

# 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](mailto:jschmidt@mayflowerhomes.com)

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## [July Menu Link](#)



### Meal Timing & Portion Sizes for Blood Sugar Management:

As already unpacked in the last two articles, numerous dietary factors influence blood glucose control. Specifically, different nutrients (carbohydrates, proteins, fats, and fibers) affect the raising or stabilization of blood sugar differently. The next step for successful application is understanding how much and how often to eat for optimal blood glucose levels. This month, we will explore meal/snack timing and portion sizes that support blood sugar control.

The most ideal meal and snack routine for diabetes management includes three meals and two or three snacks daily. Meals are breakfast, lunch, and dinner, with snacks in the mid-morning, mid-afternoon, and evening/before bed. This frequency of eating provides a steady stream of nutrition every 2-3 hours. A steady stream prevents individuals from getting too hungry and/or experiencing low blood sugar. Extreme hunger and low blood sugar often trigger overeating. Overeating often causes a blood sugar spike, followed by a crash. Instead, frequent meals/snacks naturally promote smaller portion sizes. When smaller portions are consumed at each meal/snack, the body usually has a smaller glycemic (sugar) load to process, reducing the likelihood of a blood sugar rollercoaster.

The next question is how much food to consume for meals and snacks. While a prescriptive diet that suits the needs of every individual reading this article cannot be provided, some general recommendations can serve as a starting place.

For Meals:

1. Picture your plate and imagine it divided into four quadrants.
2. Fill your plate with  $\frac{1}{4}$  carbohydrates,  $\frac{1}{4}$  protein, and  $\frac{1}{2}$  vegetables. This equates to about  $\frac{1}{2}$  - 1 cup of carbohydrates, 3-4 ounces of protein, and 1-2+ cups of vegetables.
3. Add condiments, dressing, or sauces to provide healthy fats. This equates to 1-2 tablespoons.
4. Ensure beverages are calorie-free to avoid excess carbohydrates.
5. Eat to satisfaction or satiety. This precedes the feeling of fullness. Most individuals reach satisfaction when their stomach feels about 70% full.
6. If you require additional servings to reach satiety, prioritize protein or vegetables over carbohydrates.

For Snacks:

1. Always pair carbohydrates with protein, fat, or fiber. Remember the phrase "no naked carbohydrates."
2. An appropriate portion of carbohydrate at snacks is 1 ounce or  $\frac{1}{2}$  cup
3. Pair with 1-3 ounces of protein, 1-2 tablespoons of fat, or  $\frac{1}{2}$  - 1 cup of vegetables
4. Eat to satisfaction or satiety. Avoid snacking while distracted (working, reading, using/watching a screen, or driving).

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**Summer Nights with Music in the Park brings lots of Smiles.**





### **Van Update**

Grinnell Mutual Foundation Group Grant: \$25,000

Local family donation: \$20,000

Mayflower Resident gifts: \$10,085

Total: **\$55,085**

Balance due to purchase our new van that will transport four residents with walkers and two in wheelchairs: **\$25,000**

We would like to order the van in July so that we have it in use later this fall.

If you would like to provide financial support for this amazing ADA compliant van, please provide a check to Mayflower Community and note Mayflower Van in the memo line.



### **Movie Theater Seat Update**

The Irwin Signature chair secured the most votes for our next movie theater chair.

#### **Next steps**

Fundraising for the seats. Each seat will cost \$1,000.00.

Our goal is to purchase 38 theater seats.

Please write your check to Mayflower Community, and in the memo line, note Movie Theater Seat.

Note: **This is tax deductible.**

Drop off checks with the business office staff in the Pearson lobby or the secure payment box.

We want to raise the funds and order the chairs by **July 15<sup>th</sup>**.

Mayflower will update the flooring in the theater to match the project's scope.

Please contact Kellie McGriff at ***kmcgriff@mayflowerhomes.com*** or 641-990-8557 with any questions or concerns.

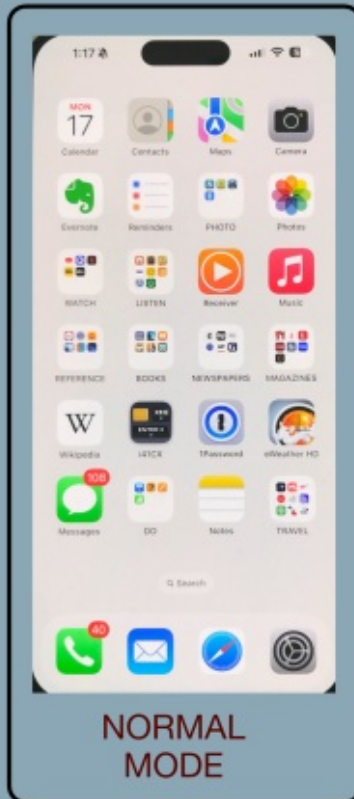
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## Tip of the Month from the Information Resources Committee

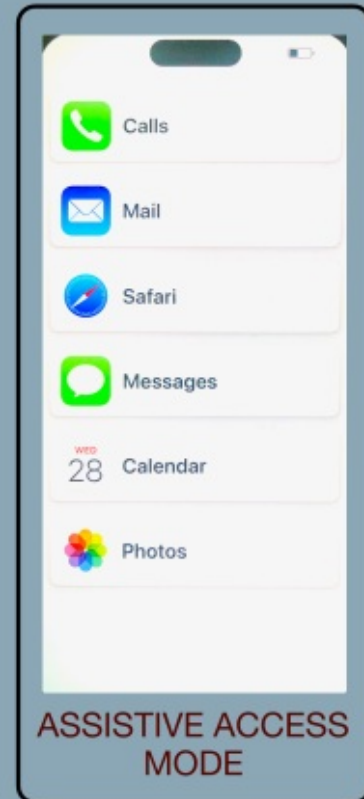
### Frustrated By Your iPhone? It Can Be Transformed\*



#### EXPLANATION

On the left the iPhone is as normally used. On the right it is transformed by Apple's Assistive Access to be more easily seen and used: the home screen is simplified; type is larger; Apple applications are easier to use; and new features are included. e.g.,

- Messages can be read aloud and composed by dictating.
- Friends frequently called are shown prominently.
- Return to the phone's "home" screen is eased.



