



TRAILER TRACKS

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MONTHLY MEETING

Chapter 9 members meet the second Wednesday of each month at 9 am, during breakfast, at Abby's Legendary Pizza, 1011 W. Central Avenue in Sutherlin, Oregon.

A signup sheet is located in the Timber Valley SKP clubhouse, as we need to know by Tuesday how many are planning to be there.

**All Escapees
are welcome!**

Other Chapter 9 events will be announced in Trailer Tracks or on the Chapter 9 page of our website,

WOW! The Holidays are upon us

By Betty Bush

Seems summer flew by and here we are approaching the holiday season.

October was a month of Good-Byes to our Snow Birds, cooler weather, changing of the leaves and all of us preparing our lots for the winter months ahead.

Of course our first November gathering is our monthly breakfast at Abby's, Wednesday November 13 at 9am (new time). We can catch up on the events of October. Our group dinner at Si Casa Flores, about 36 attended and we all enjoyed the great Mexican food and especially the Margaritas, wait, that's not food. And Saturday the 26th Becky gave her second Vegan-plant based food-demo. It was a good way for us to be introduced to a new way of eating and we got to taste the food. If you missed it Becky will be doing another demo in early December for holiday recipes. And our very own, Rick DeYoung was sous chef. Who would have thought?

Our November day trip will be to attend the Nutcracker on Sunday, November 24 at 3pm at Umpqua Community College. Tickets are \$15.00 in advance and \$17 at the door, we're looking forward to that. And of course, Jacks and Jill's is still looking for cooks, they do

have an alternate plan worked out for Thanksgiving dinner, don't forget to sign up. If you are planning to travel to family and friends please have a safe journey on the road. Don't forget the children, our tree will go up and the Firemen will visit to collect all the toys. We did such a great job last year, keep it up. I have to say most of you are willing to donate to those less fortunate and it is really appreciated,

Terry and Chuck are working on our December outing and taking advantage of our communities festivities.

Our Chapter 9 made a \$500 donation to Escapees Care – we have been fortunate to do this annually.

On another somber note, a prayer goes out to our very own Jackie Deal that she receives a positive report on her cancer scare. We all have been there at one time or another and the uncertainty is hard to deal with.

So, another month is upon us, put on your coats and come out and enjoy your friends and neighbors. Remember to offer your thoughts and suggestions for day trips and rallies.

I wish you all a great month and a very Happy Thanksgiving.

Memory loss or dementia

By Jackie Deal

Oh, Crumb! I did it again. I blew an important appointment. Again. Memory Loss? Dementia? My phone? I can't find my phone! Memory loss? Dementia? What day is it? I looked at the calendar earlier. What day is it? Memory loss? Dementia? Names? What are their names? Memory loss? Dementia?

Before we get all tangled up in searching for answers, let's define what we're talking about. Dementia is defined as loss of cognitive function and behavioral abilities to the point it interferes with daily life. Simply put: your reasoning ability and behavior interferes with your daily life.

Well, yah, missing appointments interferes with my daily life but I did reschedule those appointments and everything was fine. My phone was hiding under a pile of papers. And while I checked the calendar there's no law says I can't check it again!

Let's look at how the experts compare memory loss and dementia.

Memory loss: you make occasional bad decisions. *Dementia:* consistent bad decisions.

Memory loss: forgetting the day. *Dementia:* Forgetting the month. So okay forgetting the day wasn't so bad and I only forget the month on the first days of a new month.

Memory loss: searching for words. *Dementia:* struggling to carry on conversations. Everybody I know loses a word now and then. One of my favorite people searches for a word often but she can carry on a conversation with anyone.

Memory loss: forgetting to pay a bill. *Dementia:* problems managing your money.

Memory loss: forgetting names of recent contacts. *Dementia:* forgetting family and close friend's names.

Memory loss: difficulty driving to a new location. *Dementia:* getting lost in familiar places.

Memory loss: mood fluctuations. *Dementia:* drastic mood swings and personality changes.

Losing a word is maddening and being upset about it makes it worse. So you forgot a word? Chances are at 3 a.m. you'll remember it! And peoples' names!! I'm terrible with names and you read all those cute little tricks for how to remember names. Huh! A dear lady who is celebrating her 99th birthday gave me a hint on how to remember her name when I called her "Mary." She said, "When my mother got mad at me she always yelled 'HELL-an'. My name is Helen." I've never forgotten her name since.

Driving to new or old locations? I have absolutely no sense of direction. Well, that's not true. Where ever I'm facing, that's North. Not a doubt in my mind. That does make for some interesting complications and often I seem to be on "automatic pilot" when I climb in my car and it goes by itself, not always where I intended to go.

Mood fluctuations? Show me a human being and you'll show me mood fluctuations. Time, temperature, recent events: they combine to affect our mood. Now kicking the dog or stamping on the cat's tail isn't exactly an acceptable mood fluctuation.

If this has reassured you: great. But if you're even a wee bit concerned, why not get thee to a neurologist? Even a diagnosis of dementia (which by the way is not a disease but a collection of symptoms) is not life threatening and there are some medicines that help.

Sources include PresbyterianHome.org and Mayo Clinic

**Chapter 9 Shirts
Men and women's
The front says,
"Chapter 9" with logo
\$15, see Betty Bush**

Becky's
CORNER

So... Not so much to report, actually. The cooking class/demo went well! A HUGE shout out to Rick De Young and Kayla (my daughter) for helping out in the kitchen. Thank you. Many thanks to the others that helped by serving and cleaning up. Many additional thanks to Betty for helping arrange the opportunity for me to teach and share these techniques. It really has nothing to do with trying to convince people to become vegan – I'm not, I try to eat plant based, whole food, no oil... and it's a game changer for me and my health. I'm the lowest weight I've been in about 25 years. I have lost 40 pounds, have reversed diabetes and arthritis and feel great! If you would like additional information – contact me – go to www.nutritionalfacts.org or look up Eat To Live by Dr Mark Fuhman. All good sources. OR... simply learn about options for good, tasty and nutritious food... Kinda like karma, you bank eating good for when you want to eat garbage ☺ happy Month of Gratitude!