

The American Association of University Women

The TORCH

September, 2023

Vol. 58, 1996

*AAUW. Vol. 62, No. 1
Peggy Drennan Cihl, Editor.*

PRESIDENTS' MESSAGE

Greeting Members,

As an educator, the month of September has always signified change and the start of something new. The seasons are changing, and we are moving to the time when the natural world has completed its cycle of growth and is moving into a period of dormancy, storing up needed energy for spring. Many of us also still resonate with the start of the school year and the fresh beginning that this change entails.

These two images work for me as I reflect on the start of my tenure as president of our chapter. I would like us to consider this year how we would like to focus our chapter's energies. I am confident we are committed to maintaining our scholarship initiative, but are there other areas we would like to get involved with—either individually or as a branch? Personally, I have some ideas, but I hesitate to share them now, since my goal is to hear from you. Please email me with your suggestions and/or ideas: cecilebrennan@gmail.com.

Please review all the opportunities to get involved listed in the Directory. (Also see p. 15 of this TORCH.) Whether you are interested in advocacy, book discussions, nature walks or Mahjong, we have something to fit your interest. And, if you have an interest not represented in our offerings, please consider creating your own group!

I look forward to getting to know each of you better and hope to start when we meet virtually in September. Enjoy the summer's end and see you soon!

Cecile Brennan

Fort Myers/Lee County Branch, Inc.

Program Announcement for September

OUR MEETING DATE:

September 16, 2023

Gathering on ZOOM at 11:30 A.M. for a remote meeting.

Our topic is important to all of us.

You will want to join us via Zoom for an informative discussion.

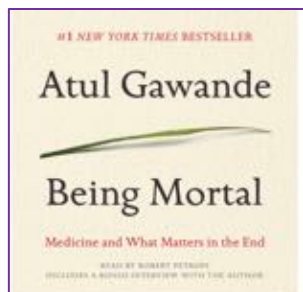
For this month we have decided to hold a virtual Zoom meeting versus an in-person luncheon (See p. 3). Quite honestly, the reason for this is that we rarely have enough people to meet the minimum required by The Landings for our luncheons. To be good custodians of our funds, we have opted not to risk potentially losing money on the event.

The meeting's program will be a discussion of the ideas contained in the book *Being Mortal* by Dr. Atul Gawande. This book is relevant to all of us since it focuses on aging and end of life, something that we will all experience. Particularly useful is its focus on making the medical system work for you during the aging experience.

Since it is short notice to read a book, here is a link to a wonderful documentary about the book produced by PBS's Frontline series: [Frontline: Being Mortal](#).

Here is a link to an interview with Dr. Gawande: [Atul Gawande Interview](#).

Of course, ideally, we will all read the book, but if you aren't able to, please watch one or both and join in the conversation. I have used the book in my teaching and will facilitate the discussion with a focus on the practical knowledge we can gain that will enable us to fully participate in our own health care and end of life decisions.



Qualifications of Presenter:

Cecile Brennan has a Ph.D. in counseling and is a counselor and counseling professor. She is also trained in the field of gerontology and has done counseling and consulting work with nursing homes and long-term care facilities. Her review of *Being Mortal* will benefit from her professional training as well as her personal perspective as someone with first-hand experience with our complex medical system.



Atul Gawande is a surgeon as well as a writer for The New Yorker. His book, *Being Mortal: Medicine and What Matters in the End* is a personal meditation on how we can better live with age-related frailty, serious illness and approaching death.

Please note: It is not necessary to have read the book to participate.

This book is available on Amazon Kindle. If you are a Kindle Unlimited member, you can read it for free, or you can download it for \$7.95. It is available in libraries as well.



AAUW Lee County / Fort Myers – September Meeting
Time: Sept. 16, 2023 11:30 AM Eastern Time (US and Canada)

Before joining a Zoom meeting on a computer or mobile device, you can [download Zoom](#) from the [Download Center](#). Otherwise, you will be prompted to download and install Zoom when you click a join link. You can [join a test meeting](#) to familiarize yourself with Zoom, or [join a meeting without an account](#).

