



AUGUST

Board Newsletter

Volume 1

From the President –

It's hard to believe that July 2015 has come and gone. What an awesome conference in Buffalo. A big thank you to everyone who participated, planned, organized, and worked so hard to make it successful.

For those who attended conference, you know that Eddie and I are doing some major traveling with our truck and 35' travel trailer. After an awesome tour to New York City, we took a couple of days to relax and then headed south towards North Carolina. As of the writing of this message, we have toured the multiple NASCAR museums and garages in and around Charlotte, North Carolina. Our next stops will be Pigeon Forge and then Nashville, TN. Who knows what comes next. Remember my theme....*"Living Every Moment, Loving Beyond Words, and Laughing Every Day"* - I'm taking it to heart and hope you are too!

I'm so excited about the new year for NAREOP. We made some major changes during our board meetings, which were reported on during the Annual Meeting. I encourage each of you to get involved. Just because you have retired, doesn't mean your passion for lifelong learning has quit, nor has your longing for long distance friendships to continue. Make plans now to *"Meet Me in St. Louis"* in 2016! A good way to start is to put some money aside each week, you'll be surprised how it adds up when you're ready to register and make travel plans.

Hugs to all,
Becky



AUGUST

6 – Ruth Burgess

8 – Linda Rush

12 – Rebecca Crabtree

25 – Becky Reynolds

SEPTEMBER

4 – Becky Shipley Orr



From an Italian study concerning the association between coffee consumption and the incidence of mild cognitive impairment (MCI), evaluating 1,445 individuals aged 65-84:



Those who habitually consumed moderate amounts of coffee (1 to 2 cups of coffee/day) had a greater reduced rate of the incidence of MCI than those who habitually never or rarely consumed coffee.

*Shared joy is a double joy;
Shared sorrow is half a sorrow.
Swedish Proverb*

WHAT CAN LAUGHTER DO?

- LOWER BLOOD PRESSURE
- INCREASE VASCULAR BLOOD FLOW AND OXYGENATION OF THE BLOOD
- GIVE A WORKOUT TO THE DIAPHRAGM AND ABDOMINAL, RESPIRATORY, FACIAL, LEG, AND BACK MUSCLES
- REDUCE CERTAIN STRESS HORMONES SUCH AS CORTISOL AND ADRENALINE
- INCREASE THE RESPONSE OF TUMOR- AND DISEASE-KILLING CELLS SUCH AS GAMMA-INTERFERON AND T-CELLS
- DEFEND AGAINST RESPIRATORY INFECTIONS-EVEN REDUCING THE FREQUENCY OF COLDS-BY IMMUNOGLOBULON IN SALIVA.
- INCREASE MEMORY AND LEARNING; IN A STUDY AT JOHNS HOPKINS UNIVERSITY MEDICAL SCHOOL, HUMOR DURING INSTRUCTION LED TO INCREASED TEST SCORES
- IMPROVE ALERTNESS, CREATIVITY, AND MEMORY

