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Diane DeGaetano

1st Vice President/

Membership

Kathy Shepherd

2nd Vice President/

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Corresponding Secretary:

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Susan Allred

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Pat Swan



GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

May, 2021

President: Diane DeGaetano

Hi Ladies,

I am very happy with the state of LWC. Every program has stepped up to take on some very interesting, service oriented projects.

We are half way through the year and we are now addressing our plan of work challenge projects. Art & Culture is gearing up to produce some sellables for Lilburn Daze. CEO has taken on a major project, "Days for Girls", sanitary kits for international young women. Education has done an excellent job of planning and executing a very nice Scholarship and Public Service Reception. Environment is working on several projects such as Lilburn Community and Head Elementary School Special Needs Garden as well as a bee-related project. Health & Wellness has gone all out with developing a specific food bank. Helping the disadvantaged families, especially one family with 10 children by holding a pickle ball fund raiser is going above and beyond. The Mother's Day purse project has been extremely successful with over 50 purses donated. A delivery of purses for the Atlanta Ronald McDonald House moms will be made on Monday, May 3rd. You all should be very proud of your service as it feels to me like it is really from the heart!! Thank you!



1st Vice President: Kathy Shepherd

Spring always is known for new growth and new birth. We have six prospective members and one former member that have visited LWC this year and have voiced interest in becoming members. Please introduce yourself to prospective members at the meetings. We still have three guests who need mentors. Please let me know if you would like to be a mentor.



Corresponding Secretary: Christine Peredney

On May 6 the Lilburn Woman's Club will host the Scholarship and Awards Reception. I am urging all members who are able to attend in person to be part of the Sunshine Group who warmly welcomes our guests and our fellow members to this annual event. It is a joyful occasion to honor winners of the scholarships from the club and to applaud the efforts of our teachers of the year and our community achievers. It is important that our guests and our members feel welcome. Christine

True Friendliness by Esther F. Thom. Scrapbooks Favorites- Ideals
 True friendliness is being kind in every word and deed.
 It's helping without thought of gain whenever there is need.
 It's searching for a happiness to share and give away...
 It is forgiving with a heart that grows in love each day.
 Real friendliness is empathy and being understood....
 It's ceasing never, striving ever for another's good.



Art and Culture: Gloria Sill & Karen Snavely

We had an enjoyable field trip to the Red Oak Lavender Farm near Dahlonga. Lunch followed at the Yahooola Creek Grill. It was great seeing people and communicating in person on such a fun field trip.

Art committee has a lot of things to plan for this summer and fall. We will be meeting at my house on Tuesday, May 18 at 7 PM to discuss our partnering with the Education Committee and discuss the display of student patriotic art at Lilburn Daze.

We will also begin to discuss the

design and display of quality sellables at Lilburn Daze. We'll also start making decisions on what inventory we would like to display at our booth.

Everybody is welcome to our meeting. Happy Spring!



Community Service Program Chairs

Art & Culture
Gloria Sill & Karen Snavely

Civic Engagement & Outreach:
Ginnie Childers & Adela Salame-Alfie

Education & Libraries:
Nancy Chilcoat & Lee Jurjevich

Environment:
Laurie Benken & Lori Bottens

Health & Wellness:
Cheryle Haynes & Mary Pope

Committees

Lilburn Daze
Nadine Bily

Social
Laurie Benken

Communications
Brenda Dana

Websites, Facebook
Andrea Brannen

Newsletter
Dianna Carson

Fundraising:



Civic Engagement & Outreach: Ginnie Childers & Adela Salame-Alfie

Civic Engagement and Outreach is coming out of hibernation from this past year! 2021 is going to rock! We had one previous meeting very well attended and our next meeting is on MAY 13th at 7p.m. in ZOOM.

Our program has nominated Lilburn Life as an Outstanding Citizen for their outstanding work they've done this past year. Thank you for keeping us in touch with one another.

We are in the process of coordinating an International Project with Dianna with Days for Girls. As the details come together we will keep you updated as a club and how you can help.

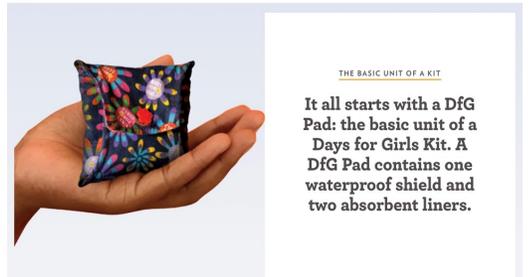
CEO will also have a booth at the Lilburn Farmers Market on June 11th. We will be passing out flag stickers/activity sheets to the little ones for Flag Day.

In addition we're in the process of working with Art and Education to have a Poster contest at the Middle Schools (Care Team schools). More information to come on this in the future.

Please feel free to sit in our meeting

Remember May 31 is Memorial Day. Please honor all who have served our country!

DAYS FOR GIRLS





Education and Libraries: Nancy Chilcoat & Lee Jurjevich

Just a reminder for all that the May meeting will be our scholarship and community service recognition program.

We have replies from 15 TOTY planning to attend, two counselors and one principal. In conjunction with the Art program, 14 LWC members gathered to make coffee filter flowers to decorate our goody bags.