Join Zoom Meeting

<https://us02web.zoom.us/j/88636666508?pwd=ZHBJenVSRExpVTVBUmY054NSdpdz09>

Meeting ID: 886 3666 6508

Passcode: 421028

One tap mobile

+16469313860,,88636666508#,,,,*421028# US

+19292056099,,88636666508#,,,,*421028# US (New York)

Dial by your location

- +1 646 931 3860 US
- +1 929 205 6099 US (New York)
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 564 217 2000 US
- +1 669 444 9171 US
- +1 669 900 6833 US (San Jose)
- +1 689 278 1000 US
- +1 719 359 4580 US
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US

Find your local number: <https://us02web.zoom.us/j/kAwq6sRvh>

Meeting ID: 886 3666 6508

Passcode: 421028



is available on our Branch website.

What is it?

PayPal is a payment platform with a website and a phone app that enables payments between parties through online money transfers.

Why does the Fort Myers/ Lee County Branch, Inc. have an account?

The Branch can manage payment for Donations, Membership, Luncheon and Events.

Will I have to set up a PayPal account?

No. You have options to pay by credit card, use your own PayPal account, or by check.

How will it work?

We have PayPal set up on our web page: <https://fmlc-fl.aauw.net>

2023-2024 MEETING DATES and Torch Production Schedule

SEND ARTICLES TO peggycihi@comcast.net

Meeting Date

Sept. 16, 2023 via ZOOM
October 24, 2023
November 18, 2023
***Bingo Dinner Thurs., Dec. 14**
*January 13, 2024
February 17, 2024
March 16, 2024
April 20, 2024
May 18, 2024

**unusual date*

Deadline for Articles

August 24, 2023
September 27, 2023
October 21, 2023
November 14, 2023
December 18, 2023
January 24, 2024
February 20, 2024
March 27, 2024
April 24, 2024

Mail Torch Date

September 6, 2023
October 11, 2022
November 8, 2023
November 23, 2023
January 6, 2024
February 7, 2024
March 6, 2024
April 10, 2024
May 8, 2024

Woman of Interest



Love her or hate her politics; she demands our respect. Speaker Pelosi led House Democrats for 20 years and previously served as House Democratic Whip. In 2013, she was inducted into the National Women's Hall of Fame at a ceremony in Seneca Falls, the birthplace of the American women's rights movement.

Nancy Pelosi has represented San Francisco in Congress for more than 35 years. She served as the 52nd Speaker of the House of Representatives, having made history in 2007 when she was elected the first woman to serve as Speaker of the House. Pelosi made history again in January 2019 when she regained her position second-in-line to the presidency – the first person to do so in more than six decades. Speaker Pelosi is the chief architect of generation-defining legislation under two Democratic administrations, including the Affordable Care Act and the American Rescue Plan.

<https://pelosi.house.gov/biography-0/>



**PLAN
AHEAD**

BINGO GALA

The Helm Club at The Landings



**Admission of \$75 includes:
Bingo Cards & Cash Prizes**

**This is our annual fundraiser for
SCHOLARSHIPS.**

**We will have a fantastic buffet dinner and
10 Bingo Games with cash prizes!**

The activities will begin at 5:00 p.m.

**(Doors open at 4:30 p.m. to peruse the fabulous silent
auction prizes and make bids.)**

MARK YOUR CALENDARS FOR OUR THURSDAY DEC. 14.

**Payment Is Expected to insure your
reservation.**

***Payment is made in advance by mail with
a check made out to AAUW.***

***To make your payment,
contact Carolyn Nance by e-mail, phone,
or when you send in your check.***

***Carolyn's contact is:
cnance5240@gmail.com
or at (239) 785-9993***

***Send your check to
Carolyn Nance
11674 Lady Anne Circle
Cape Coral, FL 33991***

**Our Silent Auction items will consist of a
variety of baskets on which to bid. Each
will be worth more than \$100. Themes
for the baskets are such categories as
pictured below.**

Day at the Pool



This could be yours:

- Beach Bag
 - Beach Towels (2)
 - Straw Hat, Sunscreen
 - Paperback Beach Book
 - Waterproof Phone Pouch Bags(2)
 - Hairbrush
 - Waterproof Playing Cards
 - Sport Water Bottle
 - Umbrella Triple Folding Anti-UV Dome
 - Flotation Pool Chair
- Value of bag: \$175*

Put on a Lovely Face



This could be yours:

