

# The Informer

February 23rd, 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](mailto:jschmidt@mayflowerhomes.com)

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## **[March Menu Link](#)**

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## **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

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## **Here is a Tip of the Month from the Info Resources committee:**

1) If your device is becoming slower and slower or crashing more often as newer applications require more and more memory, you may be ready to upgrade to a newer device. If you only use it for e-mail or simple searches, a tablet is more economical and portable than a bulkier computer.

Alternatively, you can experiment with resetting your device. (You likely want to do that if you are upgrading and plan to give away the old device or trade it in.) A reset will erase corrupt files or settings that impair performance. But it will erase all data, personal information, photos, text messages, and applications you have added. Therefore, transfer those files to cloud-based storage, a computer, or an external storage drive before proceeding.

Your problem may be more localized, as in the case of a Windows system that has somehow become corrupted and no longer performs as it did previously. (Thanks to Selva for this example.) You may be given a string of error codes that Windows cannot interpret or try to correct. You want to uninstall Windows and then reinstall it. One unexpected outcome Selva encountered was the new Windows operating system bundled in the Edge browser. Changing browsers is time-consuming if you don't want to continue with Edge.



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Support the Wish List ... 'Outside the Box' "  
(an updated Wish List follows this piece)

Before much of 2024 slips by, I want to encourage "outside the box" thinking as you consider Mayflower's current "wish list" and your other 2024 charitable priorities, the point of this message is that one or more of the following suggestions may be "better" for you than writing a check.

Suggestion #1...."Qualified Charitable Distributions" (QCDs) from an IRA are very popular for those aged 70 ½ or greater. QCD withdrawals totaling up to \$105,000 per year will not be taxed if distributed directly to your favorite charitable organizations, AND they reduce the annual "required minimum distribution" you are required to take (now beginning at age 73).

Suggestion #2 ... Give "appreciated securities" in lieu of cash. Stocks, bonds or mutual fund shares (you own for more than one year and worth more than you paid) can be given instead of cash to avoid capital gain taxation. (An option is to then use cash to "replace" the shares you contribute ... you will end up with the same investments and less "capital gain" exposure.)

Suggestions #3 & #4 ... If you are involved in agriculture:

- Give part of a grain crop to charity and still deduct the costs of production.
- Donate highly depreciated machinery in lieu of selling it to avoid income tax on the sales price.

Suggestion #5 ... Donate assets you consider "unproductive" or ones you no longer want or need. Examples include a cash-value life insurance policy, an automobile, jewelry, or a collection of coins, stamps, etc.

Suggestion #6 ... Outside the boxing, thinking also includes lesser-known charitable techniques:

- An "interest-free loan" to charity ... a place to park excess cash and avoid tax on the interest it would have earned.
- Selling an asset to charity for less than full value and deducting the difference is known as a "bargain sale."
- Giving real estate and "retaining a life estate" creates a significant tax deduction without changing your current circumstances.

Nothing above is too complicated. Let's chat to explore if one or more might fit your plans. And remember to check out Mayflower's "Wish List" below.

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Mayflower 2024 Wish List:

Food Waste COMPOSTING Project .... \$37,900 raised, \$12,100 being sought

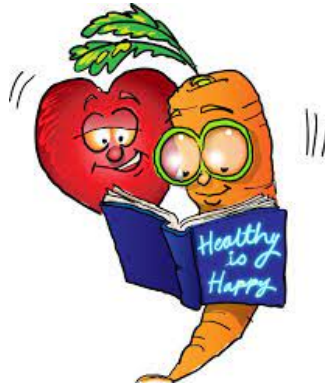
Central Campus Renovations .....

- ..... Montgomery Lounge ..... \$47,124 raised, work to begin in April
- ..... Pearson Stairwells ..... \$14,282 raised, work dates to be determined
- ..... Buckley Stairwells ... \$23,086 raised, work dates to be determined
- ..... Buckley First Floor .... \$16,525 raised, work dates to be determined
- ..... Buckley Third Floor ... \$0 raised, \$45,000 being sought

Obermiller Fitness Strength Equipment .... \$0 raised, \$24,617 being sought

Health Center Lower Level and Stairwell .... \$0 raised, \$20,000 being sought.

Mayflower ADA Transportation Van .... \$20,000 raised, pending grant applications for \$42,500 toward a total need of \$81,000.



## Diabetes: Differentiating between Type I, Type II, and Gestational

Diabetes is a chronic disease characterized by high blood sugar (hyperglycemia). Diagnosis of diabetes is specified as Type I, Type II, or Gestational diabetes. Remember back to January's article: the pancreas is responsible for producing insulin, a hormone that lowers blood sugar levels after meals. Keep insulin and the pancreas in mind as we discuss the differences between the three types of diabetes.

