



DESERT HARBOR—A 55+ COMMUNITY—APACHE JUNCTION, AZ—JUNE 2014

FLASHBACK 50 YEARS TO 1964

By Dave Borchardt

Do you remember....

The average yearly income was \$5880.00, the cost for a gallon of gas was 25¢ and a gallon of milk was \$1.06, a loaf of bread 21¢ and a first class postage stamp was 5¢.

Some of the highlights from television were the first appearance of the Beatles, the premiers of Another World, As The World Turns, The Danny Thomas show, Bewitched, Addams Family, The Man from U.N.C.L.E., The Munsters, Gomer Pyle, Gilligan's Island.

Some of the movies that came out: Goldfinger, Mary Poppins, The Pink Panther, My Fair Lady.

Some famous people who passed away: General Douglas MacArthur, Jim Reeves, Gracie Allen, Harpo Marx and Herbert Hoover.

Some famous people that were born: Nicholas Cage, Bridget Fonda, Chris Farley, Melissa Gilbert, Sandra Bullock, Keanu Reeves and Kristy McNichol.

And some of the special events from 1964 were:

Academy Award for Best Picture "My Fair Lady"

Academy Award for Best Actress "Julie Andrews in Mary Poppins"

Police catch the "Boston Strangler" Albert DeSalvo.

The U.S. Surgeon General reports that smoking may be hazardous.

Hasbro introduced the G.I. Joe doll.

Ford introduces the Mustang.

President Johnson signed the bill enacting Medicare (all of us are grateful for that).

And last but not least, Dave & Bev Borchardt were married in 1964.

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From the President's Desk

by Ken Camp

June has arrived and with any luck by mid-May American Land Lease should have begun construction of the new kitchen. When the construction is completed we should be proud of the work that has been done.

I am sure there will be no first Saturday of the month meetings for the residents during June, July and possibly August. We want to give the contractor those months to complete the remodel. Please watch the Activities Organization Bulletin Board and emails for updates on the monthly meetings.

Most of our winter residents have headed for their home states and we hope they had a safe journey. We look forward to their return in the fall.

Activities around the club house will continue during the kitchen remodel however, they may take place around the pool, BBQ pits, etc. Please check the Activities Organization Bulletin Board and watch for emails advising of summer activities.

ACTIVITIES ORGANIZATION

President	Ken Camp	Lot #178	480-641-0975
Vice President	Dave Borchardt	Lot #142	480-671-1682
Secretary	Margo Crawford	Lot #104	623-910-2713
Treasurer	Tim Chrissis	Lot #34	480-982-1891
Board Member	Midge Drouin	Lot #203	602-459-9039
Board Member	Sherry Weinert	Lot #186	307-329-7782
Board Member	Sharon Ziccardi	Lot #147	480-839-0496

DESERT HARBOR ACTIVITIES

<u>ACTIVITY</u>	<u>COORDINATOR</u>	<u>TELEPHONE</u>
BINGO	TBA	
CASINO TRIPS	CONNIE RITER	480-641-7753
CLOSET QUILTERS	CAROLE HOBSON	480-288-6270
CRAFTS	MARGO CRAWFORD	623-910-2713
ENTERTAINMENT	KATHY GABEL	480-625-1297
GENEALOGY	ESTHER LOUGH	480-288-8579
GOLF	DON WALKER	480-288-5686
HORSESHOES	TBA	
LADIES OUT OF THE PARK LUNCHEONS	TBA	
LADIES SOUP & SALAD LUNCHEON	JUDY PETERS	480-270-2326
LINE DANCING	MARY PAT SUMMERS	480-983-4227
MAH JONGG	ESTHER LOUGH	480-288-8579
PINOCHLE	TBA	
POKER	MIKE BAUSCHARD	480-288-4332
SHUFFLEBOARD	CLIFF TESSMER	480-671-1414
STITCH & CHAT	CAROLE HOBSON	480-288-6270
TAI CHI	DICK SMITH	480-983-5819
WELCOME / SUNSHINE	KAREN KROSCHER	509-951-2877

