Never has diet been so important for brain health and reducing the risk of Alzheimer's. 5,4 million living in the US are suffering with AD. One in three seniors die with the disease each year and it is the 5th leading cause of death for the elderly. AD deaths have increased by 75% in the past decade and by 2050 projections are for a person to die every 33 seconds with AD. Foods that nourish and protect your brain: 2c. Leafy greens, 2-3c vegetables/fruits, 1/2 c legumes, 1 oz nuts/seeds, Protein-Fish 3-4 times week, 1/2 c fermented foods and use herbs and spices daily. Further questions can be sent to Sue Linja, RDN,LD at 208-861-3998 or www.thecentenariandiet.com Sue presented a great program and was able to answer all questions thrown at her.

Thirty-two lions and 3 guests – Sue Kreller, Justin Boyd, Maddie Ortez and our newest member Sharon LoSasso enjoyed the program. The Club sang Happy Birthday to Tom Caperon, Larry Spencer, Ken Marchetti and Dan Frison, all with birthdays this week. Stevie Packard won the attendance drawing but again the card money stays.

Patty Frison announced the club will continue to collect pull tabs until the end of May. This year it is an East/West competition. Our pull tabs will be collected by Patty and Dennis/Lynn Burk.

On the 11th of October C.C.Jay Lugo will induct our 4 new members – Dave Chaney, Linda Wright, Tom Caperon and Sharon LoSasso. New Members, Please plan on attending that day and bring your sponsors.

Dar Storck reported volunteering at the Idaho Food Bank will be Tuesday the 26th from 12:30 – 2:30. Darlene is down with back problems so if you volunteered please show up.

President Dan Frison and wife Patty will be attending the USA-CANADA FORUM in Portland this week end.

Larry Kidd and Curt Kelley are chairing the Alzheimer's Walk on October 7th, 11:00am at Kliener Memorial Park in Meridian. Curt Kelley also is looking for program chairs for the months of November through February. If you have an interest please contact Curt.

BIRTHDAYS: Dan Frison, 23rd Roy Ellsworth 24th

PROGRAMS:

Sept. 27 – speaker – Ariel Agenbroad, Area Extension Educator from U OF I
Sept. 30 – Board Meeting – Idaho E. Oregon Lions Sight & Hearing Foundation – 9-12:30 at 1090 N. Cole Rd, Boise
Oct. 4 – Speaker – Scott Tagg, Director of Professional Success with Wyakin Foundation
Oct 7 – Alzheimer’s Walk – 11:00am Kliener Memorial Park, Meridian
Oct. 11 – Speaker – Christine Hahn M.D. - Medical Director Idaho Public Health & Welfare on OPIOD epidemic in Idaho
Oct. 18 – Speaker – Mark Wheeler, NNU Motivational Speaker & World Class Endurance – 100 mile competitor
Oct. 25 – Speaker – Major Borders Air Guard – F35’s Coming to Gowan – This year’s Veteran’s Parade is salute to Gowan Field.

Club Secretary.....Happy Olsen  olhap64@gmail.com
Don't forget to check out the Bench Lions website----- it changes weekly. Check out the website for 39W........Some great stuff & well done......http://www.lions39W.org (under “quick links” be sure to check out “blogger”) “Now on twitter@boise

our website—click on this link www.boisebenchlions.com

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