

HERON POINTS

OUR NEIGHBORHOOD NEWSLETTER
October 2015

GREETINGS

Submit your articles, recipes, photos, etc. for next month's newsletter to

drtgs1951@gmail.com.



MONTHLY TOPIC

New Study Identifies 9 Risk Factors for Alzheimer's Disease

The risk factors, which include obesity, low educational attainment and depression, might be preventable

Two-thirds of Alzheimer's cases could be attributed to nine risk factors that are potentially fixable, according to a new study released Thursday.

Researchers linked obesity, carotid artery narrowing, low educational attainment, depression, high blood pressure, frailty, smoking habits, high levels of homocysteine (an amino acid), and type 2 diabetes in the Asian population to about two-thirds of global Alzheimer's cases in a recent analysis of existing data. The study, published online in the *Journal of Neurology Neurosurgery & Psychiatry*, is purely observational but the researchers think its findings could help medical professionals prescribe specific lifestyle changes that could have a targeted effect at reducing the number of Alzheimer's cases around the world.

Alzheimer's disease is a form of dementia, the broad term for the deterioration of memory and mental abilities. There is currently no cure for dementia, which impacts 1 in 14 people over age 65, according to the Alzheimer's Society.

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For the study, researchers pooled and analyzed data from over 300 studies to identify the most common risk factors for the disease. Researchers also found evidence that some hormones, vitamins and drugs to reduce high blood pressure can help lower the risk of developing the disease while homocysteine and depression were associated with heightened risk.

Is Decision Making Impaired With Aging?

Age-related changes in decision making is a topic that is increasingly becoming an important consideration as we embrace working past traditional retirement age.

Evidence suggests that as we grow older there are cognitive and affective changes in the way we process information. All decisions whether small or large can be disadvantaged or enhanced dependent upon our age.

Many believe that there is a strong correlation between getting older and cognitively slowing down. This, however, is not accurate as it's by no means the whole story and if we want to make the most of our workforce it is worth collecting all intelligence regarding the strengths and weaknesses of each generation working for us.

A comprehensive book *Aging and Decision Making* combines the latest research with established considerations to highlight implications of this delicate subject.

For instance, we can consider intelligence in two different categories – fluid intelligence and crystallized intelligence, originally accredited to the work of research psychologist Raymond Cattell.

Fluid intelligence is integrating and identifying patterns in novel situations. Something a younger brain does very well. Crystallized intelligence is based upon intellectual and practical achievements acquired through life, something that the older brain is better at. Decisions at work benefit from both types of contribution demonstrating that both older and younger people have different strengths and weaknesses and fit rather well together for the best possible outcome.

In addition a younger person invariably works faster, but an older person will spend time talking to customers helping them feel listened to and cared for, essential for good customer service.

PICTURES OF THE MONTH

Patti & Wyatt Hosting a Road Rally



The Winners: Carolyn & Bruce

Julie & Marjie



Ladies Luncheon at Kobe's



Jack and Dot on vacation with Sun City SunSations



Recipes of the Month-Dot Prescott

In the Carolina Sea Islands, A pie does not necessarily have a crust. This shrimp casserole is a superb luncheon dish and is one of these pies.

BEAUFORT SHRIMP PIE Submitted by Dot Prescott

1/2 cup chopped onion
1 quarter cup chopped green bell pepper 2 tablespoons butter
3 cups cooked and peeled shrimp
2 cups soft bread crumbs
2 cups milk
2 eggs
salt and pepper
3 strips of bacon

Saute the onion and bell pepper in butter until soft. In a casserole, make layers of the shrimp, bread crumbs, and the onions and peppers. Beat together the milk, eggs, and salt and pepper to taste, and pour over the shrimp. Cut each strip of bacon into 4 pieces. Lay bacon on top of casserole and bake at 325 degrees until the filling is set and the bacon is brown.

Instant Black-Eyed Pea Soup –Submitted by Sandy Botelho

**Prep time**

10 mins

Cook time

30 mins

Total time

40 mins

A perfect combination of flavors, this quick and easy recipe is perfect for when you are short on time, but you still want something filling and tasty! Great source of fiber, calcium, potassium, protein, and iron. This recipe has a KICK to it.

Author: Laura Black -Plant-Based Junkies

Serves: 4 servings

Ingredients

- 1 medium sweet potato -diced (around 2 cups)
- 12 oz pkg frozen chopped spinach
- 4 cups low-sodium vegetable broth (I used my homemade)
- 3 cups cooked black-eyed peas (or 2 10-oz pkgs frozen black-eyed peas)
- 14.5 oz can of diced tomatoes w/jalepeno peppers
- 2 tsp garlic powder
- 2 tsp onion powder
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp sriracha (or any hot sauce)
- ½ tsp dried oregano
- ½ tsp dried thyme
- few dashes of liquid smoke

Instructions

- 1 Put all of the ingredients in Instant Pot. **
- 2 Seal Instant Pot and press Soup Button (reduce time to 7 minutes).
- 3 When Instant Pot beeps, leave sit for a bit, and let flavors combine and depressurize naturally.
- 4 Serve and enjoy!