WEB MASTER, DICK SMITH, 480-983-5819

DESERT HARBOR MANAGER, 480-288-8876

NEWSLETTER COMMITTEE
Connie Riter, Dave Borhardt, Dick Smith, Bob Mayo,
Midge Drouin, Margo Crawford, Jane Boudreau

BIRTHDAYS - ANNIVERSARIES

JUNE BIRTHDAYS

Day	Name	Lot #
3	Jim Wagner	33
16	Sheryl Nagy	105
18	Robert Roy	130
25	Bart Berndt	137
28	Dick Smith	74
29	Kathy Gabel	150
30	Bob Hert	42
30	Larry Luby	86

JUNE ANNIVERSARIES

Day	Name	Lot #
10	Ron & Deanna Fisher	78
14	John & Cathleen Smartt	20
15	Bob & Jane Berberian	188
15	Bill & Linda Allie	70
17	Paul & Diane Tremblay	196
17	Bill & Linda Swigart	193
21	Bob & Wanda Wilson	11
28	Jim & Kitty Hutson	56
28	Lee & Dee Ramsey	91
29	Bob & Sheila Galli	95
29	Rich & Sandy Schwiezer	89



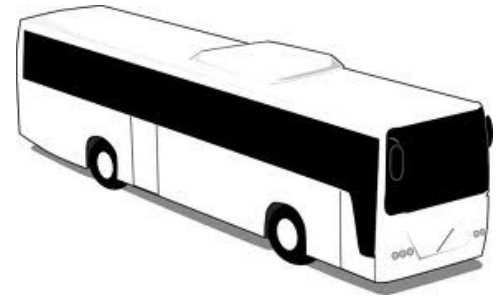
If you wish to add your birthday and/or anniversary or make any corrections to the list, please call Dick Smith at 480-983-5819

PHONE BOOK UPDATES :

NEW RESIDENTS :

Mark & Mary Leach, Lot #148





A New Season of Bus Trips Begins

by Connie Riter

Trips are being planned and these are what are available right now. More will follow during the summer.

June 25 -- (7 day trip) Wonders of the Rockies. Fly to Spokane, tour British Columbia Rockies, tour through the Rockies to Lake Louise, Maraine Lake, and Banff. Tour Banff/Jasper Highway where you will see over 30 glaciers. Tour Calgary, Waterloo National Park, and many extras. Tour **includes round trip airfare**, full time escort, 6 nights accommodations and 10 meals. **\$1799 pp dbl.** (Through Trieloff Tours)

July 3-5 Hon-dah Resort and Casino in Pinetop. Tour includes 4 meals (2 breakfast and 2 dinner buffets), Tour of Pinetop and surrounding areas, 4th of July fireworks. **\$199 pp dbl.**

Sept 10 - 12 -- Twin Arrows Casino \$399 pp dbl.

Guided tour of Bearizona and Deer Farm, lunch at Grand Canyon Café, 2 nights at the Casino, Day trip to Grand Canyon via the Grand Canyon Railroad, visit Rock Springs Café and Saloon for their famous pies.

Oct. 6 (7 day trip) A Fall Foliage Tour of Back Roads of New England. Includes round trip airfare, full time escort, 6 nights accommodations, sightseeing in Maine, Vermont, Massachusetts, and New Hampshire. See state capitols, ride the Conway scenic railroad, and much more. 6 breakfasts and 5 dinners. **\$1699 pp dbl.**

Oct. 7 (8 day trip) Fall Foliage Tour and Best of New York. Includes round trip airfare, 8 nights accommodations, 6 breakfasts and 5 dinners, City Tours of New York and Buffalo, view NY city from atop the Empire State Building, tour the Hudson River Valley, and many cities in New York. **\$1799 pp dbl.**

Dec. 4 - 9 (6 days) Christmas in Branson \$1949 pp dbl. Includes round trip airfare, 11 meals, 8 live holiday shows, local sight seeing in the College of the Ozarks and a stop in Arkansas. Tour Sight and Sound Theater. And more!