- Darphin Hydraskin (All-day dry skin care)
from Paris (\$120 value)
 - Aveno Facial Cleanser
 - Skin Media Facial Cleaning Cloths
 - Crepe Erase 4-in-1 Eye Renewal Capsules,
TruFirm Complex
 - Facial sponges
 - Application Spoons
 - Facial Cleansing Towelettes
 - Skin Medica Ultra Hydrating Sheet Masks
- Value of bag: \$300*

**WE ARE LOOKING FORWARD to raising funds for our
SCHOLARSHIPS.**

MARK YOUR CALENDAR

Thursday, December 14, 2023



**Buffet Dinner and Bingo Games
Bingo Cards, Daubers and
Cash Prizes
Admission cost: \$75.00**

HOW CAN YOU HELP?

- Gather your friends to make up a table to attend the Bingo Gala
- Volunteer to set up the room on Bingo night.
- Put together a raffle item. Contact Peggy Cihl 239-980-4794 to let us know if you choose to do this.
- We are collecting themed baskets worth a minimum of \$100 for the raffle.

Samples of themes:

Chocolate
Wine
Dining gift cards
Jewelry
Art supplies
Card players
Snacks
Yoga
Gardening
Correspondence
Handbags
Golf
Cat Lovers
Dog Lovers
Holiday Cookies
Mysteries & Puzzles

Board games
Candles
Holiday
Travel
Bath
Beach
Greeting Cards
Tennis
Apple Products
Hurricane Prep
Taste of Italy
First Aid
Pamper the Chef
“As seen on TV.”
Flower Arranging
Crafts

Mail-In Ballots DID YOU KNOW?

All mail-in ballot requests expired at the end of 2022. This has nothing to do with your voter registration. If you were registered to vote in FL/Lee County prior to 12/31/22, you are still registered to vote. However, **you must reapply for mail-in ballots.**

This is easy to do at <https://www.lee.vote> (If you do not live in Lee County, go to the appropriate website.) Scroll down the home page to find the link to accomplish this. If your address has changed, you must correct that with the election's office. Mail-in ballots cannot be forwarded.

The new requests will expire at the end of 2024.



AAUW Fort Myers/Lee County

<https://fmlc-fl.aauw.net>

Our local e-mail address:

aauwleecounty@gmail.com

Our National Organization

<https://www.aauw.org>

Facebook, linked from the website and the direct link:

<https://www.facebook.com/AAUW-Fort-Myers-Lee-County-Branch-107794550957375>

AAUW



We have two book clubs. Each welcomes new members.

Cover Girls Book Club

The Cover Girls Book Club meets on the second Wednesday of each month from 1 pm to 3 pm. Meetings are held in the homes of members. Books are selected in the spring for the next season. The next meeting will be on October 11.

Please contact Carol Fuechsel at cbfuechsel@gmail.com for further information about the book selection and location for this month.

Page Turner Book Club

The Page Turner Book Club Meeting is September 28 at 12:45 at Lakes Regional Library. The book is "Lessons in Chemistry." If you are interested in participating in this book group contact: lfelice1948@gmail.com



Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions *Briefing Book*, watching the documentary film series and meeting in a Discussion Group to discuss the most critical global issues facing America today. The first Great Decisions discussion for 2023-2024 is planned for Friday, September 8, at 12:30 p.m. via Zoom. Our topic is Global Famine, with Lois Benedetto as the discussion leader.

Great Decisions accepts new members. If you would like to attend the September 8 discussion as a guest, please contact Suzan Harden. As the Foreign Policy Association announces plans for the 2024 discussion year, additional information will be provided.

We meet the first Friday of each month. If anyone is interested in joining in, books can be ordered at the regular price of \$35 plus shipping and handling. All members are welcome!

If you did not order a book and would like to participate in the discussions, please contact Suzan at skh062653@gmail.com.

LOOKING FORWARD TO ANOTHER GREAT YEAR CELEBRATING OUR SCHOLARS

Scholarship Co-Chairs: Cheryl Tromley and Devera Graf

We are so excited to begin a new AAUW season! We would like to kick it off by introducing you to one of our Lee County High School scholars. The note of gratitude she sent us (which appears below) clearly demonstrates why we do what we do. But let's be clear, this note is for all of you, not just the scholarship committee. It is only through your generosity

that we can continue to support the educational dreams of deserving young women like Mary Jo.

We are looking forward our next meeting, September 16, as we start another year of empowering women and girls.

