

The Informer

May 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

June Menu Link



Managing Type II Diabetes with Food: The Stabilizing Roles of Protein, Fat, & Fiber

Welcome back to our discussion on food-focused interventions for managing type II diabetes. Continuing the conversation from last month, let's review a few key points:

1. Carbohydrate-containing foods are digested into sugars, which enter the bloodstream and raise blood glucose levels.
2. A wide variety of foods contain carbohydrates: fruits, vegetables, dairy, beans/legumes, grains, breads, pasta, rice, potatoes, and all sugar.
3. Prioritize choosing nutritious carbohydrates in the proper portion size for optimal blood sugar control.

Optimal blood sugar control is supported by numerous other factors. This month, the focus is protein, fat, and fiber. Carbohydrates, protein, and fat are the molecular building blocks of food. Fiber is a component of some carbohydrate foods, but fibrous foods are indigestible or poorly digested. Protein, fat, and fiber promote optimal blood glucose control in three key ways:

1. Protein, fat, and fiber do not digest into sugars, so when eaten alone, protein, fat, and fiber do not raise blood sugar significantly.
2. Protein, fat, and fiber require more time and effort to digest, which slows the whole digestive process.
3. Protein, fat, and fiber promote greater satiety or the feeling of being full/satisfied for a longer period of time and/or with smaller portions of food.

Knowing which foods contain protein, fat, and fiber is essential to fully understand

and implement the three keys listed above.

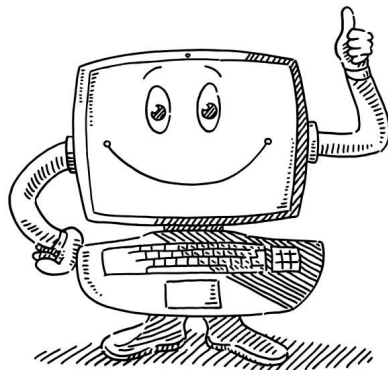
1. Protein: Beef, Pork, Lamb, Poultry, Fish, Eggs, Nuts/Seeds, Nut Butters, Cheese, Plain Yogurt
2. Fat: Olive Oil, Avocado Oil, Olives, Avocados, Butter, Cheese, Plant/Seed Oils, Nuts/Seeds, Nut Butters, Mayonnaise
3. Fiber: Fruits, Vegetables, Whole Grains, Nuts/Seeds, Beans/Legumes

The key takeaway is to fill up at meals and snacks with protein, fat, and fiber-rich foods, with carbohydrates having a smaller portion on the plate. Remembering last month, an appropriate portion of carbohydrates is ½ cup—1 cup of cooked carbohydrates per meal. This will not fill a plate or satisfy most appetites! Ideally, the rest of the plate should be filled with protein and vegetables, with fat used as a condiment, spread, or dressing.

Digestion slows down when most foods eaten are protein, fat, and fiber. Sugars from carbohydrates are released more slowly into the bloodstream, improving blood sugar control. Thus, less insulin is required to keep blood sugar within an appropriate range. Additionally, the stomach is full for longer, so hunger for the next meal or snack is delayed. This is particularly helpful for individuals seeking to lose weight but struggling with frequent hunger.

Remember that diabetes management is complex because the body's digestive processes and hormonal regulation combine into an intricate and individualized interplay. These general recommendations serve as a starting place. Many individuals require more individualized education and recommendations for precise blood sugar control. Working with a Certified Diabetes Educator (CDE) or Registered Dietitian can provide these individualized recommendations. Regardless, have patience and persistence as you learn and practice a new way of eating. It takes time and consistency to establish any new habit.

Meredith Crow, MA RD LD
Mayflower Consulting Dietitian



Tip of the Month from the Information Resources Committee

Tip of the Month May 2024

The Information Resources Committee hopes you have found the MRA Resident Directory useful. You may even have taken the step of bookmarking the site. (Last month's Tip of the Month gave instructions for that process; see the explanation below for how to access past newsletters.)

This month's Tip is to encourage you to look beyond the resident directory to check out staff photos. Those can help you put a name and a face together for the special

individuals who keep Mayflower functioning effectively. On a small-screen device, you may not see this option when you reach the directory page. Click on the three bars to the top right of the screen to see the full menu of other options. You can then select Staff. Thanks to Joni for expanding and updating this section of the directory!

That menu also includes the heading Resources. Under that tab you can select Mayflower Newsletters, and then you can choose The Informer. The link for The Informer is also accessible from the Mayflower web page, under the Life at Mayflower heading, where you can select the Newsletters tab.

You may want to bookmark the URL below to order food from the Buckley kitchen:
<https://portal.fullcount.net/cp/mayflower>.