Dec. 24 - 26 Luxury in Laughlin 2 nights at the **Aquarius Casino**, 2 buffets, and a fun book. **\$199 pp dbl.**

Dec. 24 - 26 Christmas in Las Vegas. 2 nights at the Golden Nugget in Vegas, 2 breakfasts, fun book, Las Vegas City Tour and Light Show, Fremont Street Light Show **\$199 pp dbl.**

Dec. 30 - Jan. 1 -- Rose Bowl Parade. Hotel accommodations at the Fairfield Inn in Buena Vista, including breakfast. View float decorating-- see them as they are being assembled, reserved seating at Parade, tour Reagan Library, Dinner at Orange County Mining Company, and New Years Eve Dinner at the Reef (on the water) **\$595 pp dbl.**

Please call me if you want to make reservations for any of these trips, or want more information on them.

Residents' Meeting May 3, 2014 *by Margo Crawford*

Call to order: 9:00 A. M., Pledge Of Allegiance and Roll Call.

Attendees: Ken Camp President, Dave Borchardt Vice President, Margo Crawford Secretary, Tim Chrissis Treasurer, Midge Drouin and Sharon Zicardi Members At Large. Sherry Weinert was not present.

Ken introduced Gentry Dion who wanted to speak prior to the start of our Residents Meeting. Gentry advised that the work on the kitchen is scheduled to begin May 19, 2014. He also thanked us for our interest and support in this project. The new floor for the clubhouse area has been put off until 2015. The complete interior will be painted during the kitchen remodel. The wiring problems and lighting will be addressed during the kitchen remodel. There will be recessed lighting and lights will be placed under the cabinets.

Karen asked if the clubhouse would be completely shut down. Dion said the clubhouse could be used but not the kitchen and that there wouldn't even be water available. Please plan get-togethers accordingly.

The minutes of the previous meeting were accepted. The Treasurer's Report was also accepted.

Ken thanked Sharon for helping with the food baskets. It is a shame that people are still helping themselves to the food that is being donated to the Apache Junction Food Bank. The donations are for people who are truly in need. Rich Goodrich thanked the board members for the good work that is being done.

Ken clarified that there will be no potlucks for May, June, July and possibly August. We should be back to our normal routine by no later than September. There can be activities in the clubhouse such as Bar B Ques, card playing and etc. Just please remember there will be no water available in the kitchen, no appliances or utensils will be available.

Cliff Tessmer suggested this would be a good time to rebuild the stage. Since it is done in sections it won't be a problem to move around for the construction and kitchen work etc. Cliff will talk with Tracy to see if Solstice Communities will help with some money for the lumber etc. Jackie asked who the committee members were who were making the decisions on the kitchen remodel. The committee consists of Ken, Dave, Diane and Karen.

Alice asked about the purchase of the iPad that was approved at the last meeting. Dave explained that it hasn't been purchased yet because he might be able to get an even better deal in the next month or two as new versions come out.

Tom Newby asked if the Wifi available at the clubhouse was ever going to be upgraded from 1.5. It was explained that the management is still looking for a good deal. Bev Thau asked if Bingo is canceled. Yes it is once the kitchen remodel starts. Linda asked if the residents are involved in picking out the colors for the kitchen and the clubhouse. Ken told her the committee has already chosen the colors.

Barb told us that the vent grate behind Dick's house was stolen. Ken asked that we try to be more vigilant about what is going on in the park and call authorities if necessary. Ken stated that he hopes more people will attend the Residents' Meetings. The meetings provide a chance for people to give their ideas and help make decisions regarding the park and our activities. Tom once again asked about getting security cameras in the clubhouse. At this time there is no resolution to this situation.

Alice commented that there are still more problems and complaints that are not being addressed than there are for solutions. Mickie stated that even the problems that are small now are just going to continue to grow in size.

Dick Smith talked about a knitting project that ladies in the park could undertake and perhaps donate. We have a pattern available for "Tit Bits". It is a very softly knitted padding to go between the breast and the bra for a woman who has had a mastectomy. Bev B. mentioned that the Cancer Institute has similar accessories that they provide for free. Perhaps if the ladies in the park knit some they can be donated to the facility.

Ken asked for volunteers to help clean out the kitchen in preparation for the remodel. Please be at the clubhouse at 9:00 A. M. on May 12th.