*"Dear American of University Women
Scholarship Committee,*

*Thank you so much for helping
support my educational dreams! I was a
recipient of your Lee County High School
Scholarship in 2019. I am graduating
summa cum laude from FGCU with my
Bachelor of Arts in Elementary Education
on May 7, 2023. I have already accepted
a teaching position for next year at Gulf
Elementary School. Your generosity aided
my success in attaining my degree and as
a result, I am graduating debt free.*

With sincere thanks and appreciation.

Mary Jo Ellis"



Our Scholarships AAUW Fort Myers



AAUW Star Bright Scholarship

The AAUW Star Bright Memorial Scholarship was established in 2005 by Book Club 3. It provides branch members with the opportunity to make donations honoring friends and commemorating special events. As funds accrue, a \$1,000 scholarship is awarded to a female student attending the second semester at Fort Myers or Cape Coral Technical College.

AAUW Lee County High School Scholarship:

Established in 2011 in memory of Jane Wagner, a three-term branch president. It awards one \$1,000 scholarship per year to a graduating female student with financial need chosen by the school counselor. The award is paid to the college of the recipient's choice.

AAUW STEM Awards: Established in 2001 to encourage middle and high school girls in STEM fields. It awards two \$300 prizes based on those projects submitted to the Thomas Alva Edison & Kiwanis Regional Science and Engineering Fair: The AAUW Thomas Edison and Kiwanis Regional Science & Engineering Fair Award goes to a top female entrant; The AAUW Thomas Edison and Kiwanis Regional Science & Engineering Fair Emerging Research Scholar Award goes to a female entrant whose skills are laudable, but still developing.

Marie Glasgow and AAUW STEM Award Fund:

Established in 2019 in honor of Marie Glasgow, president of AAUW Fort Myers/Lee Co Branch for two years. It is awarded each year with the goal of improving educational opportunities by rewarding young Middle School girl(s) who are winners at the Junior Division of Edison-Kiwanis Science Fair or Thomas Edison Festival of Light Regional Inventors Fair.

Girls in Engineering, Math and Science (GEMS):

This hands-on program is dedicated to science education for regional middle school girls by enthusiastic professionals and undergraduates as facilitators and role models in a girls-only environment.

AAUW FGCU Endowed Scholarship:

Established in 2000, with member and matching funds from the state, it awards one scholarship to a female student who resides in the five-county (Lee, Collier, Charlotte, Glades, Hendry) area with financial need pursuing an undergraduate degree at FGCU. Priority is given to the current awardee.

AAUW Sue Gottcent Memorial Endowed Scholarship:

Established in 2006 with a bequest from the estate of member Sue Gottcent who was an avid supporter of AAUW's mission. It awards one \$2,000 scholarship to a Lee County female student aged 25 or older with demonstrated financial need who attends an institute of higher education that is part of the Florida State University system. Priority is given to the current awardee.

AAUW FSW State College Endowed Scholarship:

Established in 2000, with member and matching funds from the state, it awards one \$1,000 scholarship to a female Lee County student with financial need attending the Fort Myers Campus of FSW. Priority is given to the current awardee.

Guided Nature Adventures 2023-2024

Fall in love with Southwest Florida all over again! Explore the surrounding nature that your winter home has to offer. Join AAUW's Master Naturalist, Cathy Tucker, Nature Photographer, Jemetta Hunt, along with guest experts from around Southwest Florida. On the fourth Wednesday of the month, be

prepared to have an exclusive experience, that is Florida. Please contact

Cathy Tucker 239- 634-7414 or

Jemetta Hunt 203-249-6545

to reserve your spot or to answer any questions you may have. Below is a list of adventures we have planned for this year. Most are free, but some fees may be incurred. Lunch will be after each adventure at a unique location.

