

The Informer

January 26th, 2024

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Informer Updated Distribution Schedule

The monthly edition will be distributed on the last Friday of each month. Submissions will still be due the Friday before publication. jschmidt@mayflowerhomes.com

[February Menu Link](#)

Mayflower Residents Association (MRA) SPIRITUAL LIFE COMMITTEE

You should use whatever gift you have received to serve others as faithful stewards of God's grace in various forms. 1 Peter 4:10

We have a beautiful opportunity for every interaction to be a ministry. As we encounter persons in our everyday lives, we can dry the tears of someone who has just lost a loved one, give comfort to someone facing surgery or diagnosed with a terminal illness, listen to someone amid a crisis, or laugh with someone to share their joy!

Living here at Mayflower, we have an opportunity to care for one another every day. Whether we volunteer in the Gift Shop, bake a treat for someone, send a card to a friend, offer to run an errand, participate on a committee, or meet with other residents at mealtime, we can positively touch the lives of the people around us.

The MRA Spiritual Life Committee seeks to provide various spiritual opportunities for all of the residents in The Mayflower Community. This Committee is currently composed of eight residents who have stepped forward to serve in this capacity, including Pat Lipton (Chairperson), Dorothy Noer, Carolyn Runyan, Ed Phillips, Jo Entwisle, Bonnie Lipton, Janice Logan, and Jan Lovig.

As 2024 begins, two ongoing opportunities continue to be available:

Weekly Devotions

Rev. Bonnie Lipton leads a 30-minute devotion each Tuesday at 11:00 AM in the Carman Center. This is a time of hearing Scripture, stories, prayer, and perhaps a chuckle. Rev. Lipton describes this opportunity as a time to focus on your relationship with God, each other, and your spiritual well-being. All are welcome and invited to join in this time together as a community.

Bible Study

Rev. Anne Sunday is the moderator for the informal, 40-minute Bible Study on the first and third Thursday of the month at 11:00 AM in the Fireside Room near the Carman Center. Large print handouts of the used Scripture will be available, or you can bring your Bible. There will be group discussion and quiet time to contemplate, "How does this passage connect to my life?"

During this past year, the Spiritual Life Committee organized two additional special gatherings well received by the Community: an "Old Fashioned Hymn Sing - Songs You Know and Love" and a Service of Remembrance for All Saints Day.

"Old Fashioned Hymn Sing - Songs You Know and Love"

The "Old Fashioned Hymn Sing - Songs You Know and Love" was held on Thursday,

October 12, 2023, in the Carman Center. Sixteen favorite hymns (by vote of the Spiritual Life Committee) were brought alive by the many voices of the Community. Peggy Kolpin masterfully played the piano, Karen Phillips beautifully led the singing, and Rev. Bonnie Lipton shared a brief history of each hymn.

Service of Remembrance

The Service of Remembrance was held on October 30, 2023, with all members of the Spiritual Life Committee participating in the Service. Leslie Jaworski, Community Life Director at Mayflower, developed a beautiful PowerPoint presentation to enhance the Service that honored the 20 residents who passed in 2023. The Service began with a beautiful rendition of "On Eagles Wings" played on the piano by Dot Anderson, who also played the music for the hymn "For All the Saints." Rev. Bonnie Lipton delivered a short devotion entitled, "Remembering . . . With Thanksgiving." Following the recognition of the Mayflower residents who had died in 2023, those in attendance were invited to come forward to place a flower in a vase in memory of someone they had lost over the years but was in their hearts that day. It was an engaging time to be in the Community as we remembered with thanksgiving those who have lived among us and touched our lives in unique ways.

As the new year begins, the Spiritual Life Committee looks forward to working together with the new MRA leadership, the new Mayflower Executive Director, and the person who will assume the role of Chaplain later in the year to bring forth meaningful spiritual opportunities for those who call The Mayflower Community their home.

Pat Lipton, Chair, Spiritual Life Committee



First Row: Dorothy Noer, Jan Lovig, Janice Logan
Back Row: Bonnie Lipton, Carolyn Runyan, Pat Lipton, Ed Phillips, Jo Entwisle

Legislative Coffee News Release

It is that time of year again when The League of Women Voters hosts **Legislative Coffees as an opportunity for us to talk with our legislators. Our first Coffee will be on February 3rd from 10:30 AM to 11:30 AM at Drake Community Library and via Zoom.** The event will be moderated by Terese Grant, who will convey questions supplied by the audience before and at the event as time allows.

Senator Annette Sweeney (Senate District 27) will make a brief statement regarding her views of what is happening in the capital and then answer questions on issues expected to be considered by the Iowa Legislature in the current session. Representative Dean Fisher (House District 53) has declined to attend our Coffees this session.

If you will be joining via Zoom, please register in advance for The Coffee using this link (also available at the Grinnell League of Women Voters Facebook page): <https://us02web.zoom.us/meeting/register/tZYkce-spj0sGd37EM0VnFYHh1f26knrA7vh>

After registering, you will receive a confirmation email containing information about joining the meeting. This same link will work for all Coffees.

