



2018 Luncheon Programs for the LCRTA

- TODAY: May 8: Nicole Stocker: "Hollywood on the Prairie"
June 12: Richard Lanyon: "Draining Chicago"
July 10: Sanjay Kumar "Common computer Security"
August 14: James Carr "The I and M Canal"
September 11: Panel of Political Candidates
October 9: Luncheon at Dover Straits. Songs and Stories of Al Jolson, Judy Garland, and Liberace.
November 13: Pamela Brooks, "Lk. County Honor Flights"
December 11: Returning by popular demand: The Barrington Madrigal Singers directed by Brandon Pemberton



"Wear it with Pride."

Area Council Breakfast Meetings:

- NW (Northwest Area): Bob Kohler; phone: (847) 587-0145; robtkoh@att.net
SE (Southeast Area): co-chairs: Betty Carbol (847) 234-2539; Anne Lindahl (847) 926-0555



Change of venue TBA Watch this space for details

Most Popular Girls' Names:

- 1. Emma
2. Olivia
3. Ava
4. Sophia
5. Isabella
6. Mia
7. Charlotte
8. Abigail
9. Emily
10. Harper

Most Popular Boys' Names:

- 1. Noah
2. Liam
3. William
4. Mason
5. James
6. Benjamin
7. Jacob
8. Michael
9. Elijah
10. Ethan

Most Popular Gender Neutral Names:

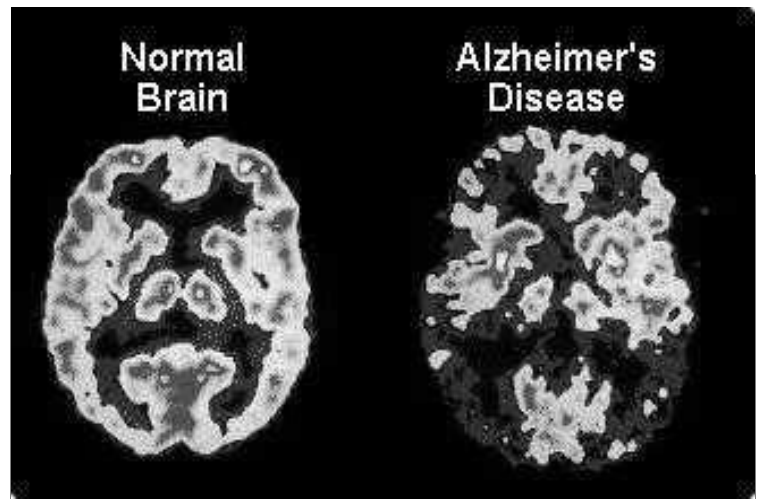
- 1. Charlie
2. Finley
3. Skyler
4. Justice
5. Royal
6. Lennon
7. Oakley
8. Armani
9. Azariah
10. Landry

A Few Things to Think About:

- Accept the fact that some days you are the pigeon, and some days you are the statue.
1. There are more stars in the universe than there are grains of sand on earth.
2. The biomass of all the world's ants exceeds the biomass of all people on earth.
3. World population: 7 Billion
4. US population: 326 Million
5. Illinois population; 25 million
6. Lake County population: 703 thousand
7. Chimpanzees and humans share 98% of their DNA. Hurrah for the little difference!

## Lower Your Risk to Alzheimer's

1. **Know Your Numbers:** Get basic blood tests to find out your cholesterol (including HDL, LDL, and Triglycerides), blood glucose and homocysteine. Learn your blood pressure (hypertension in midlife is a key dementia risk), body-mass index (BMI), and waist circumference. The good news: all are risk factors you can change if you are outside normal ranges. Any doctor can tell you how.
2. **Take a cognitive Test:** It's useful to have a baseline of your current thinking skills, to compare over time. There is no single best test, but ideally should be less simplistic than the mini-mental state exam (MMSE) used to screen for AD. One you can try at home: the 15-minute SAGE test (for a link go to [alzu.org](http://alzu.org)).
3. **Hang on to your muscle:** We lose 1% of muscle mass each year if we don't do anything about it. A mix of aerobic and resistance/weight training helps burn fat that leads to a more risky pear-shaped body.
4. **Maintain a healthy body weight:** There is no such thing as "fat but fit."
5. **Eat Green, Lean and Clean:** Almost every brain benefits from a plant-heavy diet (veggies, beans, whole grains, nuts, and seeds) with lean (high protein fish especially) and lo-fat dairy. Sourcing seems to matter. Grass-fed dairy and meat have less fat, and more of it is healthy. Use extra-virgin olive oil for everything!
6. **Go Fishing:** It really is brain food. Fatty fish to eat twice a week include salmon, albacore tuna, mackerel, and sardines. Go for them!
7. **Pass on late-night snacking.** Try your best to hold out between dinner and breakfast. This will help your body burn stored fats.
8. **Put Devices to Bed:** Sleep is likely as influential as diet and exercise. Hit the hay to get at least 8 hours of sleep. Stop texting, checking e-mail, and watching TV at least 30 to 45 minutes before bedtime.
9. **Balance Stress with Downtime:** Every 4.5 years of work stress lead to one additional year of brain ageing. Yoga, acupuncture, and regular vacations all help.



- 10 **Keep Busy and Connected:** Hobbies and friends both relax and challenge the brain to learn new things.
11. **Visit Your Dentist and Eye Doctor:** Untreated tooth and gum problems can cause problematic inflammation. If you're having vision or hearing loss, treatment can spare you the resulting social isolation that is its own risk.
12. **Take up the Ukulele:** Music benefits the brain. Even just listening revs you up for exercise and calms stress, but playing or singing is even better.
- 13: **Don't Smoke!** 'nuff said.
14. **Consider genetic testing:** It won't tell you if you'll get the disease. Only a few genes have been linked to Alzheimer's so far. The best studied is APOE which helps regulate fat. We get one copy of it from each parent. The rarest variation, APOE2, is protective against Alzheimer's. APOE3 is neutral. APOE4 slightly elevates your risk.
15. **Join a Clinical Trial:** "Early intervention research is our best chance to cure the disease," says Harvard neurologist Reisa Sperling. "The first person cured of Alzheimer's Disease will be in a clinical trial." Search for studies you may qualify for at:

[clinicaltrials.gov](http://clinicaltrials.gov).

Article reprinted from Sunday's (April 8)  
*Parade* magazine.



The Lake Forest Symphony is again offering a block of 10 complimentary tickets to the LCRTA for its May 19th (8 pm) or 20th (2 pm) Masterworks concerts, *The Brahms Finale*, at the College of Lake County's James Lumber Center for the Performing Arts in Grayslake. Program: Brahms Piano Concerto #1, featuring Ian Parker; and Brahms Symphony #4. For tickets call the LF Symphony box office directly at (847) 295-2135 and mention the LCRTA.