Penny Newby reminded us that there would be a memorial service for Shirley Hudson this afternoon at 1:00. 50/50 drawing was won by Dave B. # 508736 for \$30.00.



APACHE JUNCTION FOOD BANK

We also have tubs for food donations in the clubhouse for the Apache Junction Food Bank. Any time you have extra food items, please think of donating items in the clubhouse. If you see items on sale at the grocery store, please buy an extra item or two for the food bank too.

GENEALOGY UPDATE

Genealogy is suspended until the fall. Will have an update later this summer when it will start again.

Danish Heirloom Recipe ~ and it couldn't be Easier to Make....one bowl and one wooden spoon....and it's done in a few minutes!!

You can Freeze the layers easily and have a picture perfect cake ready at the drop of a hat!

Danish Heirloom Layer Cake

Ingredients:

1/2 cup vanilla yogurt

1/2 cup sour cream

1 cup of sugar

pinch salt

1 egg

1/2 tsp. baking soda

1 tsp. baking powder

1 + 1/2 cups flour

1 tsp. vanilla

1 pint whipping cream - whipped and sweetened with 1 Tbsp. icing sugar

1 - 2 pounds sliced slightly sweetened strawberries - or fruit of choice

Directions:

In a medium bowl, mix together with a whisk or wooden spoon, yogurt, sugar, sour cream, egg, salt, baking soda, baking powder. Add flour and vanilla.

Grease or spray 3 - 9" layer pans and divide batter evenly between pans. (the batter will seem skimpy....but spread as evenly as you can with a spatula in each pan - layers will rise on baking).

Bake at 350 oven. Bake for only 10 - 12 minutes....till Very Light Brown. Cool on racks...and remove from pans with a plastic spatula onto racks to finish cooling as soon as you can handle the cakes.

IMPORTANT: Do NOT over bake!! If not using immediately - put wax paper between layers, cover with plastic and refrigerate or freeze till ready to assemble cake.

Layer cake layers: 1/3 whipped cream and 1/2 sweetened sliced strawberries, or fruit of choice - then 1/3 whipped cream and 1/2 berries. Last layer - just whipped cream. Decorate with berries.

This cake tastes even better the next day and the day after that....if there is any left!! The Trick is Not to Over bake the layers...or it will be dry and not nice and moist.



With my ailing memory, I'm thinking of changing my password to "incorrect". That way, when I log in with the wrong password, the computer will tell me..."your password is incorrect".

DESERT HARBOR LADIES TEA

Saturday May 10th, 35 ladies enjoyed a Mother's Day Tea Party sponsored by Community Worship. We served a variety of cookies and fancy desserts along with an assortment of teas. The fun began with door prizes, a small take away bag called Survival Kit for Living, and the best part of the day was the Hat Parade. Everyone wishing to be voted on took a number, and votes were cast by all present. The winners were 1st Place- Barb Nienkark, 2nd Place- Karen Kroschel, and 3rd Place went to - Kathy Gabel. They each received a gift bag one was body care, a foot spa treatment, and one a nice jewelry set, book, and free haircut and style donated by Midge Drouin.

Pastor Penny Newby presented roses to Karen Kroschel, Midge Drouin, and Barb Fox. These three ladies went above and beyond to put together a lovely event. Rumor has it the ladies are already thinking about their hat ideas for next year!



ITEMS FOR SALE OR ITEMS WANTED

FOR SALE: Folding chairs in the clubhouse, 4 chairs for \$10.00.

CHIT CHAT AROUND THE PARK



LADIES' LUNCHEON AT LOS GRINGO LOCOS *by Jane Boudreau*

Los Gringo Locos a local restaurant, was the location for the Ladies' Luncheon on April 15, 2014. Thirteen ladies enjoyed the chips and salsa as they made their selections from the Mexican themed menu. I personally had the Monterey Burrito which was accompanied by rice and refried beans. Several others had tacos from the build your own platter section. The majority of the ladies enjoyed their meal. This is an Apache Junction restaurant and we like to support our local businesses.