October 25, 2023	Coastal Discoveries – Mud Flats and Sea Grass- Englewood, Florida
December 27, 2023	The Past and Future of Lee County- Six Mile Cypress Slough Preserve
January 24, 2024	Expanding Your Horizons- Charlotte Educational Centerer
February 28, 2024	Future of Sea Cows -Manatee Park
March 27, 2024	The Original Snowbirds- Location TBA
April 24, 2024	Ten Thousand Islands- Everglades National Park
May 22, 2024	Corkscrew Swamp Sanctuary or Guided Kayak Tour

The adventure begins with exploring Florida's coast to discover life beneath the tides. You will see how the seagrasses play an important role in protecting our coastlands and our marine life. In this first stop, you will be wading out to sea grass beds to collect and observe the life that depends on these grasses. We will be joined by Kate Rose who is the

Charlotte County's Sea Grant Agent. Equipment will be provided, but please wear clothes that can get wet along with water shoes to protect your feet. Sunscreen and a hat are recommended along with water and a snack. This excursion is open to spouses and friends, but space is limited.

Call now to reserve your spot.



PUBLIC POLICY

AAUW FORT MYERS/LEE COUNTY

Public Policy Update

September 2023

Submitted by Suzan Harden

skh062653@gmail.com

The AAUW FL Public Policy Committee (PPC) has been working all summer to develop a comprehensive plan for advocacy of the issues important to AAUW members. Led by Patricia DeWitt and Mary Gatta, the committee has developed a series of virtual presentations to be offered through the 23/24 program year. The presentations are free and guests are invited to attend. (A secondary goal of this series is to encourage new members.) The first presentation is Thursday, September 14, at 6 p.m. Moné Holder of Florida Rising will speak on Reproductive Rights in Florida. See the complete list of presentations on p. 13 in this edition of the Torch. The list includes a link you can use to register by going to the AAUW Fort Myers website.

<https://aauw-fl.aauw.net>

There are presentations associated with the wide variety of legislative priorities: education, health care, equal pay, equal opportunity. Please let Suzan Harden, our branch Public Policy Chair, know if you attend and share your feedback!

AAUW FL Lobby Days will be held January 15-17, 2024, in Tallahassee. Hotel details are being confirmed and will be shared in a future edition of the Torch. Throughout the fall, the AAUW FL PPC will be providing information about pending legislation and offering local branches resources for working with our local legislators.

August 15 was Moms' Equal Pay Day. AAUW offered a virtual presentation, "Fighting for Working Mothers: A Moms' Equal Pay Day Conversation." Speaking were Gloria Blackwell, CEO of AAUW; Jennifer L. Turner, PhD, Senior Research Associate, Student-Parent Success, Institute for Women's Policy Research; Deborah J. Vagins, National Campaign Director of Equal Pay Today, Equal Rights Advocates. (Note: "Student-Parent" in this case refers to students who are also parents.) Topics for discussion included the effect of the motherhood penalty on lifetime earnings of working mothers, the *always critical* lack of affordable childcare, the nationwide need for improved family leave policies, the importance of the Paycheck Fairness Act, and an overview of current legislation intended to rectify some of these issues. This was a free presentation offered to AAUW members. For more information about AAUW's summer advocacy activities, see the August 3 email from AAUW with the subject AAUW Washington Update.

The Public Policy Chair for the branch is Suzan Harden. If you would like to be a member of the Public Policy Committee, please contact her (skh062653@gmail.com).



FLORIDA

The AAUW Florida Public Policy Issue Forums

Wouldn't you like more in-depth information on the important issues facing Florida from a nonpartisan but equity-focused viewpoint? Would you like to be able to ask your own questions of experts regarding these issues? Then be sure to attend as many AAUW Florida Issue Forums this year as you can. All sessions will start at 6:00 PM and last for an hour. The series is open to AAUW members and guests.

TITLE	DATE	SPEAKERS	RSVP
Reproductive Rights	Sept. 14, 2023	Moné Holder, Florida Rising	Click here to register for this session
Title IX and Dress Codes in Schools	Oct. 5, 2023	Nancy Tray, Change the Dress Code Movement, St Johns County	Click here to register for this session
Gender Studies and DEI Initiatives at Colleges	Nov. 2 2023	Dr. Elizabeth Brown, Past President of the United Faculty of Florida, University of North Florida	Click here to register for this session
Florida 2024 Legislative Preview	Nov.16, 2023	Dr. Pat DeWitt, AAUW Co-Public Policy Director and Public Policy Committee Members	Click here to register for this session
Public Education and Book Bans	Jan. 11, 2024	Dr. Marvin Dunn, Professor Emeritus at Florida International University and Miami Center for Racial Justice	Click here to register for this session
Gender Pay Gap and Economic Security	March 7, 2024	Dr. Mary Gatta, AAUW FL Co- Public Policy Director and Director of Research and Public Policy, National Association of Colleges and Employers	Click here to register for this session
Voting Rights	April 18, 2024	Debbie Chandler, Co-President, League of Women's Voters. Florida	Click here to register for this session

