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SHADY LANE OAKS WHAT'S NEW MAY, 2017 C



Eating more fish may help prevent Alzheimer's

Izheimer's, a disease that afflicts some 5.1 million Americans, is a type of dementia that affects a person's memory, thinking, and behavior. Although at this point no cure exists, you can take measures to reduce your chances of suffering from this debilitating condition.

New evidence suggests that eating more fish—as long as it's not fried—may help to protect your brain from the shrinkage and decline associated with Alzheimer's. Researchers from the University of Pittsburgh Medical Center tracked the diets of 260 people with normal cognitive



function for more than 10 years. Using magnetic resonance imaging (MRI), they measured the brain volume and function of each participant at the beginning of the study, and again at the end. The results: The 163 subjects who ate fish on a weekly basis (the majority consuming it one to four times a week) had a larger orbital frontal cortex and hippocampus (two areas of the brain that are known to shrink in Alzheimer's patients) and better memory function that those who ate less fish.

The researchers determined that the risk for Alzheimer's and mild cognitive impairment was lowered fivefold within the five years following the brain scans. So start eating more fish today.

Follow this 'Golden Rule' to reduce cancer risk

ant to cut your risk of developing cancer? Check the color of your food—particularly your toast and potatoes. Scientists in the United Kingdom day that cooking those two items too long can increase levels of a naturally occurring chemical called acrylamide, which has been linked to cancer in rats.

Acrylamide is formed when starchy foods like potatoes and root vegetables are cooked at over 120 degrees. To reduce it in your foods, follow these guidelines:

- **Cook until golden.** Whether you're making toast, roasting potatoes, or baking vegetables, cook until the food is gold-colored, not brown.
- Check the instructions. Follow instructions for baking or frying packaged vegetables like fries or parsnips.
- Keep raw potatoes fresh. Don't put them in the refrigerator if you're going to roast or fry them. Colder temperatures can increase acrylamide levels.



Leading by example

Bill Gates, co-founder of Microsoft, has his own private jet now, but he didn't always. On the Business Insider website, former senior vice president Brad Silverberg recalls that in the 1990s, all Microsoft employees were required to travel by commercial airline—in coach, despite the fact that by that time Microsoft was a thriving organization. On one flight from Seattle to New York, Silverberg flew with Gates and some other members of the Windows team:

"And there was Bill, sitting in coach, in a middle seat. It didn't matter to him; he spent the whole flight reading. He wasn't as universally recognized then so it wasn't such an issue for him to fly commercial. It made a big impression on me, a new Microsoft employee, seeing Bill lead by example."

Different priorities

uring a Little League game, one of the batters hit a fly ball to right field that the right fielder made no attempt to catch. After the inning was over, the coach pulled his right fielder aside and asked him why he didn't even try to catch the ball.

"If I had caught that ball," replied the boy, "I would have killed my new friend." And with that, he opened up his glove to show the coach a caterpillar he had found in the field.



Remember this story to remind yourself that everyone's priorities are different.

Rules apply to everyone

uring the Civil War, Ulysses S. Grant, commander of the Union forces, had to reprimand a guard who had deserted his post. "Orders must be strictly and promptly obeyed always," Grant told the young soldier.

A week later, the same soldier was told to guard a steamboat loaded with ammunition. His assignment: to make sure that nobody with a lighted pipe or cigar came near the boat. On the guard's first day at his new post, General Grant started walking toward the boat, puffing away on one of his famous cigars.



"Halt!" called the guard. "I have been taught to obey orders strictly and promptly, and my orders are to allow no one to approach this boat with a lighted cigar."

With a smile at hearing his own words repeated back to him, Grant threw the cigar in the river.



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Getting into Heaven

woman died and found herself at the Pearly Gates. St. Peter approached her with a smile. "To enter, you need only pass a simple spelling test. Can you spell the word 'love'?"

"L-O-V-E," the woman replied, and St. Peter stepped aside and allowed her to enter Heaven.

Several years later, St. Peter found her on a cloud and said, "I have a big meeting today with the Boss, and I can't watch the gates. Would you mind taking my spot?"

The woman agreed. The morning passed uneventfully, and then she looked up and saw her husband approaching. "It's so nice to see you!" she exclaimed. "How have you been?"