We'd like to encourage you to submit questions in advance to GrinnellLWV@gmail.com. The deadline for email submission is 5 PM on Thursday, February 1st so that the event host has time to organize the questions.

Attendees will also be able to write down questions at the event or post questions in the Zoom chat while the event is underway, but priority will be given to questions submitted in advance.

Legislative Coffees are sponsored by the League of Women Voters to provide residents the opportunity to learn about current legislative proposals as well as to ask questions and raise concerns in a respectful and personal environment.

The event will be recorded. The recording belongs to the LWV, and we respectfully ask that others not record the event.

2024 Bucket Courses Schedule

ALL CLASSES WEDNESDAYS 10:00-11:30 AM | CAULKINS COMMUNITY ROOM AT
DRAKE COMMUNITY LIBRARY
NO PRE-REGISTRATION REQUIRED | NO FEE FOR ATTENDANCE

February 7, 2024

Becoming Edith Renfrow:

Snapshots of an affirmed early 20th-century Black girl
Dr. Tamara Beauboeuf, Professor of Gender & Women's Studies, Grinnell College

Feb 14 & 21, 2024

"Memory and Self-Discovery:

A Hands-on Introduction to Personal Essay Writing" Part 1 & 2
Dan Weeks, Freelance Writer, Editor and Publisher

February 28, 2024

"Memory and Self-Discovery:

A Hands-on Introduction to Personal Essay Writing" Part 3
Dan Weeks, Freelance Writer, Editor and Publisher

Sunday Brunch

February 4th.

No Reservation is required.

Breakfast items are only served from 8:00 am to 10:30 am at \$13.00 per person. Complete Brunch will consist of lunch and breakfast items served buffet style from 10:30 am to 1:00 pm at \$15.00 per person.

The kitchen will close at 1:00 pm to allow enough staff to serve Brunch.

No regular breakfast, lunch, or dinner is available that day to ensure we have enough staff for the Brunch.

What will be included?

- 2 Entree choices
- 2 Side options (1 veg & 1 Potato)
- Sausage and Bacon
- Egg Casserole or Quiche
- Waffle Station
- Pastries
- Fresh Fruit
- Drinks
- Coffee Bar

**UnLOCKING the Power of Philanthropy:
Place These Gifts Under Your Tree A Year from Now**

“A Takeaway from ‘Year-End’ 2023”

November 28, 2023, was “Giving Tuesday,” on that day, many charitable organizations reminded us why they needed our support.



And after that, the flood of charitable messaging did not slow down through December.

Sure, charitable organizations make year-end solid pitches, but I do not recall a year like this. Was that your experience? Do you know if there is a takeaway here?

Competition for charitable support is fierce and will only increase in the years ahead. Organizations like Mayflower will have a challenging time attracting the ongoing support necessary to sustain and grow their missions.

A request to consider: Please explore a “legacy provision” for Mayflower and others you care about most! In doing so, you will buffer these organizations from competitive fundraising headwinds and make a lasting impact during and beyond your lifetime.

“Legacy giving” begins with an exploration, not including a hasty decision to make a gift. Mayflower provides my time without cost or

obligation. I would enjoy helping you explore.

Doug Lockin, CPA, Mayflower Gift Planning Specialist

515.210.6603 or dlockin@mayflowerhomes.com



Wellbeing Feature: Diabetes: An Epidemic in America

Diabetes. A chronic disease that impacts nearly every American. Statistically, almost 50% of Americans qualify for a diagnosis of diabetes or prediabetes. According to the National Diabetes Statistics Report, approximately 11.6% of Americans have Type 1 or Type 2 diabetes. It is estimated that $\frac{1}{3}$ of individuals with diabetes are undiagnosed. The same report finds that an additional 38% of American adults qualify for a diagnosis of prediabetes. Thus, 49.6% of Americans experience chronically high blood sugar, also known as hyperglycemia. Chronically high blood sugar is a risk factor for the development of a myriad of chronic illnesses called comorbidities. The most common comorbidities are cardiovascular disease, kidney disease, and dementia or Alzheimer’s disease.

Many US health professionals refer to diabetes as an epidemic. Awareness and education are required for Americans to manage their health and risk for disease actively. Mayflower’s wellness and wellbeing focus across 2024 will be diabetes: understanding treatment options for management, reducing disease severity, and avoiding comorbidities.

A good starting place is with the basic physiology underlying high blood sugar. Digestion and absorption of a meal results in sugar (AKA glucose) molecules entering the bloodstream. A healthy pancreas releases the insulin hormone in response to increasing glucose in the blood. Insulin “instructs” the body’s cells to absorb glucose into the cell, where it provides energy to power metabolism. Diabetes changes the body’s insulin production and the cell’s ability to “listen” to insulin’s instructions. The result? Hyperglycemia. Over time, excess sugar in the blood damages delicate blood vessels, especially those in the heart, kidneys, eyes, brain, and nerves. This damage accumulates, often resulting in the development of comorbidities.

Diagnosis of diabetes is divided into three categories: type I, type II, and gestational diabetes. Prediabetes is the stage before Type II diabetes when blood sugar levels are

elevated but not high enough for diagnosis. Stay tuned for February's article, which will focus on the differences between these categories.