You will need to RSVP for each session individually. Once you RSVP you will receive a Zoom link for the session. If you have any questions, contact Mary Gatta, Co-Public Policy Director, AAUW Florida at gatta.mary@gmail.com

Please note: You will need to go to the AAUW FLORIDA website to register for these sessions.
<https://aauw-fl.aauw.net>

Special Interest Group

TOOLS FOR ADVOCACY

Suzan Harden is looking for four or five members to serve with the Tools for Advocacy special interest group. Our mission will include the following:

1. Staying informed about the legislative priorities of AAUW and AAUW FL
2. Monitoring proposed legislation
3. Developing an action plan for legislation related to our priorities (pro and con)
4. Reviewing and choosing appropriate tools to accomplish our plan.

The legislators who serve Lee County are:

U.S. Senate; Rubio, Scott; U.S.

House: Donalds, Steube

FL Senate: Albritton, Martin, Passidomo

FL House: Botana, Esposito, Giallombardo, Persons-Mulicka, Roach.

Members will share responsibilities for monitoring legislation that relates to our priorities, reporting to the members, and suggesting a course of action our branch may wish to pursue.

Because the legislative session begins in January, our work will begin early in the fall. The AAUW FL Public Policy Committee is working hard to develop resources we can use.

Let Suzan know ASAP if you are interested. You do not have to be a full-time Florida resident to participate. We can accommodate our out-of-state members with Zoom.

Submitted by Suzan Harden

skh062653@gmail.com

Feedback welcome!

INTEREST GROUPS/COORDINATORS

BOOK GROUPS

Carol Fuechsel, Coordinator

cbfuechsel@gmail.com

Book Club

Meets

Cover Girls 2nd Wednesday, 1 PM

Page Turners 4th Thursday, 12:30 PM

(The book clubs accept new members. If interested,
please contact Carol Fuechsel.)

BRIDGE

Kathy Jones, Coordinator

Kathyj1972@hotmail.com

HAND & FOOT

Carolyn Nance, Coordinator

Meets –1st Monday each month

cnance5240@gmail.com

MAHJONG

Carolyn Nance, Coordinator

Meets –3rd Thursday each month

cnance5240@gmail.com

GREAT DECISIONS

Suzan Harden, Coordinator

Meets 1st Friday of the month

skh062653@gmail.com

NATURE WALKS and DAY TRIPS

Jemetta Hunt, Coordinator

jemetta@aol.com

TOOLS FOR ADVOCACY

Suzan Harden Coordinator

Skh062653@gmail.com

New Interest Groups Are Welcome

Contact: Bonnie Ryan

bonniemarieryan@aol.com

Janet George

bfjegeorge@comcast.net

AAUW Fort Myers/Lee County Branch, Inc.

2023-2024 Officers

Elected – Executive Board

President – Cecile Brennan

Past Presidents – Bonnie Ryan

and Janet George

Vice President, Elect –

Nancy Schoenstein

Vice President of Programs –

Jill Jennings

Vice President Membership –

Jemetta Hunt

Secretary –Patricia Crowe

Treasurer – Mary Kellner

Appointed Officers – Board Members

Public Policy – Suzan Harden

Co-Chairs of Scholarship —

Cheryl Tromley and Devera Graf

Communications/Website/Facebook —

Astoria Aviles

Ways and Means – Peggy Cih

Strategic Planning—

Kathleen Haibach

Standing Committees

Torch Editor – Peggy Cih

Records Retention – Executive Board

Science Fair - Cathy Tucker

Diversity Officer - Lisa Crotty

Strategic Plan –(open)

Ancillary Positions

Reservations – Carolyn Nance assisted by

Lynn Felice

Sunshine – Mary Jane McDowell

Greeters – Board Members

Torch Circulation –

Jemetta Hunt (US Mail)

Kathy Jones (E-mail)

YOU ARE WHAT YOU EAT...

(This article from Apple News lends new credence to this old adage.)

...that's according to [new research](#) published in the *Journal of Alzheimer's Disease* by Virginia Tech Carilion School of Medicine professor C. Kathleen Dorey and a team of researchers.