"Just great," her husband replied. "I married the beautiful young nurse who took care of you while you were sick, and we had three more children. I won the lottery. We lived in a huge mansion. We had matching BMWs. My wife and I were taking our yacht on a second honeymoon cruise when I fell overboard and drowned." He looked around. "So, how do I get into Heaven?"

"You just have to spell one word.

He smiled. "Great! What word?"

She stared at him. "Kyrgyzstan."



Feeling the heat

Man in Dublin went in for a serious operation. The surgery took some time and the man was returned to his room to recover. As he came out of the anesthetic he looked around his room and saw that all the shades had been drawn, even though it was early afternoon.

When the surgeon walked into the room to check on his patient, the man asked why all the blinds were pulled down.

"The house across the street is on fire," the surgeon told him. "I was afraid that if you saw the flames when you woke up you might have concluded that the operation was not a success."

A SMILE IS A CURVE THAT SETS EVERYTHING STRAIGHT.

—Phyllis Diller

Keep your home safe to prevent injury

rour home might be your castle, but that doesn't mean you're necessarily safe there at all times. Follow this advice to protect yourself and your family from common household injuries-and even death:



Check your smoke detectors. Fire kills more than 2,900 people and injures 16,000 each year. And most of the fires break out when people are asleep. Install a smoke detector on each floor and outside each bedroom; change batteries at least twice a year.

- Buy carbon monoxide detectors. Carbon monoxide is an odorless, colorless gas that can kill you or send you to the hospital. Most detectors cost between \$40 and \$170.
- **Invest in nightlights.** It may sound basic, but a simple nightlight could prevent you from ٠ tumbling down the stairs and breaking something.
- Other tidbits include: deadbolt locks, grab bars for the tub, rubber-suction bath mats, handrails on stairs, fire extinguishers, flashlights, a fire evacuation plan, and posting local emergency numbers on the refrigerator.



Olympic secrets to achieving your dreams in life

Tant to achieve all your goals in life? Former Olympian Inga Stasiullontye shared the secrets that propelled her to fame as an athlete and entrepreneur on the Success magazine website:

- **Be fully committed.** Choose a goal that's important to you, and motivation will follow.
- Focus on learning. You won't succeed all the time. Don't obsess about results. Instead, keep your mind on learning what works and what doesn't, and why.
- Have some fun. Try not to take your efforts too seriously. Choose goals and activities that you enjoy so you can have some fun along the way.
- Think creatively. Don't mindlessly repeat everyone else's tactics and strategies. Use your imagination to find new ways of doing things.
- Challenge yourself. Get out of your comfort zone. If you're always waiting for the perfect idea or the best moment to act, you won't get the results you want.
- **Rely on yourself.** Don't expect other people to do the work for you. You can ask for help, but remember that in the end your effort is what matters.
- **Plan.** Start with a long-term plan, and then map out intermediate steps. Move forward one step at a time until you reach your goal.
- Avoid burnout. You can work so hard that you exhaust yourself and lose your motivation. Eat a healthy diet, get plenty of exercise, and take breaks so you don't overextend yourself.







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ACROSS

- 1. Top of a wave
- 6. Apollo astronaut Slayton
- 10. Fraud
- 14. Audio communications
- 15. Visual organs
- 16. Container weight
- 17. Proxy
- 18. Dregs
- 19. Violent disturbance
- 20. A decorated dart
- 22. Backside
- 23. Short skirt
- 24. A boring movie
- 26. Residence hall
- 30. Directed
- 31 Bro or sis
- 32. Murres
- 33. Alleviate
- 35. Liabilities
- 39. Used to stabilize a ship
- 41. Chevrotain
- 43. Streamlined
- 44. Wicked
- 46. Govern
- 47. Very Important Person
- 49. French for "Summer"
- 50. Cry of pain
- 51. A loose robe
- 54. A few
- 56. False god
- 57. Nationalism
- 63. Wash
- 64. 62 in Roman numerals
- 65. Move furtively
- 66. Not now
- 67. Aquatic plant
- 68. Blockage of the intestine
- 69. Classify
- 70. Bobbin
- 71. Approaches

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DOWN

- 13. Gauge
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- 2. Indian music 3. Biblical garden
- 4. A region of SE Pakistan 27. By mouth
- 5. Clan emblem
- 6. Trace

zodiac

7. Anagram of "Seedily"

1. Fourth sign of the

- 8. Ship part
- 9. Literary compositions
- 10. A type of berry
- 11. A marker of stones
 - 12. Got up