At that address, you will need to sign into your individual account. Your user name, all lowercase, is your first initial and last name (not the email address you use to sign into the directory). The password Joni assigns you is "Mayflower1", which you can change to one that you prefer. If you encounter any problems in ordering food, check



UnLOCKING the Power of Philanthropy:

“Priority Projects and Creative Funding”

Two *resident transport vans* now top Mayflower’s “wish list” for charitable funding. Funding for *food waste composting equipment* is nearing completion, and the project will soon be operational. *Campus remodeling* projects will begin soon to the extent they are funded. The details and creative charitable funding strategies follow.

Mayflower residents with mobility issues will benefit from two *new, easily accessible transport vans*. The vans cost \$80,000 each, and \$45,000 has already been contributed to the first van. Mayflower desires to order the first van as soon as possible and the second early in 2025.

Composting food waste from the Buckley kitchen will begin as soon as electrical connections are established. Plan to visit Mayflower’s Vosburg building to see the equipment and composting site. Contributions exceeding \$45,000 allowed the equipment to be ordered and installed. Additional gifts are being sought to complete the purchase and fund future maintenance.

Remodeling projects begin next month in the common areas of the Montgomery apartment building, followed by upgrades to the Pearson stairwells and 1st-floor Buckley hallway. Generous donations have fully funded these projects. Additional funding will be sought to complete the 2025 remodeling of the 3rd floor of Buckley and the lower level of the Health Center.

THANK YOU to all whose contributions have moved these projects forward. Your generosity is enriching the lives and environments of all Mayflower residents. Consider one or more creative gift-planning strategies when helping to fund the vans or beautify the campus. *A general “rule” is to consider giving assets other than cash to maximize the impact of your gift and lower your “out-of-pocket” cost.*

Common assets and strategies I write about often include *Qualified Charitable Distributions from your IRA* (age 70 ½ or greater) or contributions of *appreciated stocks, bonds, or mutual funds* from a non-qualified investment account.

Less common but very practical ideas include: a) giving part of an existing life insurance policy, b) selling an asset to Mayflower for less than its fair market value (a “bargain sale”), or c) exploring gifts of any “unproductive” property you no longer want or need.

Please let me hear from you with thoughts or questions this information brings to mind. It will be a pleasure to talk with you.



Books for May 2024
Mayflower Library

Title Author

The Stars Turned Inside Out. Jacobs, Nova. Mystery.
Murder at the Washington Tribune. Truman., Margaret. Mystery
Mystic Tea. Martin, Rea Nolan. Fiction.
Toxic Prey. Sandford, John. Mystery
The Situation Room. Stephanopolulos, George. History
Becoming Gahdhi. Garfinkel, Perry. Biography.
The Rabbit Hutch. Gunty, Tess. Fiction.
Somehow Thoughts on Love. Lamott, Anne. Social Science (LP)
A Life Without Water. Bolden, Marci. Fiction.
The Women. Hannah, Kristin. Fiction.
A Tangled Web. Rule, Leslie. True Crime

Book Reviews

A Tangled Web by Leslie Rule

It was a bleak November in 2012 when Cari Farver, thirty-seven, vanished from Omaha, Nebraska. Texts indicated that the hardworking mother had quit her job, abandoned her son, and cut ties with everyone. Cari's boyfriend, Dave Kroupa, accepted the breakup at face value. Her mother, Nancy Raney, however, had doubts. "I need to hear your voice," Nancy begged. When the texter refused to speak, Nancy reported Cari Missing.

While no one saw or spoke to Cari, more than 12,000 sinister emails and texts were sent in her name over the following years. Police believed Dave and his girlfriend, Shanna "Liz" Golyar when they reported that the missing woman was cyber-stalking them. The tormentor was eerily aware of Dave's every move and knew when Liz visited and threatened the couple. It never occurred to Dave that Cari was a victim—that the real stalker had killed before and was planning to kill again.

Leslie Rule tracks the heart-pounding path to long-awaited justice- from a twisted past to the deadly deception and the high-tech forensics that condemned the killer to prison.

The Seed Keeper

by Diane Wilson

The 2024 ALL IOWA READS Selection

The Seed Keeper is a haunting novel spanning several generations of a Dakota family's struggle to preserve their way of life. After spending part of her childhood with a foster family, Rosalie Iron Wing marries a white man and spends two decades raising a family on their farm. Now, her husband has died, and she begins to confront the past, searching for family, identity, and a community where she can finally belong. Rosalie learns what it means to be descended from women with souls of iron—women who have protected their families, their traditions, and a precious cache of seeds through generations of hardship and loss.

June Birthdays

Schwengels, Suzanne 6/3
Dobbs, Elizabeth 6/3
Mathews, Rose 6/4
Anderson, Beverly 6/5
Anderson, Bob 6/9
Grey, Bob 6/6
Ramsey, Sue 6/7
Eisenman, Marie 6/8
Phillips, Ed 6/12
Guenther, Gerry 6/14
Day, Chris 6/15
Moore, Tom 6/21
Roudabush, Nancy 6/21
Butterfield, Bob 6/28
DeRooi, John 6/26
McNally, Karen 6/29
Jensen, Jonna 6/29
Matheos, Chris 6/30

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