The ladies out of park luncheon is held on the third Tuesday of each month. The ladies do plan to continue meeting for lunch during the summer months. Please sign up on the list posted on the Activities Organization Bulletin Board in the clubhouse. Each month a resident volunteers to coordinate the luncheon which involves selecting the location, calling to make the reservation and ensuring they will provide individual checks. The day before the luncheon, they call the restaurant to confirm the number coming and coordinate drivers to the restaurant. Not a lot of work but someone needs to step up each month to ensure the luncheons continue. Will you coordinate the next luncheon?

LADIES' GET ACQUAINTED SOUP-N-SALAD LUNCHEON

by Jane Boudreau

The monthly luncheon was held on Tuesday, May 6 with fifteen ladies in attendance. One new resident Mary Morris was introduced to the group. It was announced Joann Hankison is stepping down as committee chairwoman and Judy Peters has joined the group. Judy will serve as the new chairwoman. The other members of the committee Carol Rysavy, Kay McKersie and Jane Boudreau will continue to assist Judy with the luncheons.

A 50/50 drawing was held and Rose Chrissis purchased the winning ticket. The pot was \$7.50 going to Rose and the same amount to the Activities Organization.

Luncheons will not be held during the kitchen renovation. Please check the bulletin board and watch for emails announcing the resumption possible by August.

We hope everyone has a great summer and we look forward to seeing at our next luncheon.

HEALTH ARTICLE *by Midge Drouin*

Fight Dementia *by Dr. Larry Wilson*

[Alzheimer's and Dementia](#)

Alzheimer's disease and other forms of dementia are costly, debilitating and heartbreaking conditions affecting millions of people worldwide. The incidence of dementia is also expected to increase dramatically in the next 10 to 20 years. Therefore, anything that can be done to limit it is worth doing. Conventional medical doctors often do not know the cause of dementia; however, many cases can be stopped, and some can be reversed using nutritional methods. This may sound amazing, but it simply involves applied biochemistry.

Causes of dementia

1. Yeast in the brain — Chronic yeast infections are common today due to copper imbalance and a diet containing sugars. Foods that contain sugars, including all fruit and fruit juices, tend to feed yeast in the body. Yeasts, such as candida albicans and others, secrete alcohol and acetaldehyde, which are toxic to the brain.
2. So-called "brain diabetes" — This interesting condition consists of an inability of the brain to utilize glucose properly. As a result, the brain basically starves. This causes a progressive dementia that is very severe and will end in death if it is not promptly reversed.

The good news is that this type of dementia is quite easy to stop and even reverse completely. The secret is to take at least two heaping tablespoons of medium chain triglyceride (MCT) oil or coconut oil every day, without fail. These special fats will nourish a brain that cannot utilize glucose properly. As a result, the cells in the brain will become properly nourished and the dementia will go away, especially if it is done before it progresses too far. If actual brain cell death occurs, recovery will not be as complete, but there will be some improvement.

A vicious cycle is common with this type of dementia. As the brain starves for fuel or glucose, the person wants to eat more food. Usually, one eats the wrong food, which causes weight gain and more stress on the sugar-handling systems of the body. As a result, the brain diabetes becomes worse and this, in turn, increases the craving for food. The result is weight gain, metabolic syndrome and worsening diabetes. Drugs, such as insulin and oral diabetic medication, do not treat this condition because it has to do with nutrition and deeper metabolic disturbances.

3. Pharmaceutical (or recreational) drug use — Toxicity from medications of all sorts, even over-the-counter remedies, can have powerful effects on the nervous system.

For example, drugs can reduce vitamin levels. Others interfere with digestion and elimination, or damage the liver or kidneys, impairing general health. Others slow blood circulation, which can affect circulation to the brain. Some high blood pressure drugs, for example, reduce the force of the heart. They successfully reduce blood pressure and may prevent a stroke; however, they can reduce blood flow to the brain as well. Some heart medications, glaucoma drugs and others may do the same. Any drug that reduces blood flow or heart stress may reduce circulation to the brain. This can affect memory and other cognitive functions, to some degree.

