



2021

Santa Clara Women's League
 PO Box 3033 - Santa Clara, CA 95055-3033



President's Message: Georgia Sutter

Hello everyone. It certainly was fun having our August General Meeting in Diane's back yard. There were 16 attendees and it was wonderful seeing each other after so many months. Just so you know – our September meeting (Tues. 12th @ 1:00pm) will also be at Diane's - and again, vaccinations are required. Carpooling seemed to work pretty well last month so if you're planning on attending in September please try to make arrangements to come in groups again. If you are attending, be sure to RSVP to me no later than Sunday 12th so Diane can set up seating to accommodate everyone. Hopefully we'll be able to have our October General Meeting at the Senior Center.

Mallory will be our guest speaker. She'll update us on the most recent COVID information and since September is "Prevention Month" she will cover information on that subject as well.

Notes from the Nurses

World Alzheimer's Month in September is an important observance and was focused on getting the info out in the Health & Wellness office. Alzheimer's disease is the most common form of dementia, affecting about 6 percent of people 65 and older. Although it may seem like just a typical disease for older people — it is, in fact, not a normal part of aging. Scientists don't know what causes Alzheimer's, but they suspect it's a combination of many factors. The disease affects parts of the brain that control memory, thought, and language. There is no cure, but experts think that lowering blood pressure, exercising, eating healthy foods, and not smoking may reduce the risk. Learn more at Alzheimer's Association: <https://www.alz.org/norcal> and don't miss The Diet workshop and Dementia Conversations webinar, details in the Senior Newsletter! Lately, we have been working with a lot of people who are living with dementia ~ please check out these important resources.

**2021– 2022
 BOARD OF DIRECTORS**

President	Georgia Sutter
1 st Vice President	Diane Jones
2 nd Vice President	Kathy Del Pino
Treasurer	Emily Adorable
Recording Secretary	Marti Ragone
Corresponding Secretary	Nancy Velasco
Immediate Past President	Marti Ragone
Parliamentarian	Phyllis Thomas

Committee Appointees

Audit	Diane Jones
Email Notification	Maria Landaveri
Finance	Emily Adorable
Holiday Meals	Dorothy Carlson
Membership	Kathy Del Pino
Newsletter	Maria Landaveri
Phone	Marti Ragone
Showtime Chair	TBD
Speakers	Maria Lopes
Sunshine	Judy Hubbard
Yearbook	Kathy Del Pino
Webmaster	Emily Adorable

~ All the best, Mallory and Larisa

Crazy Facts

- *Humans are the only animals whose brains shrink.*
- *The first person convicted of speeding was going eight mph.*
- *The severed head of a sea slug can grow a whole new body.*
- *Scotland has 421 words for "snow".*
- *No number before 1,000 contains the letter "A".*

