

The Informer

April 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

April Menu Link



Press release for April 3 Bucket Course

The April 3 Bucket Course will feature Dr. JR Paulson discussing the topic "Zombies and Mind Control or . . . 'Is there a fungus among us?'" The course will take place at the Drake Community Library from 10 to 11:30 am. All are invited, and there is no charge to attend, although donations are accepted for coffee and cookies.

Dr. Paulson cites his longstanding interest in how a person can or could influence the minds of others. He points out that history is filled with individuals and groups attempting to mold the minds of others to do their bidding. According to him, "We are all intimately familiar with the influence certain individuals can have on others, from Jesus, Gandhi, Stalin, and Jim Jones to Putin and Trump. Social, political, and religious movements are basically studies in mind manipulation."

In this course, Dr. Paulson will explore questions related to mind control: can one really control the mind of another enough to make them do what is biologically or morally against their best interests? Can humans be turned into Zombie-like beings that would prey on one another? Are there any precedents among other species that have acquired this power? Dr. Paulson says, "This course will seek to determine if a Zombie apocalypse is in our future. . . Not that we don't have enough other things to worry about!" Dr. J.R. Paulson, a longtime family practitioner in Grinnell until his retirement in 2023, majored in philosophy as an undergraduate at the University of

Michigan and went on to earn a master's degree there in science and education. After working as a public school teacher for four years, he turned to medicine, receiving his M.D. from Michigan State.

As a family practice physician and longtime director of hospice in the community, Paulson's view of medicine is holistic and integrative, focusing on the physical and all the elements that affect people's health. He is also a philanthropist, tennis player, and amateur astronomer. He enjoys giving Bucket Classes because, he says, "It keeps me out of trouble."

Members of the sponsoring Community Education Cooperative include Unity Point Health Grinnell, Grinnell College, Drake Community Library, Grinnell-Newburg School District, Grinnell Area Arts Council, Mayflower Community, Grinnell Education Partnership, Read to Lead, Grinnell Historical Museum, Grinnell School of Music, LINK, and Iowa Valley Community College. Videos of previous Bucket Courses are available on the YouTube channel Grinnell Community Education Cooperative.

Legislative Coffee News Release

This legislative season is going strong. Please join your neighbors for the opportunity to talk face-to-face with our legislator at a **Legislative Coffee sponsored by The League of Women Voters on April 6th from 10:00 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 at 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 and did not register for the February Coffee 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-spjosGd37EM0VnFYHh1f26knrA7vh>

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

We encourage you to submit questions in advance to GrinnellLWV@gmail.com. The deadline for submitting questions via email is 5 PM on Thursday, April 4th, so 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 with the opportunity to learn about current legislative proposals, 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.

Drake Library Game Night in the Community Room!

Game Night @ DCL

First Mondays @ 5:30pm
Adults



March 4, April 1, May 6

Stop in for a night of board and card games.
Learn new ones, play old favorites, and have fun!

Greetings, Water Aerobics Enthusiasts!

The last ½ of the spring semester is fast approaching, so we will be starting our Water Aerobics classes again. I hope most of you have been able to keep your fitness workouts going while I have been away from Grinnell. I've enjoyed my time in Florida, working on a few writing projects. My colleague Kesho Scott and I walk for over an hour every morning and enjoy great conversation. However, I'm excited to return home, resume teaching classes, and see all of you again. I've missed you!

Here's the updated information about the start of our Water Aerobics Class:

We will again offer classes **Monday/Wednesday/Friday from 11 until 11:50 a.m.**

Classes will start on Monday, April 1st.

Enter the BEAR through the main doors as usual and use your P-card to check in with the welcome desk monitor. Then, head down the stairs just east of the welcome desk. At the bottom of the stairs, take a right/west through the underground tunnel to the General Public locker rooms. If you are faculty or staff, you may have a locker in that designated locker room instead. You can use the south doors of the locker rooms to access the wet hallway, which leads to the pool deck.

You must purchase a membership to use the building if you do not have a college P-card. You can go to the main Phys. Ed. Athletic office and see Alicia Arkema. (The monitor at the welcome desk can provide directions.) Alicia will help you purchase a membership, the cost which, in the past, has been a nominal fee.

Evelyn Freeman

Grinnell College

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UnLOCKING the Power of Philanthropy:

“It Boils Down to This”

Ten years and a few days ago, a Mayflower couple showed up unannounced in the office of then Executive Director, Bob Mann. Bob learned that Mayflower would soon be receiving a securities transfer worth \$100,000 as this couple’s “legacy” gift. Bob was stunned and of course very grateful at the same time.

Shortly thereafter, Bob asked me about previous conversations with this couple. My “contact notes” held the explanation for their big surprise.

Four years ahead of this big surprise, the couple asked me, “What is the ‘best’ way for us to make a legacy gift, with a lifetime contribution or an estate provision?” I recalled to Bob a brief conversation in which I pointed them toward a lifetime contribution. Over the four intervening years, they continued giving generous annual support but never mentioned a legacy gift.