Scientists analyzed the brains of 31 donors, the average age of which was 75 years. Most, but not all, had died with Alzheimer's disease. Compared with unaffected brains, they found that brains of those with the disease had around half the level of the following micronutrients—vitamins and minerals critical to the body's function, but needed in only small amounts:

- **Lycopene:** An antioxidant that could help protect cells from damage, lycopene gives some fruits and vegetables—like tomatoes, watermelon, red oranges, pink grapefruits, apricots, and guavas—their red hue.

- **Retinol:** A form of Vitamin A that helps the immune system work properly, retinol helps you see in dim lighting and keeps skin healthy. It's found in foods like cheese, eggs, oily fish, milk, yogurt, and liver. The body can convert beta-carotene into retinol, so indirect sources include yellow, red, and green leafy vegetables like spinach, carrots, sweet potatoes, and red peppers, as well as yellow fruits like mangos, papaya, and apricots.

- **Lutein:** Often referred to as the “eye vitamin,” lutein is thought to protect eye tissue from sun damage. You can find it in foods like egg yolks, spinach, kale, corn, orange peppers, kiwis, grapes, zucchinis, and squash.

- **Zeaxanthin:** An antioxidant, zeaxanthin is known to protect eye tissues from the sun. It's found in eggs, oranges, grapes, corn, mango, and orange peppers.

- **Vitamin E:** Also an antioxidant, Vitamin E keeps free radicals in check, improves immune function, and can prevent clots from forming in the arteries of the heart. It can be found in plant-based oils, nuts, seeds, fruits, and vegetables like sunflower oil, soybean oil, almonds, peanuts, spinach, pumpkin, red bell peppers, asparagus, mangoes, and avocados.

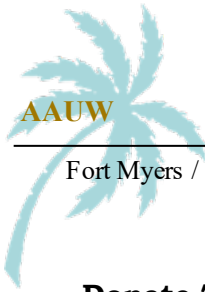
All five micronutrients are antioxidants, substances that may prevent or delay some cell damage. Lycopene, lutein, and zeaxanthin are also carotenoids, nutrient-rich pigments found in fruits and vegetables. Other large studies have found that the risk of developing Alzheimer's disease was “significantly lower” in those who ate diets rich in carotenoids.

Multiple studies have also found that those who follow [MIND \(Mediterranean/Dietary Approaches to Stop Hypertension Diet Intervention for Neurodegenerative Delay\)](#)—which emphasizes the consumption of antioxidant-rich fruits, vegetables, legumes, nuts, and fish, with very little meat, dairy, and sweets—had a lower risk of developing Alzheimer's disease, better cognitive function, and fewer signs of Alzheimer's disease in those who did develop the condition.

“This study, for the first time, demonstrates deficits in important dietary antioxidants in Alzheimer's brains,” Dorey said in a [news release about the study](#).

“We believe eating carotenoid-rich diets will help keep brains in top condition at all ages.”





American Association of University Women

Fort Myers / Lee County (FL) Branch Inc.

PO Box 2115
Fort Myers, FL 33902-2115

Donate Today to help the Fort Myers Branch Advance Equity for Women

Use my Gift for: ____ Operating Expenses ____ Unrestricted ____ Scholarships* ____

Name: _____

Street Address: _____

City, State & Zip _____

Phone: (Mobile) _____ (Home) _____

Email: _____

Donation Amount ____ \$25 ____ \$50 ____ \$100 or Other Amount \$ _____

Is the gift in honor or memory of someone? If so please complete the following:

In Memory of _____

In Honor of _____

Contact information for person honored or family of person remembered:

Name: _____

Street Address: _____

City, State & Zip: _____

Note: Should you want to specify a specific Branch scholarship or award please name below:

(See list under: <https://fmlc-fl.aauw.net> under tab Philanthropy; Scholarships,

Awards

Scholarship/ Award: _____

**Please make checks payable to AAUW Fort Myers / Lee County, Inc. and mail to:
AAUW – ATTN: Treasurer, PO Box 2115, Fort Myers, FL 33901- 2115**

AAUW Fort Myers/Lee Co FL is a 501 (c) 3 not for profit organization and gifts may be tax deductible to the extent allowed by the law.

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE OR www.800helpfla.com. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.” CH39730



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