- 26. Anagram of "Buds"

- 29. Evil
- 34. An article of opinion





- 25. Assistant
- 28. Anger
- 36. Color of the sky
- 37. Express in words
- - 40. Analogous
- 52. Potato state 53. Relocation company 55. A red fluorescent dye 58. Spindle 59. Scrabble piece
- - 60. Bright thought

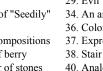
45. Trace

51. Skirts

48. Cottonwood

61. Aspersion 62. Untidyness

42. Lacquer ingredient



A solemn tradition: Memorial Day

emorial Day began in the 19th century as "Decoration Day," when citizens were encouraged to decorate the graves of soldiers who'd died in the Civil War. After World War I, Decoration Day expanded to include ceremonies honoring the dead in all of America's wars.

Decoration Day officially became Memorial Day in 1967. In 1968 the Uniform Holidays Act established it as one of three holidays (including Veteran's Day and George Washington's birthday, now called Presidents Day) celebrated on a Monday to create a convenient three-day weekend. Memorial Day is now observed on the last Monday in May.

Wearing poppies is a popular Memorial Day tradition. The custom is generally credited to Moina Michael, a former teacher at the University of Georgia, who was working for the YMCA Overseas War Secretaries at the end of World War I.

She was inspired by reading the poem "In Flanders Fields," by Canadian poet and doctor John McCrae. The poem's opening lines read:

In Flanders Fields, the poppies blow Between the crosses, row on row . . .

During the Overseas War Secretaries' annual conference held in New York City in 1918, shortly before the signing of the armistice that ended the war, grateful delegates gave Michael \$10 in recognition of her help with the conference. She spent the money on 25 red silk poppies to hand out to participants (or she may have used the money on materials to make the poppies herself).

The poppy became a national symbol of remembrance, and two years later the American Legion adopted it at its own conference. Poppies have symbolized the day ever since.





10

Help for Severe Aortic Stenosis



Severe aortic stenosis is a narrowed aortic heart valve that doesn't open and close properly, reducing blood flow to the rest of the body.

Morton Plant Hospital is now enrolling eligible patients in the Medtronic Evolut R low-risk trial, which investigates the safety and effectiveness of a transcatheter aortic valve replacement (TAVR) system in patients with severe aortic stenosis who are at a low surgical mortality risk. TAVR is a minimally invasive alternative to open-heart surgery used to treat failing aortic heart valves in patients with severe aortic stenosis. Morton Plant Hospital was chosen as the first hospital in Tampa Bay to offer the TAVR procedure for patients with severe aortic stenosis who were at an intermediate or high surgical mortality risk. Our team has completed more than 700 TAVR procedures over the last five years.

To see if you or a loved one with severe aortic stenosis may be eligible for this trial, or for more information on the trial, call the Center for Advanced Valve and Structural Heart Care at Morton Plant Hospital at (855) 44-VALVE (855-448-2583) or visit MortonPlantValveTrial.org.



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MortonPlantValveTrial.org

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May Is Also...

Monthly

ALS Awareness Month. Sponsored by the ALS Association to focus the public spotlight on ALS—amyotrophic lateral sclerosis, commonly known as Lou Gehrig's Disease. ALS is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. It usually strikes people ages 40 to 70 and afflicts about 20,000 Americans.

Clean Air Month. Supported by the American Lung Association, Clean Air Month educates people about the importance of clean air in their lives. It's also a time to celebrate the Clean Air Act of 1970 and its impact on the way people think about the environment and on the overall health of everyone.

Mental Health Awareness Month. One in five Americans lives with a mental disorder, with depression topping the list of health-related productivity costs in the workplace, responsible for more than \$51 billion in absenteeism. Strive to make mental health at work a top priority for employers.

National Bike Month. Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling—and encourage more folks to give biking a try.

Weekly

Children's Book Week, May 1-7. Established in 1919, Children's Book Week is an annual celebration of books for young people. Every year, commemorative events are held nationwide at schools, libraries, bookstores, homes—wherever young readers and books connect.

