



Kiwaniis®

GREEN RIVER KIWANIS

Green River Kiwanis meets Wednesday mornings at 7:30 a.m. at American Red Cross, 29 S. Stockwell Rd., Evansville, IN

Greenriverkiwanis.org

www.twitter.com/grkiwanis

[GRK Foundation/Amazon Smile](#)

August 7, 2019

Today's speaker was Dawn Westfall, a speech language pathologist, talking about the aging brain. We are born with only reflexes, but by



age 2, most of the brain has developed. By your late 20s, your brain has reached its peak performance. Then aging kicks in, and the cortex becomes thinner, the blood flow decreases, and brain receptors don't fire as quickly.

In your 40s-60s, the brain actually shrinks in size and new information takes longer to learn. Although dementia is not something that happens to everyone, your risks increase with age, and by age 85, the chance is 50%. On the flip side, there are actually some good things about the aging brain: decision making becomes easier, as do regulating emotions and the ability to read social cues. Positive images are more easily remembered than negative. Alzheimer's is not the only type of abnormal aging of the brain....there are a number of different dementias. You might suffer a stroke: ischemic, meaning due to a lack of blood flow due to a blockage, or hemorrhagic, lack of blood flow due to a bleed. And of course there are traumatic brain injuries due to falls (possibly caused by poorer balance), car accidents (slower reaction time), and assaults or elder abuse. So, is it all a lost cause? Fortunately, there are things you can do to keep your brain in good condition: physical exercise, cognitive exercise, and social involvement. Cortical plasticity refers to the fact that the more the brain is used, the more it works well. Diet can influence brain health—experts recommend the MIND diet, which is a combination of Mediterranean and DASH (Intervention for Neurodegen-

erative Delay). Any diet that lowers inflammation is good for you. Limit alcohol to 1 drink or less per day for women and men over 65, or 2 drinks or less per day for men under 65. Hydration is of vital importance, and water is the thing to drink as soft drinks, tea, and coffee can actually be dehydrating. You cannot solely rely on your sense of thirst to get enough water—set aside a jar/pitcher with the right amount and make sure you drink it all during the course of the day. Sleep allows our brain to convert short term memories to long term ones. Napping does not count towards sleep and should be limited to less than 1 hr. or your sleep schedule might be disrupted. You can stick to a routine, use external devices as reminders, and use associations and visual images to improve your memory.



GRK Officers /Staff

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Newsletter Editor	Mona Meyer
Newsletter Publisher	Bob Naas

Congratulations to **Teresa Hancock** for earning her “big girl” badge!

Thought of the week, courtesy of **Jack Arney**:

Treasurer **Kim Higgins** has sent a blast e-mail with information about paying your annual dues. Since the Kiwanis year begins in October, we'd like to have all dues paid by September 20. **Kim** can accept a variety of types of payments for the \$130 that is due.



Happiness consists not in having much, but in being content with little.

- Lady Marguerite Blessington

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Marguerite Gardiner, Countess of Blessington (1789-1849) was an Irish novelist, journalist, and literary hostess.

GRKiwians have until August 18 to visit the Columbia Sportswear store in Henderson and take advantage of their prices.

 **Columbia** You **MUST** take along all the paperwork that **Amy Fehn** sent to each of us as well as a photo ID. Contact **Amy** if you don't have this.

At the upcoming district convention, generous GRKiwians will present 2 checks for Riley Hospital:

- \$33,750 from the Riley Walk
- \$28,000 from the golf outing