Type I diabetes (T1DM) is an autoimmune disease in which the body's immune system attacks the pancreas. Pancreatic cells that produce insulin are damaged and destroyed, rendering the pancreas unable to produce insulin. Without insulin, glucose in the blood cannot enter body cells. Body cells are starving for energy; simultaneously, blood sugar reaches dangerously high, damaging levels. Diagnosis most often occurs during childhood, but occasionally, the disease can be triggered in adulthood. T1DM requires daily insulin for life. The insulin dosage depends on the amount of carbohydrates consumed in the diet. Dietary treatment for T1DM includes following a controlled carbohydrate diet to match insulin dosing for the best blood sugar control. Risk factors for T1DM are family history and age (children and youth at highest risk). As an autoimmune disease that causes pancreatic insufficiency, no known prevention strategies exist to avoid T1DM.

Type II diabetes (T2DM) is caused by insulin resistance, which develops slowly over time. Insulin resistance describes body cells' reduced ability to "listen and respond to" insulin's instructions to absorb glucose. The pancreas produces adequate insulin, but cells fail to listen, and hyperglycemia results. Initial treatment seeks to improve insulin sensitivity through dietary changes, exercise, weight management, and medications. Individuals may require insulin injections if these measures are inadequate to reduce blood sugar. Risk factors for T2DM are: prediabetes; overweight/obesity; family history of T2DM; sedentary lifestyle; age (45 years and older at highest risk); certain ethnicities; and having a diagnosis of gestational diabetes in any previous pregnancy. Prevention strategies for T2DM are numerous and will be discussed in greater detail in next month's article.

Gestational diabetes (GD) is only diagnosed in pregnant women. It affects up to 10% of all pregnant women in the US. GD is caused by insulin resistance (like T2DM). However, insulin resistance in GD is caused by placental hormone interference with maternal insulin signaling and sensitivity. Many cases of GD can be treated with diet and exercise alone, while others require additional medication and/or insulin. GD resolves after birth because placental hormones are no longer present. However, having GD in one or more pregnancies significantly increases a woman's risk of developing T2DM later in life. Risk factors for GD include previous GD in pregnancy; diagnosis of PCOS; birthing large (>9#) babies; overweight/obesity; maternal age (26+ years); family history of T2DM; and certain ethnicities. GD prevention strategies are similar to T2DM and will be discussed in March's edition.



## Kiesel Theatre Saturday Afternoon

### *Movies at 2:00 pm*

March movies in Kiesel Theater

March 2: **An Officer and a Gentleman** is a timeless tale of romance, friendship, and growth. Loner Zack Mayo (Richard Gere) enters Officer Candidate School to become a Navy pilot, and in thirteen torturous weeks, he learns the importance of discipline, love, and friendship. Louis Gossett, Jr. portrays Foley, the tough drill instructor who teaches Zack that no man can make it alone. Zack eventually learns to love one local girl (Debra Winger) while his fellow candidate struggles with a different fate. 1982, R, 124 minutes, English subtitles.

March 9: **Snow Falling on Cedars** is a riveting tale of mystery. A murder trial has upset the quiet community of San Piedro, and now this tranquil village has become the center of controversy. For Ishmael Chambers (Ethan Hawke), a local reporter, the trial strikes a deep emotional chord when he finds his ex-lover is linked to the case. PG 13, 128 min. English subtitles.

March 16: **The African Queen** tells the tale of two mismatched strangers joining forces in a common cause – and finding love along the way. Stars Humphrey Bogart and Katharine Hepburn as they join forces to torpedo a German gunboat in war-torn East Africa. PG 1951, 105 minutes, English subtitles.

March 23: **Tinker Tailor Soldier Spy**. At the height of the Cold War, a precarious operation goes deadly wrong, and the head of British Intelligence wonders if a double agent is leaking vital secrets. Master spy George Smiley ( Gary Oldman) will be forced into the ultimate International spy game where everyone's motives are questioned. Performances by Colin Firth, Tom Hardy, John Hurt, Toby Jones, Mark Strong, Benedict Cumberbatch, and Clarian Hinds contribute to the powerful spy tale adaptation of John leCarre's novel. R, 2012, 128 minutes, Eng. subtitles.

March 30 **Sweet Land**, an old-fashioned farm romance doubling as a commentary on immigration and American identity. Inge (Elizabeth Reaser) is a feisty German mail-order bride who has come to Minnesota to marry Olaf (Tim Guinee), a young Norwegian Immigrant farmer of few words. But in a post-WWI, anti-German climate, the local minister (John Heard) openly forbids the marriage. Inge and Olaf fall in love despite the Down's disapproval. The

community unites around the young couple, finally accepting Inge as one of their own. 2005, 111 minutes, English subtitles.