References:

1. National Diabetes Statistics Report.
<https://www.cdc.gov/diabetes/data/statistics-report/index.html#:~:text=Top%20of%20Page-,Prevalence%20of%20Diagnosed%20Diabetes,US%20youths%E2%80%94had%20diagnosed%20diabetes.>
2. CDC: Diabetes.

<https://www.cdc.gov/diabetes/index.html>

Meridith Crow



Kiesel Theatre Saturday Afternoon Movies at 2:00 pm

Saturday Movies in Kiesel Theater (2 pm.)
February

February 3: He Named Me Malala. This movie tells the remarkable true story of teenager Malala Yousafzai, whom Taliban gunmen attacked in Pakistan for advocating girls' education. Rather than be silenced, Malala emerged as a global voice for all children's education rights; in 2014, she became the youngest-ever Nobel Peace Prize recipient. This intimate glimpse into an extraordinary girl's life will inspire your family. 2015, PG 13, 88 minutes, English subtitles

February 10: Planes, Trains, and Automobiles. Easily excitable, Neal Page is somewhat of a control freak. Trying to get home to Chicago to spend Thanksgiving with his wife and kids, his flight is rerouted to a distant city in Kansas because of a freak snowstorm. And his sanity begins to fray. Worse yet, he is forced to bunk up with talkative Del Griffith, whom he finds extremely annoying. Together, they must overcome the insanity of holiday travel to reach their intended destination. Steve Martin and John Candy star. 1987, R, 92 minutes, English subtitles.

February 17: **On Wings of Eagles** is the Eric Liddell Story. After winning Olympic gold in the 1924 Paris Olympics, Eric Liddell (Joseph Fiennes) returns to China, where he was born to missionary parents, to teach local schoolchildren. In 1937, the Japanese invaded China at the outset of WWII. Liddell and his friend Xu Niu (Shawn Dou), a street-smart resistance fighter, recognize the increasing danger. Liddell safely sends his wife, Florence (Elizabeth Arends), and their two daughters to Canada. Duty-bound, Liddell stays to minister to the civilian victims. Liddell is taken prisoner and placed in one of the many Japanese internment camps where they are forced to endure for two years. Eric Liddell's immortal legacy of hope continues to this day as he remains admired as a champion for life.

2017, PG13, 96 minutes, English subtitles

February 24: The Grand Budapest Hotel This recounts the adventures of Gustave H, a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend. The story involves the theft and recovery of a priceless Renaissance painting, a raging battle for an enormous family fortune, a desperate chase on motorcycles, trains, sleds, and skis, and the sweetest confection of a love affair – all against the backdrop of a suddenly and dramatically changing continent. 2014, R, 100 minutes, English subtitles.

Books for January 2024
Mayflower Library

Armitage, - Richard - Geneva - Fiction
Buettner, - Dan Blue Zones - Science
Chan, Darci - The Mill River Recluse - Fiction
Chan, Darci - The Mill River Redemption - Fiction
Jewel, Lisa - Watching You - Fiction
Jewel, Lisa - None of this is True - Fiction
King, Stephen - The Body - Fiction
McDermott, Alice - Absolution - Fiction
Norton, Kate -The Secret Keeper - Fiction
Smith, Alexander McCall - The Bertie Project - Fiction
Smith, Alexander McCall - The House of Unexpected Sisters - Fiction
Treuer, David -The Heartbeat of Wounded Knee - History

Book Review

The Blue Zones, Secrets for Living Longer
Lessons From the Healthiest Places on Earth
by Dan Buettner

National Geographic Explorer Dan Buettner has traveled the globe to uncover the best strategies for longevity, which he found in the blue zones: places where higher percentages of people enjoy remarkably long, full lives. What do these people do that enables them to be so healthy? Buettner shares these secrets of longevity in this book, along with beautiful photographs of his travels. This has been made into a documentary on Netflix titled.

“Live to 100, Secrets of the Blue Zones”.

Armchair Travels

Point of View Mexico, General Callas 2/1
Point of View Mexico, General Callas's Granddaughter 2/1
Point of View U.S., Washington D.C., Daniel Ellsberg 2/8
Pioneers of Television Variety 2/15
George Bauer Canada, Toronto 2/15
Pioneers of Television Game Shows 2/22
Afropop U.S., New York, Harlem, Franco's Gates 2/22
Iowa Public Television Germany, Berlin, Fall of The Wall 2/29
Iowa Public Television Africa, Zimbabwe, Dance 2/29

February Birthdays

Roudabush, Roger 2/4
Agnew, Dan 2/6
Smith, Don 2/7
McConnell, Bob 2/11
Packard, Gordon 2/15
Noe, Elaine 2/16
Tinker, Bill 2/16
Grant, Carol 2/17
Hanson, Addy 2/19
Lease, Leo 2/24
Munitz, Phyllis 2/21
Smith, Gene 2/25
Rod, Catherine 2/26

Mayflower Mini Gift Shop has now relocated to the old MRA Conference Room. We are open on Tuesdays from 9 am to 11:30 am. We will be selling cards only until we get settled. If you wish to donate please get in touch with Kathy Herman.

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



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**Mayflower
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