**A MEETING** iPhone Assistive Access will be demonstrated and explained in a meeting in the Bistro Room on July 10th at 2:00. Additionally, one-on-one sessions will be arranged in which interested residents can try out Assistive Access and decide if it is for them. Worth Knowing: Assistive Action can be implemented and exited easily at any time.

\* Assistive Access mode can be used on Phones introduced from late 2017 on and on iPads of recent vintage - all those on which IOS 17 can be installed.

Planting Flowers at the Health Center



## UnLOCKING the Power of Philanthropy:

### “New Resident Expectations?”

Straight to the point: Are there “expectations” of new (or any) residents to make charitable contributions to Mayflower?

Answer: Treat Mayflower as you would any non-profit organization you meet for the first time. Get to know its charitable mission. If you like what you see, consider charitable support that fits your personal and financial priorities. Ask questions of me or Mayflower leaders without any obligation to contribute.

This is a message I often deliver to new residents in one-on-one “get acquainted” conversations. I conclude with basic facts about charitable support for Mayflower, information I also share in these “get acquainted”



visits.

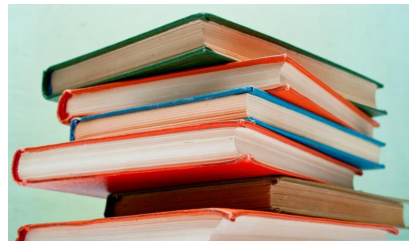
Charitable support for Mayflower began in its earliest days, providing housing for UCC clergy who retired with little to no home equity or pension income. Over the years this primary mission element changed to providing healthcare for residents who outlive their resources.

Today, charitable contributions also provide a) resident wellness initiatives, b) staff education and wellness opportunities, c) and special campus projects like gardens, transportation vehicles, and a recently completed food waste composting initiative. Mayflower receives varying amounts of charitable support each year, with an annual average between \$400,000 and \$500,000. Approximately 75% of these annual dollars are given by Mayflower residents; the remainder comes from hundreds of Mayflower friends in Grinnell and across the state and country.

Please let me hear from you with thoughts or questions this information brings to mind. I am on campus, typically each Monday, and I welcome hearing from you any day of the week via phone call, text, or email. It will be a pleasure to talk with you.

Doug Lockin, CPA, Mayflower Gift Planning Specialist  
515.210.6603 or [dlockin@mayflowerhomes.com](mailto:dlockin@mayflowerhomes.com)

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### Books for May 2024 Mayflower Library

The Library Committee recently refreshed the book collections in the Buckley 3<sup>rd</sup> Floor Lounge. Older books that had not been used were removed to free up space for future additions. In the process, we saw some gems you may have missed when published or added to the Mayflower collections. Here are some examples to tempt you to pay a visit to Buckley 3<sup>rd</sup>:

#### **History Collection**

"The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics" by Daniel James Brown—a riveting story of underdog athletes who reach the world stage at the Berlin Olympics.

"The Library Book" by Susan Orlean—recounts the unsolved mystery of the catastrophic fire at L.A. Public Library in 1986 and becomes a love letter to public libraries.

"Mobotuaries: Great Lives Worth Reliving" by Mo Rocca—rewritten obituaries about people who haven't received the attention they deserve, told with insight and wit.

The History Collection also contains numerous titles by favorite authors Doris Kearnes Goodwin, Erik Larson, and David McCullough.

#### **Biography Collection**

"Alexander Hamilton" by Ron Chernow—is intimidating in size but very readable, and you can hum the Broadway musical tunes as you go.

"Storm Lake" by Art Cullen—A tribute to the American Midwest with the stories of the townspeople—farmers, immigrants, and the Pulitzer Prize-winning newspapermen—at its core.

"This Time Next Year We'll be Laughing" by Jacqueline Winspear, the author of the Maisie Dobbs series, tells her parents' story about her childhood.

### Social Sciences

"When Breath Becomes Air" by Paul Kalanithi—the author, a neurosurgeon, is diagnosed with stage IV lung cancer at the age of 36 and shares his journey from healer to patient.

"The Girls from Ames" by Jeffrey Zaslow—the story of eleven girls who grew up together in Ames, Iowa and maintained a close bond through college, careers, marriage and motherhood, and the death of a child.

Buckley 3rd also has several smaller collections, including **Travel, Poetry, Literature** (mostly classics by authors such as Austen, Hemingway, Steinbeck, and Wharton), **Nature**, and **Holidays**. Take a look!

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### July Birthdays

LeRoy VanMaanen 7/11  
Adelberg, Harriet 7/31  
Baumann, Miriam 7/15  
Brand-Landkamer, Joan 7/22  
Crandon, Cynthia 7/21  
Graff, Carol 7/6  
Gustafson, Walda 7/14  
Igoe, Ann 7/8  
Kaiser, Dan 7/20  
Kolpin, Peggy 7/12  
LaCasse, James 7/7  
Landkamer, John 7/2  
Lovig, Steve 7/12  
Mutti, Jan 7/13  
Palmer, Phil 7/23  
Redenius, Montie 7/15  
Van Maanan, LeRoy 7/11  
Veldboom, Norma 7/21  
Wellborn, Deena 7/20  
Sally Moore 7/24

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