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### Books for February 2024 Mayflower Library

The Little Liar by Mitch Albom  
The Barbizon by Paulina Bren  
The Waters by Bonnie Jo Campbell  
The Spectacular by Fiona Davis  
Poverty by America by Matthew Desmond  
Operation Pineapple Express by Lt. Col. Scott (Ret) Mann  
A Memoir of My Former Self: A Life in Writing by Hilary Mantel  
Our Hidden Conversations by Michele Norris  
The Thursday Murder Club by Richard Osman  
The Berry Pickers by Amanda Peters  
A Life in Light: Meditations on Impermanence by Mary Pipher  
West with Giraffes by Lynda Rutledge  
Dark Angel by John Sandford  
The Five Wishes of Mr. Murray McBride by Joe Siple  
Remarkably, Bright Creatures by Shelby Van Pelt

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### Book Reviews

#### **A Memoir of My Former Self: A Life in Writing** by Hilary Mantel

This collection of essays is a feast of thoughtful writing about literature, culture, and history. Indirectly, it also is about the author herself. Hilary Mantel, probably best known for her Booker Prize-winning **Wolf Hall** trilogy, died in 2022 at seventy. Her editor has compiled these essays from her journalistic past, pieces published in the New York Review of Books, Guardian, and New Yorker, and broadcast on BBC Radio. Skipping around the book, you will encounter Mantel's observations and insights on films, the craft of writing, and historical and contemporary people such as Thomas Cromwell, Marie Antoinette, Jane Austen, Annie Proulx, V.S. Naipaul, and the royal family. Pick any essay to begin, read, savor, and eagerly move on to the next.

#### **The Barbizon: The Hotel That Set Women Free** by Paulina Bren

**The Barbizon** is an engaging history of America in the early- to mid-20<sup>th</sup> century. On the surface, it is the history of a New York City hotel, but it also helps us understand how acceptable roles for women in American society developed and how room for women in the labor force expanded or contracted depending upon wars, the Depression, and even politics such as McCarthyism. The Barbizon Hotel opened in the late 1920s to be a safe, woman-only space that parents could trust when their daughters went to the big city for employment or education. It housed Gibbs girls, young women seeking a career in the arts (Grace Kelly, Liza Minnelli, Ali McGraw), and the college-aged guest editors of Mademoiselle magazine (Sylvia Plath and Joan Didion are famous examples). This book will be a pleasure if you love New York City, American history, or reading about feisty women who were breaking barriers.

#### **Remarkably, Bright Creatures** by Shelby Van Pelt

After Tova Sullivan's husband died, she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up. Keeping busy has always helped her since her eighteen-year-old son, Erik, mysteriously vanished on a boat in Puget Sound over thirty years ago.

Tova becomes acquainted with Marcellus, a giant Pacific octopus living at the aquarium. Marcellus knows more than anyone can imagine, but he wouldn't dream of lifting even one of his eight arms for one of his human captors – until he meets Tova. Ever the detective, Marcellus deduces what happened the night Tova's son disappeared. Now, he must use every trick his old invertebrate body can muster to unearth the truth for her before it's too late.

A delightful story, **Remarkably Bright Creatures** is a gentle reminder that sometimes looking at the past can help uncover a future that once felt impossible.

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### **Armchair Travels**

Rick Steves Spain, Basque Country 3/7  
Global Voices Afghanistan, Motherland 3/7  
Nature Africa, Elsa's Legacy 3/14  
Dan Kearcher U.S., Iowa, Linn, Marshall, Madison, Sac County 3/14  
Pioneers of Television Science Fiction 3/21  
Earth In The Universe Volcanos 3/21  
Globe Trekker Senegal & Cape Verde Island 3/28  
Iowa Public Television U.S., Indiana, Young Lincoln 3/28

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### **March Birthdays**

Roudabush, Lyle 3/7  
Mitchell, Orlan 3/13  
Hunter, Judy 3/14  
Murphy, Joy 3/14  
Thielmann, Greg 3/14  
Adams, Sara 3/15  
Buntz, Bonnie 3/15  
Adelberg, Arnold 3/17  
Packard, Karen 3/17  
Langerud, Georgia 3/18  
Pollak, William 3/18  
Kaiser, Jill 3/19  
Myren, Bob 3/21  
Loving, Jan 3/23  
Stoll, Linda 3/24  
Larson, Pat 3/26  
Haas, Tommy 3/28

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