Notes

You do not need an Instant Pot to make this recipe. You can use a crockpot, or large pot on the stove.

Save The Date

November 2 - The next Heron's Heroes' s breakfast is scheduled for 9:30 at Okatie clubhouse. Contact Tom Lovelidge, tomlovelidge2@hargray.com.

Concrete and Cocktails will be Tuesday, November 10, 4 - 6 p.m. at 248 Maplemere Lane hosted by Irene Stark & Barry Kaplan. There are several houses under construction in the immediate vicinity so we suggest you walk over if possible. Rain not a problem - lots of room in the garage to gather - bring your chairs. And, bring your drinks and an appetizer to share.

Ladies Lunch TBD

Men's poker at the Lake House on Thursdays at 6:30 – 9:30 is scheduled periodically. Anyone interested in playing should contact Ted Sommers @ drtgs1951@gmail.com

Pickleball on Thursdays at 7:00

Mahj Jongg at the Lakehouse Tuesdays at 10:00

December 5 Savannah Theater Christmas Show

December 12 Holiday Party with Rivergrass at Pinckney Hall

Our daughter, soprano SFC Meghan Whittier, travels with the US Army Field Band and they are coming to Savannah!

Tickets are free, but you have to call to get them ahead of time. Hank and I will organize carpools for all interested from Heron's Pointe. It's always a great show!

The official announcement:

November 6: Straight from Washington D.C. the Armstrong Department of Art, Music & Theatre presents the United States Army Field Band and Soldiers' Chorus in a 7:30 p.m. concert in the Fine Arts Auditorium. Admission is free. Call 344.2801 from noon to 3 p.m., weekdays, for ticketing information.

December 12 Holiday Party with Rivergrass at Pinckney Hall

What's The Pointe

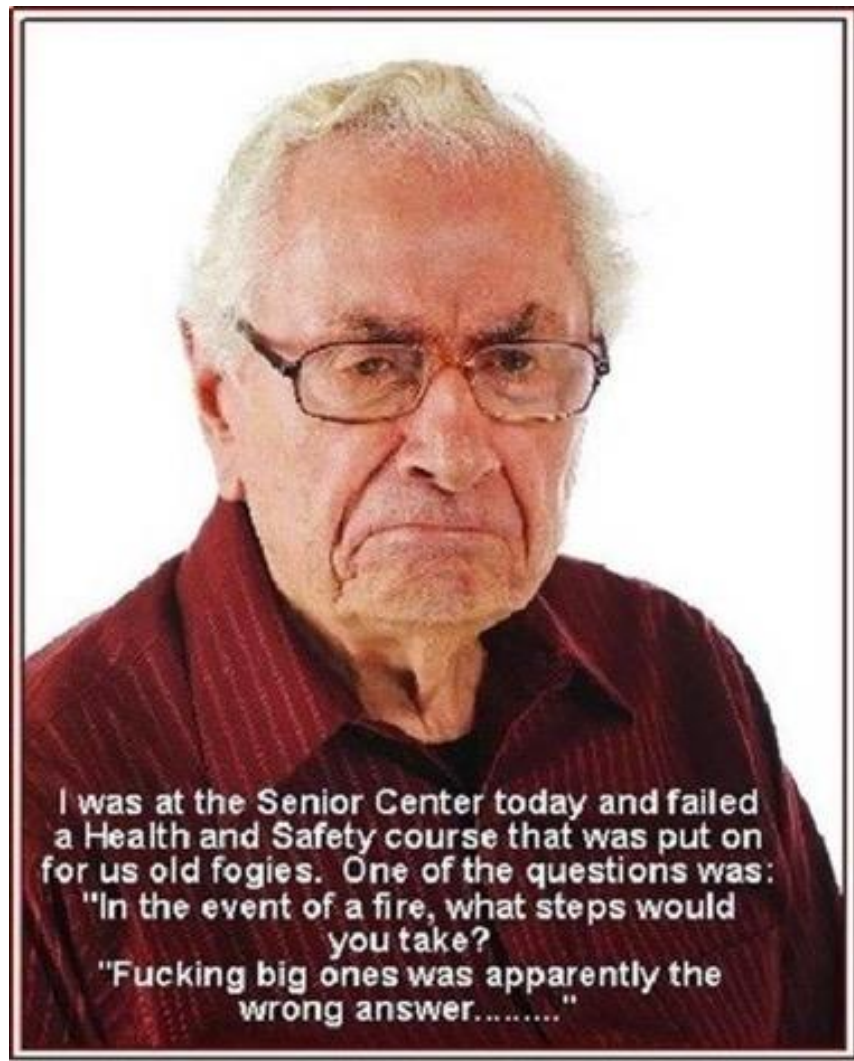
Heron's Pointe Neighborhood Website

I've refreshed the website. It continues to be updated with new neighbors added to our directory as well as changes to some neighbors' addresses/phone numbers. If you haven't already checked out the directory you may wish to be sure you are listed and the information is correct. It includes our newsletters, calendars, Heron's Heroes minutes, order forms for apparel, neighborhood news, your neighborhood officers' contact information, neighborhood directory and additional information, e.g., lawn care. The directory was lifted/copied from the Sun City resident website. <http://heronspointeneighborhood.weebly.com/>