I tell this story because it boils “gift planning” down to its basic elements, the TIMING of our gifts, and the ASSETS we use to make them. This couple already knew that giving appreciated securities was better than cash. And they learned the only way to realize any tax savings for this legacy gift was to make it during their lifetime.

“Timing” and “asset” considerations are important at all levels of charitable giving. This is not only about legacy giving. Your “best” plan is unique to your circumstances and will not be difficult to uncover. Let’s spend some time exploring together the gifts you wish to make, to Mayflower and any other organization you care about. Please let me hear from you.

Doug Lockin, CPA, Mayflower Gift Planning Specialist
515.210.6603 or dlockin@mayflowerhomes.com



Prediabetes & Prevention

Let’s review the three different types of diabetes. Type I diabetes (T1DM) is an autoimmune disorder causing pancreatic insufficiency. There are no prevention strategies for T1DM. In contrast, Type II diabetes (T2DM) and Gestational diabetes (GD) are caused by insulin resistance of body cells. Key lifestyle factors have been shown to reduce the risk of developing T2DM and reduce the severity of disease symptoms and progression. This month, our focus is on T2DM prevention strategies. Almost every case of T2DM is preceded by a condition called prediabetes. With prediabetes, blood sugar levels are higher than usual but not yet high enough for a

diagnosis of T2DM. This in-between stage is a strong warning signal, indicating that in the absence of lifestyle change, progression to T2DM is likely. Approximately $\frac{1}{3}$ of Americans have prediabetes. 80% of these individuals are unaware of their condition. Yet, testing for prediabetes is simple and non-invasive. A blood test that measures Hemoglobin A1C will detect prediabetes. Interpreting A1C is simple and straightforward:

A1C 5.6 or less: Normal

A1C 5.7-6.4: Prediabetes

A1c 6.5 and more: Diabetes

To keep it short and sweet, A1C Awareness is the first action step in diabetes prevention.

Armed with A1C awareness, step two in diabetes prevention is understanding the lifestyle factors known to affect blood sugar handling.

Key lifestyle factors include:

1. Managing Weight within a Healthy Range
2. Quitting Smoking and Vaping
3. Reducing Stress
4. Addressing High Blood Pressure
5. Eating Nutrient Dense, Whole/Unprocessed Foods
6. Incorporating Daily Movement and Activity

Step three is identifying specific lifestyle factors for focused improvement. Choose 1-2 lifestyle factors to address. Develop goals and targeted action steps. Remember, lasting and impactful change is slow, patient, progressive, and cumulative.

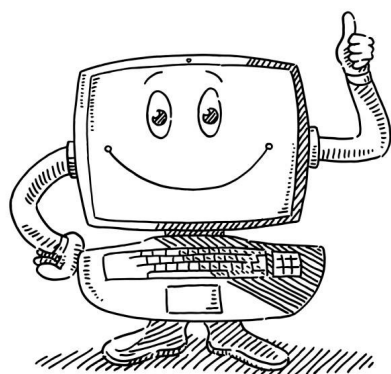
The exciting truth is that prediabetes is reversible for some individuals! Strategic intervention through lifestyle change is effective at preventing the progression to T2DM. For individuals who progress to or already have T2DM, these same lifestyle strategies can help reduce the severity of disease symptoms and may even reduce the medication needs. Future articles will discuss the key lifestyle factors in greater depth, so stay tuned!

Meredith Crow, MA, RD, LD

Mayflower's Consulting Dietitian

References:

1. <https://diabetes.org/about-diabetes/diabetes-prevention>
2. <https://www.cdc.gov/diabetes/basics/prediabetes.html#:~:text=What%20Is%20Prediabetes%3F,t%20know%20they%20have%20it.>



Tip of the Month from the Information Resources Committee

Many internet sites offer help or instructions on using electronic devices more effectively. Although such sites don't always address our questions, they often provide good reminders of what we may have seen previously but now have forgotten. This tip focuses on the AARP's site, **seniorplanet.org**.

At that site, click on the **Resources** tab. On a small screen, you may need to click on the **Main Menu** tab and then scroll down to see the following options.

On Demand Learning provides Tech Demo Videos

geared to Google users interested in trying Docs or Sheets (with overviews helpful for those who rely on Windows-based programs such as Word or Excel) and Drive and Privacy Settings. Additionally, interactive classes may cover topics of interest, such as a recent one on Group Chats.

Tech Tip Video Tutorials cover the basics of several common tasks: setting up Apple ID, downloading apps for iPhones or Android devices, attaching or downloading files to emails, and creating and using accounts on Instagram, Facebook, What's App, Spotify, Lyft, or Gmail.

How to Use Zoom covers the basics of participating in and scheduling your Zoom meeting.



Kiesel Theatre Saturday Afternoon
Movies at 2:00 pm

April 6: *The Tuskegee Airmen* must undertake the riskiest mission of their lives—to prove to America that courage knows no color. Their success could earn them respect, save lives, and help win a terrible Second World War. They are the first squadron of black American pilots to be allowed to fight for their country.