Anesthesia used in operations often affects memory and cognition. For example, heart bypass surgery often causes some degree of memory and cognitive loss because it is a long operation that requires a lot of anesthesia. Many other classes of drugs may also have side effects that alter brain function. Contrary to what some people believe, most drugs can remain in the body for years and perhaps forever, unless one makes a determined effort to remove them. Here are some steps to help reduce your drug usage:

- Stop any drug you really do not have to take. Surprisingly, many doctors prescribe drugs just for "comfort" or other reasons that are not essential. Yet they all have side effects, one of which may be dementia.
- Reduce your dosages as much as possible.
- Read the side effects of all drugs you take, even over-the-counter drugs. If dementia, memory loss or some other brain abnormality is one of them, ask your doctor about changing the drug to one that does not have this potential side effect.

Note that if you are taking multiple medications, the side effects cannot even be predicted, as there are so many possible combinations. I believe it is rare for anyone to need to take more than one or two drugs. Many times, natural products will work as well or even better, and they are often less costly.

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MANAGER'S NOTES

Goodbye to all of our Northern visitors – it was great to have you join us for another Fabulous Season.

On that note....If you are leaving soon and have not filled out a Trash Furlough form, please stop by the office and do so before you depart.

This is the first newsletter submission in a while and I want to take this opportunity to touch on a few things:

Please stop by the office to inform us if you will be having a trailer or motor home in front of your home. We allow 48 hours to prep and pack a vehicle before departure. Also remember; Desert Harbor does not allow for storage of trailers, boats, or other vehicles. Nor is it allowed to park anything overnight along the streets without prior Management permission.

If you are selling or renting your home, be advised any person living on property has to be pre-approved by management. The credit and criminal background check helps to ensure we have a safe and stable community.

Good news the Remodel and expansion of the kitchen has started. Thanks to the Resident Committee for their help with selecting colors and styles, and of course clearing out the cupboards to facilitate the process. Bear with us as work progresses; I am sure the completed project will bring great benefits to the community and allow for larger, more organized, and festive functions. A step in the right direction for Desert Harbor!

I want to say thank you to everyone's input at the last Town Hall meeting. We know there are legitimate concerns and frustrations. We are working hard to address all of the concerns/issues raised. There was quite a laundry list of items, so we ask for patience as we prioritize, organize, and move through the items in a logical and calculated manner.

Some of the things accomplished so far include changing the bathroom door locks to enable access to the bathrooms 24 hours a day; we also added a self closer on the men's room inner door. The work on the golf course is progressing towards the more anticipated outcome. The entry way and the trees along the main drive have been manicured - to name a few.

Thank you, have a great June. Gentry Dion, Desert Harbor CGM.

DESERT HARBOR RESIDENTS OFFER SERVICES

<u>NAME</u>	<u>LOT</u>	<u>SERVICE</u>	<u>PHONE</u>
Midge Drouin	203	Haircuts, Styling, Blow Drying	602-459-9039
Margo Crawford	104	Photo restoration, scanning-slides	623-910-2713
Dorothy Mueller	155	Avon Products, Free Boxes	480-984-9780
Esther Lough	123	Puppy Sitting	480-288-8579
Connie Riter	81	Bus Trips	480-641-7753
Renee Spears	57	Reiki Sessions	480-215-8328
Jean Myers	44	Pet & House Sitting, Drive to Store, Doctor's Office, Airport, House Cleaning	480-671-4481
Bob Myers	44	Yard work, odd jobs	480-671-4481
John Williams	162	Handyman	602-561-4562
Liz Pawlowski	6	Odd jobs, anything you can't do yourself	619-508-9402
Karen Majur	173	Sweet Life Home Sales	480-250-2219
Lance Johnson	29	Custom Jewelry, Professional Jewelry Repair	801-231-3568
Dick Smith	74	House Sitting, Transportation to Dr. or Store	480-983-5819

*Updates to the calendar can always be found on the website
www.desertharboraz.net*

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4. Malnutrition — This is another common cause of dementia. It is a subtle and insidious form of malnutrition, in that one is eating regularly, but not digesting or absorbing food adequately. This is extremely common in older people today. Here is more information about this type of malnutrition:

- It has a slow and insidious (hidden) progression.
- Signs and symptoms are not visibly obvious.
- Symptoms are usually confused with other diseases, since malnutrition can cause almost any symptom imaginable.
- It is also far more common than imagined, as it affects most people as they age.
- Often it does not matter whether one eats a balanced or wholesome diet because the problem has to do with the absorption and digestion of food, not just the kind of food one eats.