Drinking Water Week, May 7-13. For more than 35 years the American Water Works Association and its members have celebrated Drinking Water Week—an opportunity for water professionals and the communities they serve to join together in recognizing the vital role that water plays in our daily lives.

National Women's Health Week, May 14-20. National Women's Health Week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal: to empower women to make their health a priority.

Hurricane Preparedness Week, May 21-27. Tropical cyclones are among nature's most powerful and destructive phenomena. If you live in an area prone to tropical cyclones, you have to be ready. The National Hurricane Center and the Central Pacific Hurricane Center issue watches, warnings, forecasts, and analyses of hazardous tropical weather.







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May Sudoku

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Safeguard your identity with these security tips

The Federal Trade Commission says that millions of Americans become victims of identity theft each year. You don't have to add to this year's total. Here's some expert advice, compiled from various websites, on protecting your identity:



Online

- Explore the websites you shop. Reliable merchants will provide their address (not a post office box!) and phone number. Do some research before giving your credit card to a seller you know nothing about.
- Look for secure transactions. The URL's prefix should change from http to https, or shttp, to indicate that sales are encrypted or otherwise secure from hacking.
- **Print out records.** When you make a purchase, save and print a copy of the transaction (and any other correspondence) so you can back up your claims in case of any dispute.

At home

- **Mail with care.** Don't leave outgoing credit card payments of tax documents in your residential mailbox for the letter carrier to pick up. Take them to a Postal Service mailbox or post office to ensure their safety.
- Shred after reading. You know this, but it bears repeating: When you discard credit card bills or anything bearing your personal information, rip it up or shred it so garbage divers can't salvage it to use against you.
- Keep track of your credit cards. Don't keep more charge cards that you can monitor for fraudulent activity. Pay attention to expiration dates; if you don't get a replacement on time, contact your bank immediately in case it's been stolen.

Everywhere

• **Memorize essential data.** You don't want a lost wallet or stolen briefcase to compromise everyone's identity. Commit Social Security numbers, ATM passwords, and other important data to memory so you don't need to carry them with you and risk losing them.

Living in these cities is expensive

Think your cost of living is too high? You may be in the wrong city. The Crazy Tourist travel agency looked at some recent figures from the crowdsourced data site Numbeo to find the world's most expensive cities. Here are the top 10, based on each city's estimated monthly cost of living:

	<u>D</u> ·
Hamilton, Bermuda	\$4,769
San Francisco	\$4,612
 New York City 	\$4,207
• Geneva	\$3,314
Hong Kong	\$3,244

London	\$3,228
• Dubai	\$3,006
 Singapore 	\$2,940
• Honolulu	\$2,906
• Sydney	\$2,888



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LOOKING TO REPLACE YOUR WINDOWS? AMS carries a wide range of windows designed to fit your home and are energy efficient.

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Standard features include: • PVC Vinyl Frame

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12

12

Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

JUNE AD DEADLINE - MAY 10, 2016

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284. • Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.

Caregiving has its rewards

s Americans live longer, families are feeling a heavier burden in the caregiving area. The Bureau of Labor Statistics estimates that some 40.5 million Americans are acting as unpaid caregivers for older family members. Most just help one person, but 22 percent are responsible for two people and 7 percent provide help to three or more. Most caregivers are between the ages of 45 and 64 (23 percent), but 17 percent of people older than 65 act as caregivers as well.

The demands may be high, but many Americans find the work worthwhile. Yes, 32 percent describe caregiving as stressful, but 88 percent say helping out an elderly loved one is a rewarding experience.

Try these year-round common cold remedies

Vou can catch a cold any time of the year, no matter what the weather is. Although you can't cure it, you can relieve its symptoms with some simple remedies. Try these:

- Honey. Honey mixed with tea or warm lemon water can relieve coughing and sore throat.
- Zinc. Zinc supplements taken within the first few days of having a cold can shorten your illness and could prevent a cold in the first place.
- Hot liquids. Hot tea or water can loosen up congestion in your chest and sinuses.
- Salt water. Evidence suggests that rinsing your mouth with salty water can clear up nasal congestion and unclog your sinuses.
- Salt
- Vitamin C. Evidence that vitamin C can help you avoid or shorten colds is mixed, although research does hint that it may be effective for those with a vitamin C deficiency.

We must respect the past, and mistrust the present, if we wish to provide for the safety of the future.