Heron's Pointe Name Buttons /Apparel

Heron's Pointe name buttons and apparel are now available to all residents. The buttons have a magnetic fastener that will not interfere with your clothing. Ordering is easy. Simply go to our website and click on forms. Fill out the form and return it to Allan Abolofia 335 Freshwater Lane.

JOKES OF THE MONTH



10 Fun Facts

- 1- You can't wash your eyes with soap.
- 2- You can't count your hair.
- 3- You can't breathe through your nose, with your tongue out.
- 4- You just tried No. 3.
- 6- When you did no. 3 you realized it's possible, only you look like a dog.
- 7- You're smiling right now, because you are fooled.
- 8 - You skipped no. 5
- 9- You just checked to see if there's no. 5
- 10- Share this with your friends to have some fun too. 

Funnyquotes4u.net

Submitted by Marianne Lovelidge

Well, I guess it just had to come to this sooner or later!

A blonde man is in the bathroom and his wife shouts: "Did you find the shampoo?"
He answers, "Yes, but I'm not sure what to do... it's for dry hair, and I've just wet mine."

A blonde man spies a letter lying on his doormat.
It says on the envelope "DO NOT BEND".
He spends the next 2 hours trying to figure out how to pick it up.

A blonde man shouts frantically into the phone, "My wife is pregnant and her contractions are only two minutes apart!"
"Is this her first child?" asks the Doctor.
"No!" he shouts, "this is her husband!"

A blonde man is in jail; the guard looks in his cell and sees him hanging by his feet.

"Just WHAT are you doing?" he asks.

"Hanging myself", the blonde replies.

"The rope should be around your neck" says the guard.

"I tried that", he replies, "but then I couldn't breathe".

An Italian tourist asks a blonde man: "Why do scuba divers always fall backwards off their boats?"

To which the blonde man replies: "If they fell forward, they'd still be in the boat."

A friend told the blonde man: "Christmas is on a Friday this year".

The blonde man then said, "Let's hope it's not the 13th".

Two blonde men find three grenades, and they decide to take them to a police station.

One asked: "What if one explodes before we get there?"

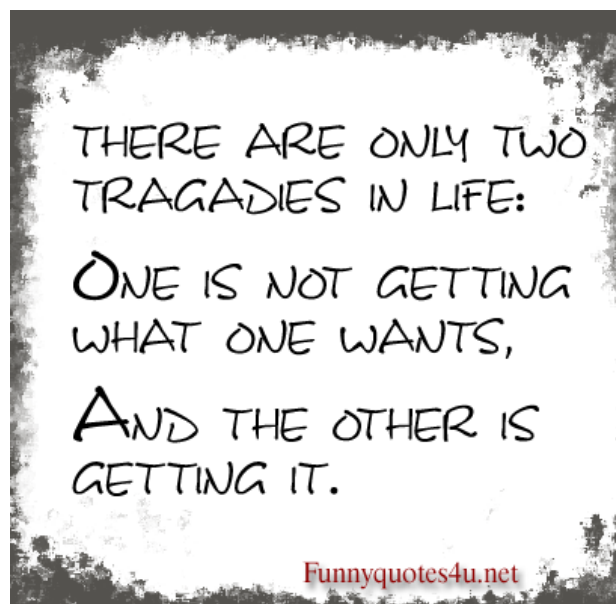
The other says: "We'll lie and say we only found two."

A woman phoned her blonde neighbor man and said: "Close your curtains the next time you and your wife are having sex. The whole street was watching and laughing at you yesterday."

To which the blonde man replied: "Well the joke's on all of you, because I wasn't even at home yesterday!"

Quote of the Month

Oscar Wilde



Submitted by Marianne Lovelidge

After retiring, a former Gunny Sergeant in the Marine Corps took a new job as a high school teacher. Just before the school year started, he injured his back. So he was required to wear a light plaster cast around the upper part of his body. Fortunately, the cast fit under his shirt and wasn't noticeable when he wore his suit coat.

On the first day of class, he found himself assigned to the toughest students in the school. The smart-aleck group, having already heard the new teacher was a former Marine, were leery of him; and he knew they would be testing his discipline in the classroom.

Walking confidently into the rowdy classroom, the new teacher opened the window wide and sat down at his desk. When a strong breeze made his tie flap up, he picked up a stapler and stapled the tie to his chest.

The rest of the year went smoothly

Neighborhood Profiles

NO PROFILES SUBMITTED