Deficiency of B complex vitamins can lead to dementia. This is well-known in the medical literature. However, most doctors do not insist on tests or B vitamin shots, although they are very inexpensive, simple to give and can reverse an early case of dementia if this is the cause.

Vitamin B12, in particular, is required for proper mental function. Deficiency symptoms include confusion, memory loss and other brain-related symptoms. It is a crime that this is not recognized more often within the medical field.

If a person is following a nutritional balancing program and taking a GB-3 digestive enzyme with every meal, I do not think supplementary vitamin B12 is needed. However, for those not on a nutritional balancing program, I recommend a vitamin B12 shot for everyone over the age of about 65 or 70, at least one per year, but preferably more. This can help prevent irreversible dementia.

All seniors should also take extra vitamin B12 in tablet form or better yet, in sublingual lozenges, to offset the normal decline in the ability to absorb this vital vitamin. This would actually completely prevent many cases of dementia.

Why are most seniors malnourished? Several reasons have made this virtually an epidemic.

- Most seniors eat less due to reduced hunger, a diminished ability to chew food and weaker digestion. These factors, alone, can lead to malnutrition.
- Most seniors do not want to cook as much anymore, so they eat out more often and buy prepared packaged meals. Both are less nutritious than home-cooked meals.

• Many elderly people do not digest food as well due to age, use of pharmaceuticals, low enzymes or other conditions that affect digestion or energy level. Poorer digestion means one will be less nourished by one's food.

• Many seniors do not like eating anymore. It is normal for appetite to decrease with age, and one reason is a zinc deficiency. As explained above, many nutritional deficiencies worsen with age, leading seniors and even middle-aged people to reduce the quantity and quality of the food they eat.

• Seniors often have more stress because they are not as strong and resilient as they were when young. Stress reduces digestion, while at the same time increases the need for vital nutrients.

• Even if one eats enough excellent food and can digest and absorb nutrients, today's hybrid foods are not as healthful as food grown 50 or 100 years ago. More food is grown per acre today, but its mineral content is also much lower. Thus, one can slowly become malnourished even while eating well, and digesting and absorbing food correctly.

• Vegetarian and raw food diets are harmful in the extreme, in my view, although I know some health authorities recommend them.

• Not taking nutritional supplements can cause malnutrition. Sadly, some doctors and media outlets falsely claim that nutritional supplements are not needed, or are harmful, when the truth is the exact opposite. A few recent studies questioned the value of nutritional supplements, but were poorly controlled and perhaps even rigged to produce negative results. Millions of pages of medical research from the past 70 years support the use of and the amazing value of nutritional supplements.

5. Toxic metals and toxic chemicals — Everyone's body accumulates more toxic substances as they age. This is due to:

- A much more sluggish metabolism and, with age, most people's kidneys, liver and bowels do not work as well.
- Impaired nutrition occurs when one eats fewer essential minerals, as the body absorbs more toxic metals from the environment.

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- Many pharmaceuticals contain some toxic metals, such as mercury in flu shots and blood pressure drugs, aluminum in antacids and so forth.

- Toxic metals can be found in food and other environmental exposures. The worst offender is aluminum, which is directly associated in some studies with memory loss and perhaps other dementia symptoms.

For example, excess aluminum is associated with Alzheimer's disease. It is added to drinking water and is found in all prepared foods made with water, such as beverages, breads and cooked items of all types. Aluminum is also added to table salt and is found in antiperspirants, antacids (except Tums®) and other common products we touch or ingest, such as buffered aspirin and other over-the-counter products.

6. Impaired circulation to the brain — A common reason for this cause of dementia is arteriosclerosis, affecting circulation to the brain. Another reason is inactivity, which reduces general circulation to some degree. Dehydration and heart problems may also contribute to impaired circulation to the brain.

