



PERSPECTIVES - JUNE 2021

Carolyn Durphy-President & Pam Archer-Membership

Wow!! Cannot believe that this year is almost half over. It is great that we can leave off the masks, in most places, and have more than 10 people in a group. I do hope all of us AARP members have had our shots. It is also great that the younger people are able to get theirs now. Maybe by the end of the year we will all have been vaccinated.



A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way.

A happy Father's Day to all you dads and granddads on Sunday, June 20th. That is also when summer begins.

The AARP Monthly Meetings are Back!! - Carolyn Durphy

Beginning July 19th at 9:30am we will be meeting at the Great Room in the Clubhouse with our goodies, coffee, tea and a guest speaker. Please pass the word and bring a friend. We will have a **Board meeting on Monday, July 12th at 10am at the Fareways Trophy room.**



June AARP Picnic

The officers and directors look forward to seeing you all at the picnic on Monday, June 14th. This will be from 11:00am to 1:00pm and drinks will be provided. In keeping with Covid safety protocols, everyone should bring their own lunch. If this isn't your style, consider ordering a Take-out meal from Fareways! There will be a few announcements and some give aways. We will also have our usual 50/50 drawing. Do plan to attend and help us start up our monthly meetings. Don't forget to sign up to bring treats for the July meeting and pay your dues if you have not already done so.

A Dinner Invitation from Graze Restaurant: - Karen Kovarik

We are invited to dine on Thursday, June 24th. It is time we put on the Ritz, enjoy the fellowship of our members and contribute a few dollars to our budget for charities. Again, this year the pandemic has limited our ability to raise funds, and the many local charities we have supported in the past will miss out for the second year. Let's do what we can in the year remaining, and eating out is certainly the most pleasant and painless thing we can do. Graze has a Thursday night special, a burger and draft, and, of course, a more extensive menu of food and drink. Our percentage of the evening receipts includes take-outs, (the special is not included in take-outs.)

We're working on adding Harry's Alehouse soon to our fundraisers.

Another Plus for the Mediterranean-style Diet - Sandie Frame

It is good for the brain. *Alzheimer's and Dementia* published study findings from 8,000 U.S. adults, 50 to 85 showing that those who eating habits adhered to that pattern baseline – with lots of whole grains, vegetables, fruits, nuts, fish, legumes, and olive oils, with little red meats and moderate alcohol – scored higher on tests of cognitive function over the next two to 10 years to those whose diets adhered the least. High intake of fish and vegetables, in particular, was linked to better cognitive function. In addition, fish – not the Mediterranean diet overall – was associated with slower decline cognitive over the ten years. There are many other good reasons to follow a Mediterranean style diet, including a lower risk of heart attack and stroke and possibly increased longevity.

On a good note, for coffee drinkers: Coffee used to be blamed for everything from high blood pressure and high cholesterol (and thus heart disease) to pancreatic cancer, fibrocystic breasts and bone loss. Better studies in more recent years have almost always refuted the older findings and have even suggested that this beloved beverage may have health benefits, including reduced risk for melanoma, colon cancer, endometrial cancer, liver disease, diabetes, and cognitive decline. Still, the findings are not robust enough to suggest you start drinking coffee, but if you do already, science appears to back your habit.

Source: University of California, Berkeley, *Wellness Letter*, September 2020

June Birthdays – Pam Archer

We want to wish a Happy Birthday to those celebrating birthdays in June: Connie Buttimer, Lucille Churchill, Paul Conrad, Tom Gray, Stanley Lasover, Donna Morrissey, Carolyn Rourke, Madeline Salustri, Judy Schrage, Gregory Stoner, Terry Terrenoire, Ginny Thoms, John Trach, Sandra Wemmerus

Sunshine Report – Vi Liberti

No cards were sent in May.

Something to be Aware of – Garry Archer

Some of you may receive the LOW Neighborhood Watch newsletters but in case you overlooked it, Larry Morlan included a scam to watch out for:

The article was commenting about Facebook posts that ask questions like, "what was your favorite teachers name? Who was your first grade teacher? Who was your best friend? What was your first car?", etc. Do these questions sound familiar? They should. These are the same questions you are asked when setting up bank accounts and credit card accounts. By answering these you are giving out answers that hackers can use. Just be careful.

A parting thought and haven't we all been there!! Ha! Ha!

Senior Trying to Reset Password

Windows: Please enter your new password.

User: cabbage

Windows: Sorry, the password must be more than 8 characters.

User: boiled cabbage

Windows: Sorry, the password must contain 1 numerical character.

User: 1 boiled cabbage

Windows: Sorry, the password cannot have blank spaces.

User: 50damnboiledcabbages

Windows: Sorry, the password must contain at least one upper case character.

User: 50DAMNboiledcabbages

Windows: Sorry, the password cannot use more than one upper case character consecutively.

User:50damnBoiledCabbagesShovedUpYourAssIfYouDon'tGiveMeAccessNow!!!

Windows: Sorry, the password cannot contain punctuation.

User: ReallyPissedOff50DamnBoiledCabbagesShovedUpYourAssIfYouDon't GiveMeAccessNow

Windows: Sorry, that password is already in use.





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