Coincidentally, May 3-7 is National Teacher Appreciation Week. Take time to say thank you to all teachers you may know.

Our next project will be in conjunction with the Lilburn branch of GCPL for children to design posters for the Fourth of July.

Don't forget May 3-9 is Children's Book week. Take your children/ grandchildren to the library, take time to read with them.

"Booths for a Cause" to be covered by Education and Libraries program members from 4 to 7 pm May 21 at the Farmer's Market on Killian Hill. We will need volunteers to be there. We will hand out information about a poster contest at the Lilburn Branch of GCPL sponsored by Education and Libraries for children to show what the 4th of July means to them. There will be a monetary award for the best poster. We will also hand out any available info about the Woman's Club for potential members



Donation Reminders

The LWC collects the following items to help those in need. Bring items to club meeting.

Art:

Civic Engagement:

Soda can tabs

Education:

Environment:

Empty Ink Cartridge
Empty Pill Bottles

Health & Wellness:

Lilburn Co-op:

Canned Peas
Canned Chicken, Tuna, Stew
Canned Mixed Veg.
Peanut Butter
Shampoo
Canned Pork & Beans
Toilet Paper
Cereal
Hamburger Helper



Environment: Laurie Benken & Lori Bottens

Environment Program is meeting this week at the Lilburn Community Garden to weed and plant the Herb Garden. There are LWC signs in the Herb Garden, come try some herbs. We will also be planning for the remainder of the year.

Blueberry picking at Tuckaway Blueberry Farm in Loganville, GA is scheduled for June 22 with lunch following.



Endangered Species Day is Friday, May 21st. This event was established 16 years ago to bring attention and help people learn about and take action to protect threatened and endangered species. Some interesting events are online this year, particularly a Pollinator Party. On Saturday, May 22nd, join the worldwide Pollinator Party! The Pollinator Party is a chance to get outdoors, spend time in nature, and identify pollinator species, native plants, or other species in your community with the app naturalist.

<https://www.endangered.org/pollinator-party-2021/>

Zoo Atlanta is having special exhibits on Friday, May 21st.



Most importantly, the weather is awesome, the flowers are beautiful, the trees are full of life, the birds and butterflies are busy....get outside and enjoy!



Health & Wellness: Cheryle Haynes & Mary Pope

Alzheimer's and the brain

Microscopic changes in the brain begin long before the first signs of memory loss. The brain has 100 billion nerve cells (neurons). Each nerve cell connects with many others to form communication networks. Groups of nerve cells have special jobs. Some are involved in thinking, learning and remembering. Others help us see, hear and smell.

To do their work, brain cells operate like tiny factories. They receive supplies, generate energy, construct equipment and get rid of waste. Cells also process and store information and communicate with other cells. Keeping everything running requires coordination as well as large amounts of fuel and oxygen.

Scientists believe Alzheimer's disease prevents parts of a cell's factory from running well. They are not sure where the trouble starts. But just like a real factory, backups and breakdowns in one system cause problems in other areas. As damage spreads, cells lose their ability to do their jobs and, eventually die, causing irreversible changes in the brain.

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases.

It is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's).

10 Early Signs and Symptoms of Alzheimer's

Memory loss that disrupts daily life may be a symptom of Alzheimer's or [other dementia](#). Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems

Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when managing finances or household bills.

3. Difficulty completing familiar tasks

People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use microwave settings or to record a TV show.

4. Confusion with time or place

People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

What's a typical age-related change?

Vision changes related to cataracts.

6. New problems with words in speaking or writing

People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps

A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

8. Decreased or poor judgment

Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

9. Withdrawal from work or social activities

A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.

What's a typical age-related change?

Sometimes feeling uninterested in family or social obligations.

10. Changes in mood and personality

Individuals living with Alzheimer's may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

With early detection, you can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer, as well as increase your chances of participating in clinical drug trials that help advance research.

So go purple on June 20th for those we've lost, for those living with Alzheimer's, and for those yet to be diagnosed!

May, 2021

Because of covid-19, many of these activities will probably be cancelled, delayed, or held by conference call / zoom

Check www.lilburnwomansclub.org/Calendar.html for updates.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						S.M.I.L.E Sat. The first Saturday of each month is designated as S.M.I.L.E. (Smile, Motivate, Inspire, Lead, Excel) Saturdays. Club members are asked to wear Club T-Shirts, District T-Shirts, GFWC Georgia Shirts or GFWC Shirts when they visit the grocery store, mail salon, a neighbor, or simply out and about.
2	3	4	5	6:45PM Scholarship & Awards program. Calvary Baptist Church	7	
9	10	11	12	13 7PM Social Wine & Cheese call 7PM—Civic Engagement Zoom mtg.	14	15
16	17	11AM—Social Hot Betty's Brunch in Tucker	19	20 7PM—Exec. Bd. At Barb Brooks home	21	22
23	24 7PM LWC Book Club	25	26	27	28	29
30	31— Memorial Day					



Happy Birthday:

- May 6—Gale DeGray
- May 17—Pat Baker
- May 20—Sally Baker
- May 28—Laurie Benken
- May 30—Gloria Sill
- May 30—Jerolvn Randles