Leader: Rev. Anne Sunday.

-Pat Lipton, MRA Spiritual Life Committee Chair

“People of The Bible” Discussion Session

Resident Marilyn Schuler is leading a session entitled, “People of the Bible,” on the second and fourth Thursdays of the month. 11:00-11:45am. Fireside Room (2nd floor of the Health Center). All are welcome. Please contact Marilyn Schuler (641-891-7760 or mschuler107@gmail.com) with questions.

-Rev. Anne Sunday, Resident



Royce Wolf Does Lyceum at Mayflower

On Thursday, September 7th, local piano virtuoso, Royce Wolf, presented a recital for the first Mayflower Residents Association (MRA) offering of the current season. He opened with a three-part Beethoven sonata. Royce asked the audience to guess which sonata he was going to play with two clues: 1) It is played in C minor scale, and 2) he then played it. The answer: *Moonlight Sonata*

Royce played a piece by Brahms and another by Liszt. He provided the historical background that the two composers held disdain for one another as Royce pointed out their differing styles. Royce’s evening repertoire included other pieces, as well.

Royce Wolf, PhD, is Associate Professor of Mathematics and General Science at Grinnell College. He has provided numerous piano recitals for The Mayflower Community.

-Leslie Jaworski, Mayflower Community Life Director

LYCEUM SCHEDULE

Thursday Evenings, 7:00pm
Carman Center
Guests of Residents Welcome



September 21st: Randye Jones (at right), soprano, and
Marlys Grimm (below), pianist (opera and gospel)



September 28th: Gene Wubbels and Shane Estes,
residents leading a sing-along

-Bob Butterfield, MRA Events Committee Chair

Birthdays

Doug Brown on September 15th
Mary Grey and Arloene Yungclas on September 17th
Bonnie Lipton and Gene Wubbels on September 21st
Ken McClelland on September 23rd
Pam Gruhn on September 22nd
Robin Estes on September 24th
Janaan Swann on September 26th
Shane Estes on September 27th
Becky Neal on September 28th
Darwin Kinne and Dick Vogel on September 30th
Brice Hughes on October 1st

Informer Publication Schedule

Submission deadline September 22nd for publication September 29th
Submission deadline October 6th for publication October 13th
Submission deadline October 20th for publication October 27th
Submission deadline November 3rd for publication November 10th

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