2011, PG 13, 106 minutes, English subtitles

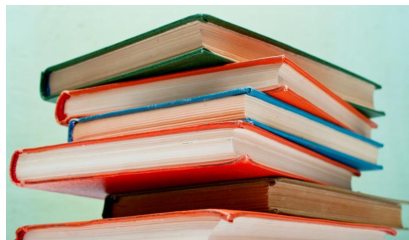
April 13's ***A Beautiful Mind*** stars Russell Crowe in an astonishing performance as brilliant mathematician John Nash, who is on the brink of international acclaim when he becomes entangled in a mysterious conspiracy. Only his devoted wife (Jennifer Connelly) can help him in this powerful story of courage, passion, and triumph.

2001, PG 13, 2 hrs. 16 minutes, English subtitles

April 20: ***The Trip to Spain***. After jaunts through northern England and Italy, Steve Coogan (Philomena) and Rob Brydon (Cinderella) embark on another deliciously deadpan culinary road trip. The guys head to Spain to sample the best of the country's gastronomic offerings between rounds of their hilariously off-the-cuff banter. The locales are breathtaking, the cuisine to die for, and the humor is delightfully devilish.

2017, NR, 108 Minutes, English subtitles

April 27 ***Taking Chance*** is the remarkable true story of one soldier's death in battle, another soldier's journey of discovery, and a nation's reverence and gratitude toward its war dead. After hearing of the heroic death of a young Marine in Iraq, veteran officer Lt. Colonel Michael Strobl (Keven Bacon) volunteers to escort the remains of Lance Corporal Chance Phelps back to his hometown in Wyoming. On a trip across America's heartland, Strobl will find himself on an unexpectedly emotional sojourn into the soul of a country mourning not only Phelps, but all of our country's fallen heroes. 2009, PG, 78 minutes, English subtitles.



Books for 2024

Author Title

Barnhill, Kelly *When Women Were Dragons* Fiction
Binchy, Maeve, *Irish Girls About Town* Short Stories Fiction
Dugoni, Robert *The Extraordinary Life* Fiction
Grann, David *The Wager* History Fiction
Guthrie, Savannah *Mostly What God Does* Religion

Hannah, Kristin The Women Historical Fiction
Johnson, Craig The Longmire Defense Mystery
Michaelides, Alex The Fury Fiction
Orlean, Susan Rin Tin Tin Biography
Shore, Monique McLay No One is Better than You Biography
(Grinnell Author)

Book Reviews

The Spectacular by Fiona Davis

New York City, 1936. Nineteen-year-old Marion Brooks knows she should be happy. Her high school, *The Spectacular* by Fiona Davis, sweetheart is about to propose and sweep her off to the life everyone expects: a quiet house in the suburbs with Marion staying home to raise their future children. But when Marion comes across an opportunity to audition for the famous Radio City Rockettes, she jumps at the change.

Meanwhile, the city is reeling from a string of bombings orchestrated by a person the press has nicknamed the "Big Apple Bomber," who has been terrorizing the citizens of New York for sixteen years. The police, in desperation, turn to Peter Griggs, a young doctor at a local mental hospital who espouses a radical new technique of psychological profiling.

As Marion and Peter unexpectedly find themselves pulled into the police search for the bomber, Marion realizes she may be forced to sacrifice everything she's worked for and the people she loves.

Geneva by Richard Armitage

Sarah Collier is a Nobel Prize-winning scientist who has taken time off to spend with her husband, Daniel, and daughter, Maddie. She also is now able to spend more time with her father, who is suffering from Alzheimer's and needs special care. Lately, Sarah has also been showing tell-tale signs of the disease. She and Daniel are invited to Geneva for a biotech conference where she is introduced to new technology, which may be a game changer for her and her father. However, events spiral out of control, and Sarah is forced to question the intentions of everyone around her.

This is a fast-paced thriller and Richard's first novel. He has worked with Harlan Coben on many films, and this book is just as intense as a Coben mystery.

Worship with Wendy Abrahamson

All Mayflower residents are invited to the Mayflower Chapel service led by Rev. Wendy Abrahamson on the 3rd Wednesday of every month. The service is held in Carman Center and lasts approximately 30 minutes. Communion is served.

April Birthdays

Crawford, Carol 4/1
McConnell, Barbara 4/1
Case, Lisa Wilcox 4/2
Entwisle, Jo Ann 4/3
Bolton, Jo 4/4
Britton, George 4/8
Noer, Dorothy 4/13
Williams, Laura 4/13
Borthwick, Alicemary 4/15
McNally, Bill 4/18
Evans, Rey 4/19
Jones, Jean 4/21
VanArkel, Deborah 4/22
Veldhuizen, Iann 4/22
Herman, Gene 4/25
Szary, Kathy 4/25

Atwell, Roberta 4/26
Zimmerman, M. J. 4/27
Kolpin, Loren 4/29

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



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