All of these health conditions can be corrected with a nutritional balancing program. I do not recommend chelation therapy to improve circulation, although it can help. It is less effective and not as safe as a nutritional balancing program.

7. Subtle infections in or near the brain — Some people have subtle infections in the ears, sinuses, teeth or in the brain itself. Most of them give off toxins called endotoxins and/or exotoxins, which can affect cognition, memory and other brain activities. Chronic infections can occur at locations distant from the brain, but their toxins circulate and can affect the brain. Most of them are not revealed on X-rays, blood tests or other medical scans.

These infections can be bacterial, viral, fungal or parasitic. As one ages, they can flare up because the body's ability to fight them off declines.

8. Both mental and physical inactivity — This has been shown to increase dementia in numerous medical studies. Even simple mental activities, such as doing crossword puzzles or watching television, improve brain circulation to some degree.

9. Other — Rarely, a brain tumor or other disease can cause dementia; however, this should be ruled out.

Correction of dementia

1. Following a complete nutritional balancing program can help for dozens of reasons. These include re-mineralizing the body, removing toxic metals, reducing toxic chemicals in the brain and nervous system, healing chronic infections, balancing key mineral ratios, restoring the sugar-handling system of the body, and restoring adaptive energy and vitality to the body.

I only recommend a nutritional balancing program with any of the approved practitioners listed at drlwilson.com. This is important because the programs are not that simple to set up.

2. Here are some extra instructions for those following a nutritional balancing program:

- Take as few prescription and over-the-counter drugs, as humanly possible.

- Use your mind, breathe deeply and exercise a little each day.

- In addition to the supplements on a nutritional balancing program, the following simple nutritional supplements may help: about 800-1200 iu daily of natural source vitamin E; ginkgo biloba, an herb sold in most health stores (quality varies, so ask for an excellent brand); and coenzyme Q-10, about 100 mg or more daily, preferably in a lozenge for best absorption.

For more advanced cases, following a nutritional balancing program may be difficult or impossible unless excellent care is given. To follow a nutritional balancing program properly, a person with dementia will almost always require a lot of assistance, at least until some cognitive function can be restored.

June 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:30 am Church 1pm Texas Hold'em Poker	2 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	3 7:30am Water Aerobics 6pm Bible Study 6:30 pm NDQ Poker	4 7:30am Water Aerobics 8am Exercise 1-3 pm Quilting	5 7:30am Water Aerobics 1pm cards 7pm Shuffleboard 6:30pm Billiards	6 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	7 8am Coffee/Donuts 5:30 Texas Hold'em Poker
8 10:30 am Church 1pm Texas Hold'em Poker	9 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	10 7:30am Water Aerobics 6pm Bible Study 6:30 pm NDQ Poker 7pm Cards	11 7:30am Water Aerobics 8am Exercise	12 7:30am Water Aerobics 1-3 pm Quilting 1pm cards 7pm Shuffleboard 6:30pm Billiards	13 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	14 8am Coffee/Donuts 5:30pm Texas Hold'em Poker
15 10:30 am Church 1pm Texas Hold'em Poker	16 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	17 7:30am Water Aerobics 11am Ladies Luncheon 6pm Bible Study 6:30 pm NDQ Poker 7pm Cards	18 7:30am Water Aerobics 8am Exercise 11:00 am cards 1-3 pm Quilting	19 7:30am Water Aerobics 9:15 Casino Trip Gila River Lone Butte 7pm Shuffleboard 6:30pm Billiards	20 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	21 8am Coffee/Donuts 5:30pm Texas Hold'em Poker
22 10:30 am Church 1pm Texas Hold'em Poker	23 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	24 7:30am Water Aerobics 9am Tai Chi 6pm Bible Study 6:30 pm NDQ Poker 7pm Cards	25 7:30am Water Aerobics 8am Exercise	26 7:30am Water Aerobics 1-3 pm Quilting 1pm cards 7pm Shuffleboard 6:30pm Billiards	27 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	28 8am Coffee/Donuts 5:30pm Texas Hold'em Poker
29 10:30 am Church 1pm Texas Hold'em Poker	30 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards					