



Fairfax Lions Club News - April 2020

The Bob Stahl Memorial Newsletter
- Fairfax Lions, Serving Since 1951 -

We Usually Begin With Service - But This is a Special Time

Dear Fairfax Lions,

There is an expression (incorrectly attributed to the Chinese) that says, "May you always live in interesting times." No doubt we are certainly living in them now. There is much uncertainty on many levels for all of us. One thing that is not uncertain – Lions will be here to serve our community and each other. You reading this newsletter is proof of that.

As I said in an earlier email message – the best way we can serve is to first make sure we are safe and healthy. For one reason or another most of our membership falls into the group that health professionals describe as, "...at increased risk for severe complications." Therefore, as you will no doubt notice in the calendar of activities inside this newsletter, all of our in-person activities are cancelled or postponed for the foreseeable future.

But it is important that we remain connected and in contact. So, we will adjust, adapt and overcome.

And we have already begun doing that. The Board met for the first time ever via conference call last Tuesday. Thank you Lion Doug Brisson, for arranging that for us. It went very well and we have begun looking for solutions not only to continue holding Board meetings remotely but also regular membership meetings (sorry, the Legion will not be delivering dinner: you will have to suffer with BYOD – Bring Your Own Dinner).

One of the things the Board decided is to change membership dues. Since we will not have dinner meetings for at least the next quarter you will only be billed for our costs of state and international dues. Dues only quarterly billing will continue until the next quarter after regular dinner meetings begin again. In addition, because the March 17 meeting was cancelled due to Covid, members on full dues for this last quarter will receive a credit for the meal charge for that meeting. More details about your Board in action are inside this newsletter.

This time of year also brings important planning activities for the good of the club including electing officers for our 70th year. Please read and respond to 1st VP Mike Greeley's message inside. We are working out the logistics of voting and installation.

Charter Night has been postponed; we are working with Chantilly National Golf and Country Club on rescheduling.

It is also time that we begin planning our outreach activities. Please start thinking about your budget requests; formal instructions will be forthcoming but we will be using the same process/forms as last year if you want to get a head-start (check your email files for the instructions, forms, etc.).

Which begs the question of, “What is our current budget situation?” Some weeks ago we were quite disappointed to take the decision of canceling the March Fruit Sale. How fortuitous a decision in hindsight - we surely would have paid for a truck full of unsold fruit resulting in disastrous losses. Of course, canceling the sale still leaves us with a budget shortfall of several thousand dollars. However, some of the planned spending was for activities that will not happen (such as the High School All Night Graduation Parties). In addition, our traditional conservative financial approach means we have enough reserves to cover planned spending for this year.

We also need to start thinking about how the club will respond to this unprecedented health and economic crisis. There are many people and organizations responding right now to immediate needs, but what happens six months or more from now when we begin the new normal and different needs become apparent? Perhaps the organizations responding now will not have any resources left. My opinion is we should wait to see where the need and impact will be greatest. What is your opinion? This is your club – so please share your opinion with other members and especially me and the other Board Members so we can plan accordingly.

In the meantime we can begin preparing. Last month we were honored to have District Governor McMurrain join us for dinner; he reminded us of the matching-funds grants available from both Lions of Virginia Foundation (funded in part by those LOVF Raffle tickets – more are available, just let me know) and Lions Clubs International. We have some Lions in our club who are very experienced and highly successful in obtaining grants from LOVF and LCI. So we realistically have the opportunity to leverage our resources and receive matching grants totaling in the neighborhood of \$50,000. What a wonderful way for us to serve in our 70th Anniversary Year.

I know this is way more than you usually hear from me (but with all this time on my hands...) so I will wrap up this up. Even though our March activities were cut short, please take a look though this fantastic newsletter and see just how much your club was doing.

I also began this message noting we serve the community and each other. Please reach out to your fellow and lady members: ask how they are doing and if they need anything, let them know how you are doing and if you need anything. None of us could really imagine times such as this could be reality – let’s be sure to take care of each other so together we can continue to serve the community.

Yours in Lionism,

King Lion Mike

Special Announcement - Nominations

Looking to the Lions year beginning July 1, our club needs 3 volunteers for:

1st VP (who backs up Club President, and plans meetings),

2nd VP (who backs up 1st VP),

Membership Director (who keeps a focus on inviting potential members), and

“Lion Tamer” (who brings banners & speaker system to meetings)

If you want to MIGHT BE interested in any of these roles for the next year, contact 1VP Mike G (703-978-4733) or mngreeley@cox.net

Now, on to Service - It's Our Primary Mission
WE SERVE THE WORLD AND OUR LOCAL COMMUNITIES...
WITH PRIDE, COMPASSION AND KINDNESS

Bland Contest

By Lion Jeff

The Lions' James Bland Music Contest promotes cultural and educational opportunities for musically talented young people in Virginia. The contest honors the life of James Alan Bland, an African-American musician and songwriter born to a free family in Flushing, NY. Bland lived from 1854 to 1911, graduated from Howard University, and wrote more than 700 songs. His songs include "In The Evening by the Moonlight," "Oh Them Golden Slippers," and "Carry Me Back to Old Virginny," the former state song of Virginia.

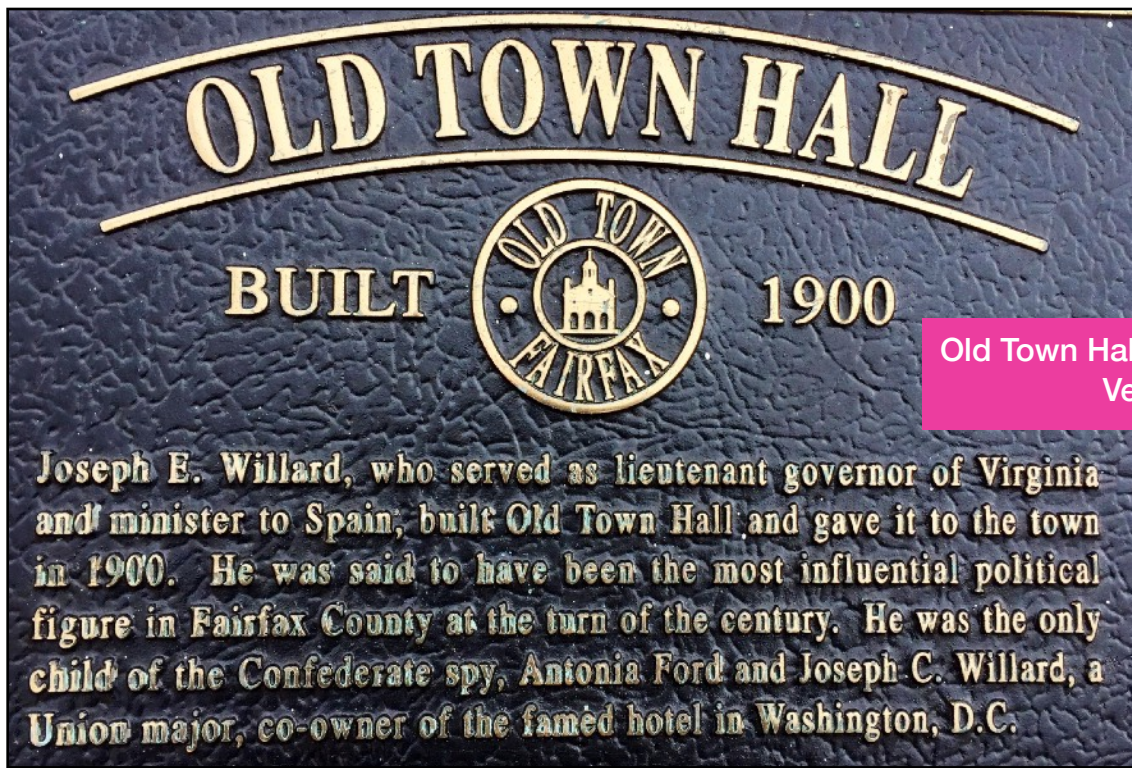
Virginia Lions' clubs hold initial contests in February in conjunction with Black History Month. Winners have the opportunity to advance to region, district, and state competitions. The statewide competition awards \$18,000 in music scholarships to twelve vocal and instrumental winners.

The Fairfax Lions hosted the Region III Bland Music Contest at the City of Fairfax Old Town Hall on Sunday, March 15. Four instrumental contestants and three vocal contestants participated. Sponsoring clubs were Lovettsville/Purcellville, Middleburg, Reston, and Sterling. Two instrumental judges and two vocal judges selected the top two performers in each category. First place winners were awarded \$100, while 2nd place winners were awarded \$75. Contestants were:

Madeleine LeBeau, soprano; 12th grade, Chantilly HS (1st Place Winner)
Harrison Rands, tenor; 12th grade, Loudon County HS (2nd Place Winner)
Raelyn Hoang, Piano; 9th grade, Willard Intermediate (1st Place Winner)
Ethan Hsiao, piano; 12th grade, Basis Independent School (2nd Place Winner)
Elaine Chang, piano; 10th grade, Centreville HS
Joanna Kim, guitar; 9th grade, Chantilly HS
Madeline Wooden, soprano; 10th grade, Homeschooled

Fairfax Lions assisting were Steve Bilowus, Pete Conklin, Mike Greeley, Jim Kaplan, Marty Lockard, Dave MacPherson, Jeff (and Penny) Root, Mike Rumberg, and Gordon Tillery.

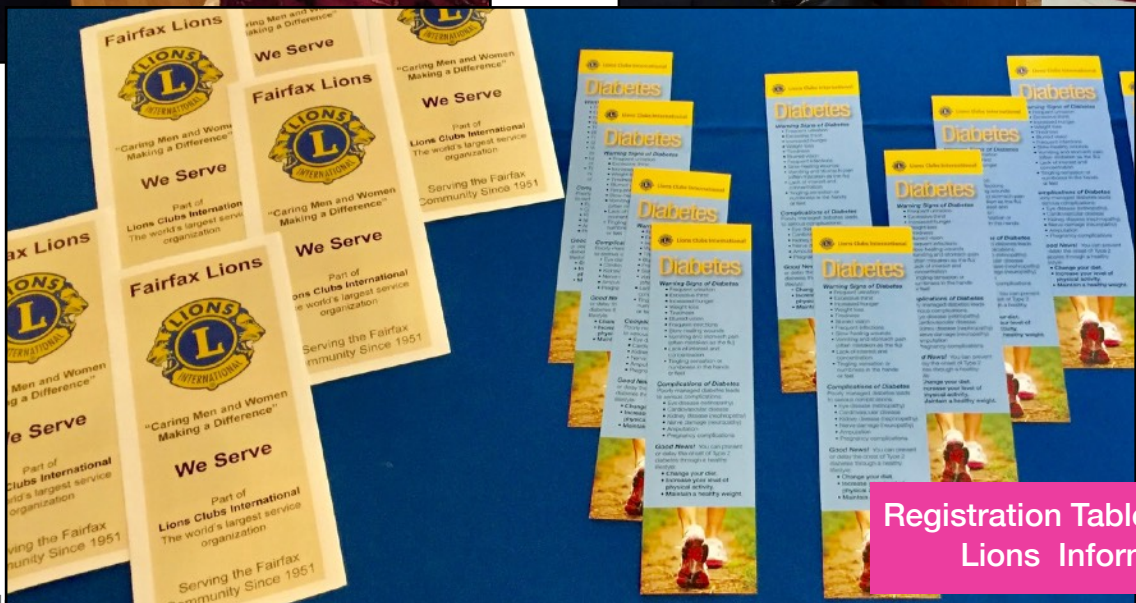
This was our only service activity in March - held despite increasing concern about "social distance." Photos follow.



Old Town Hall - an Excellent Venue



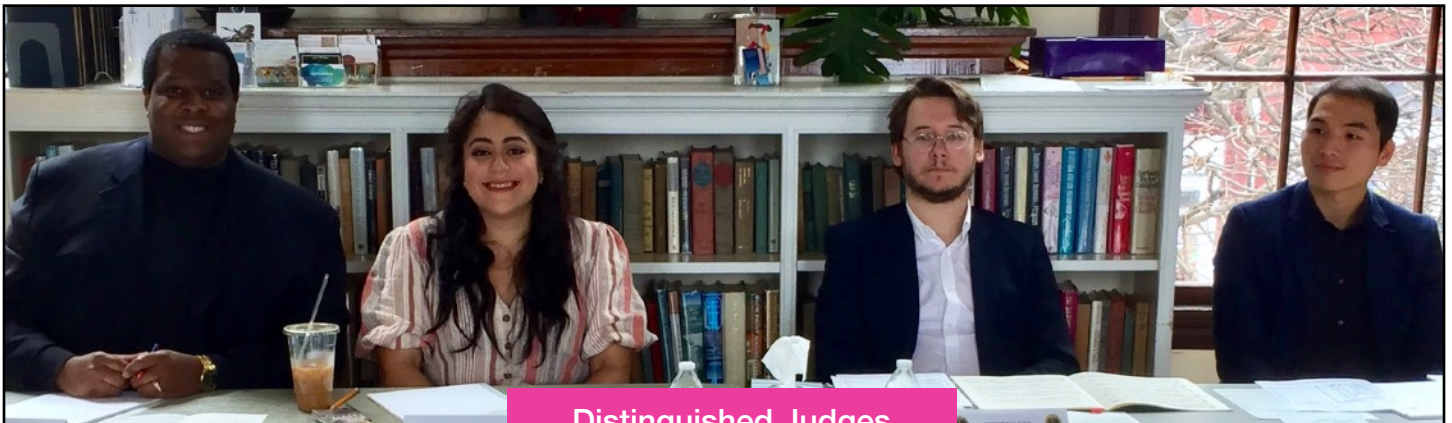
Fist-Bump Routine is Catching On



Registration Table Displayed Lions Information



Lions Volunteers: Timers and Judge's Assistant



Distinguished Judges



The Audience Was Seated,
and the Event Began



MC Dave "Orchestrated"
the Event



Pianist
Ethan
Hsiao



Pianist
Elaine
Chang



Guitarist Joanna Kim



Pianist Raelyn Hoang



Soprano Madeline Wooden



Tenor Harrison Rands



Soprano Madeleine LeBeau



Refreshments Served while Judges Decided



Pianist Raelyn Hoang, 1st Place



Pianist Ethan Hsiao, 2nd Place



Soprano Madeleine LeBeau, 1st Place



Tenor Harrison Rands, 2nd Place



All Seven Contestants
With Event Organizer Lion Jeff

Community Service Now On Hold

Sadly, the day after the Bland Contest, event cancellations and personal isolation became important as the Corona virus (Covid-19) began to spread widely, quickly. Fairfax Lions do not know when we will resume community service projects. Some of our service endeavors involve sending check to a charity as agreed in our budget process. As is determined by the Board of Directors, financial service support will continue.

Vision and Hearing Screening

By Lion Marty

The Vision Screening scheduled for the pre-school at Fairfax United Methodist Church (FUMC) on Mar 30/31 was cancelled for obvious reasons. Because the school may cancel the remainder of this school year, it may be next year school year before we can resume our screening. Lion Gordon now has the new audiometer and has agreed to be the coordinator for hearing screening. In the past, FUMC hired somebody to do hearing screenings for its pre-school children. They definitely want us to do both vision and hearing screening when we can set up a new schedule. St Leo the Great Catholic church on Old Lee Highway has a large school. They also need both vision and hearing screening. Main Street Child Development Center (pre-school) is another candidate. If any member is connected, in any way, to a school (other than public schools) in our service area, please don't hesitate to inform them of these service activities.

Recurring Service

As we continue to collect & stockpile donated eyeglasses, our club still awaits the opening of the new NoVA Recycling Center.

Charity Fund Raising - Essential to Our Service Mission

DELIVERING SERVICE DEPENDS ON CHARITY FUNDS WE RAISE

By Lion Marty

Fruit sale: When I wrote this note, the March fruit sale would have been in full swing. We have reason to be thankful that it was necessary to cancel the sale. If we had made the decision and commitment to proceed, it is very likely that the result would have been a huge loss in our Charity fund reserves. The Corona virus would have significantly reduced the number of our volunteers available for a sale where few, if any, came to purchase fruit.

Dinner Meetings

March 3rd

Our club welcomed our guest speaker, Ms. Tovah Kasdin, JD, who talked about safeguarding seniors from abuse. She is the Director of ElderSAFE Center, of Charles E. Smith Life Communities. ElderSAFE Center is the first program of its kind in the Washington, DC metropolitan area, and provides safe temporary shelter, to coordinate and provide community referrals and to increase public awareness and education about elder abuse. What is elder abuse? It is the mistreatment of older adults in one or more of the following ways:

- Physical: Use of force such as hitting or pushing; causing pain, harm, or physical injury; and inappropriate use of medications or physical restraints.
- Sexual: Any type of non-consensual sexual contact.
- Psychological: Mistreatment that affects emotional or mental health, including intimidation, threats, harassment, humiliation, belittlement, or isolation.
- Neglect: Willful deprivation of basic needs including food, clothing, shelter, medicine, or personal hygiene.
- Financial exploitation: Misuse of the older adult's money, property, or resources.

- Affects nearly 5 million individuals every year in the U.S.
- 1 in 10 older adults will experience abuse
- 1 in 44 cases of financial exploitation are reported
- Financial fraud costs older adults \$37 billion dollars per year (Bloomberg, 2018)

Elder abuse facts,
discussed at meeting,



KL Mike presents Club gift to Ms. Tovah Kasdin

If you know of Elder Abuse, first call your local Adult Protective Services, at:

Montgomery County 240-777-3000

Other MD counties 1-800-332-6347

DC 202-541-3950

Virginia 1-888-832-3858

There is an ElderSAFE Center Helpline - 301-816-5099; make referrals Mon - Fri, 9 - 5

Club business announcements were made by Lion Jeff (regarding Bland contest), and by Lion Marty (regarding March fruit sale cancellation).



Another announcement from Lion Marty was the sale (wholesale prices) of a few remaining boxes of Whitley's Peanuts pre-ordered for the now cancelled fruit sale. Marty had no trouble selling this wonderful product to Lions attending the meeting.

KL Mike fist-bumps with guest (and soon to be Lion) James Friedlander, after each bought a box of the great peanuts!



Lion Steve B announced he had recently received from the family of past Lion Bill Trent a memento from the 50th anniversary of the Fairfax Lions Club. Steve plans to present it to a deserving person.



50/50 Winners: \$67 was collected from the sale of 50/50 tickets. \$25 went to our club administrative account; and prizes of \$21 each went to Fairfax Lions Scott (“It’s great to be a Lion”), and Marty.

Orientation Mar 15th

Two prospective members have attended club dinner meetings and have submitted membership applications. Their applications have been approved by the Board. The next step in our membership process is for the prospective members to participate in an orientation to provide complete information about our club, obligations of membership, and answer any questions.

On Saturday, after a quick breakfast at the American Legion, Lion Ken led an outstanding orientation for prospective members Kevin H and James F.



March 17th Dinner Meeting - Cancelled

This meeting was to have been the induction ceremony for our two newest Lions, but instead our Club's meetings are all postponed until the worst of the current health crisis passes.

Board Meeting - March 24th (by Tel-Con)

The Board considered, among other things, the following...

- Received thank-you note from PDG Jay Moughan for our club's contribution to his ID campaign.
- Approved disbursement of \$500 from charity account to the Lions Sight & Hearing Van
- Membership: two new members completed orientation, to be inducted when dinner meetings re-start
- Next Year's officers: nomination & voting process by email, in absence of dinner meetings.
- Approved crediting members accounts for cancelled March 17 dinner; future bills will NOT include meals UNTIL meetings restart.
- Selected club delegates to vote for next year State/District officers: PDGs Bill B, Harry P, Bill S, KL Mike, alternate Lion Joe B.
- Eyeglass Recycling Committee: PCC Bill reports, the new Eyeglass Recycling Center remains closed pending approval from Arlington County and the ADA. Several of us have vehicle trunks filled with used eyeglasses and one member has about half of his garage filled with them. Data follows...

2019-20 Lions Year EGRC Reports

Month	Volunteers	Hours	Glasses	Hearing Aids	Workers
July	6	12	562	0	BB,PM/BB,PM,JB,ML
August	6	11.5	649	0	BB,JB,ML/BB,JB,PM
September	9	17	283	1 cell phone/0	BB,JB,PM,ML,JD/BB,ML,JD,PM
October	9	20.5	2759	2	BB,JB,PM,ML/BB,JB,PM,ML,JD
November	9	18	707	0	BB,JB,PM,JD/BB,JB,PM,ML,JD
December *	5	19	566	0	BB,JB,PM,ML,JD
January **	0	0	0	0	None
February**	0	0	0	0	None
March**	0	0	0	6	None
TOTALS	44	98	5526	1 cell phone/8	

- Eyeglasses for the Poor: Lion Rodney reports, we have processed 20 requests for eyeglasses since July 1, 2019. We did not receive any new requests for eyeglasses during the month of March of 2020.

Upcoming Events:

- Apr 1 - April Fool's Day!
- Apr 1 - ISCC regular lunch meeting (cancelled)
- Apr 3 - Lions Lunch bunch (cancelled)
- Apr 7 - Regular Dinner Meeting (cancelled)
- Apr 8 - Eyeglass Recycling (cancelled)

Apr 8 - Passover (8-day observance) begins at sundown
 Apr 12 - Easter
 Apr 15 - Income Tax Day (postponed; unfortunately they won't cancel it!)
 Apr 21 - No Regular Dinner Meeting scheduled, due to Charter Night
 Apr 22 - Eyeglass Recycling (cancelled)
 Apr 22 - Earth Day (whatever)
 Apr 22 - Bingo at Fairfax Nursing Center (cancelled - thru July)
 Apr 25 - Lions World Wide Induction Day (cancelled)
 Apr 25 - Charter Night (**postponed**, date TBA)
 Apr 26 - Hug A Friend Day (well, be careful about that this year!)
 Apr 28 - Board meeting (probably by tel-con)

Upcoming

May 3 - NoVA VisionWalk to benefit Foundation Fighting Blindness (cancelled)
 May 14-17 - Lions of VA State Convention (cancelled)
 May 25 - Lions march in National Memorial Day Parade (cancelled)
 June 14 - Sipping for Sprout (new date, rescheduled)
 June 26-30 - LCI Convention (cancelled)

The Census: You Count!



Census data determines the amount of funding distributed to Virginia and Fairfax County by the Federal government.

In mid-March, households will be getting official Census Bureau mail that provides detailed information on how to respond. All households should have the information by April 1. There are three ways to respond: **online, by phone or by mail.**

While you are required by law to participate, the Census Bureau also is required by law to protect your answers. Responses are used to produce statistics—no personal information is disclosed. For more information, go to www.fairfaxcounty.gov/topics/census.

Don't forget to do your part for the 2020 national census

Had Your Fill of Frauds? Go to Scam Jam 2020

Saturday, April 18, is the third annual Scam Jam—hosted by the county's Silver Shield Anti-Scam Task Force and its partner AARP. This **free** event, held at the Fairfax County Government Center, 9 a.m. to 2 p.m., is jammed with extremely useful information that you can take home. You also will hear presentations by experts who provide stories about local scams, and what you can do to be less vulnerable to fraud.

Register online at aarp.cvent.com/FairfaxScamJam2020 or call 1-877-926-8300. Look for more details in April's *Golden Gazette*.



SCAM JAM - broadcast live by Channel 16; view the live stream online or watch on Cox Cable HD. Check: <https://www.fairfaxcounty.gov/publicaffairs/second-annual-scam-jam-fraud-fighting-event>


City of Fairfax Inter-Service Club Council (ISCC)

The ISCC met on March 4th; all local service organizations gave a brief summary of their recent accomplishments and upcoming activities. Lion Pete C (who represents the Fairfax Station Railroad Museum) brought two guests. These guests announced they were looking for a service club to consider joining. Our Lions Club rep wasted little time in giving them an “elevator speech” about Fairfax Lions Club and invited them to a dinner meeting. Both accepted the invitation (were planning to attend the March 17th meeting - which was cancelled). We look forward to introducing these guests to our club! Watch for their names: Deb and Cyndi (remember - in general, we try to avoid last names in this newsletter out of concern for protecting personal privacy).

Lions Information - YOUR OWN CHARITY FUND RAISER

Orders from Amazon - which has become more of a necessity in our current environment of staying-at-home, result in funds for our charity account. At NO COST TO YOU, if you have registered for AMAZON SMILE and you have designated Fairfax Lions Club Charities as your selected charity, then a small percentage of each of your purchase \$ is sent by Amazon Smile to our Club’s charity account.


Remember: Designate Fairfax Host Charities Inc as your charity, then always shop on Amazon SMILE.

**Your total orders**


18 orders
[Learn more](#)

Fairfax Host Lions Club Charities Inc
Location: Fairfax, VA
Mission: Charitable giving with a focus on sight and hearing services, community outreach and youth services.


Every little bit counts
When millions of supporters shop at smile.amazon.com, charitable donations quickly add up.

**You have generated**


\$2.22
as of March 18, 2020

**Your current charity**
Fairfax Host Lions Club Charities Inc
has received

\$98.36
as of November 2019

**All charities have received**

\$169,850,767.10
as of February 2020

Donate items from a Charity List
[Explore now](#)


Recent display after making a purchase on Amazon Smile (hmm, this person has made just 18 orders - resulting in \$2 for our club). Your family & friends can all participate - just ask.

FYI - I Spent a Year in Space, and I Have Tips on Isolation to Share

Take it from someone who couldn't go outside.

By Scott Kelly in the NY Times

Mr. Kelly is a retired NASA astronaut who spent nearly a year on the International Space Station.

Being stuck at home can be challenging. When I lived on the International Space Station for nearly a year, it wasn't easy. When I went to sleep, I was at work. When I woke up, I was still at work. Flying in space is probably the only job you absolutely cannot quit.

But I learned some things during my time up there that I'd like to share — because they are about to come in handy again, as we all confine ourselves at home to help stop the spread of the coronavirus. Here are a few tips on living in isolation, from someone who has been there.

Follow a schedule

On the space station, my time was scheduled tightly, from the moment I woke up to when I went to sleep. Sometimes this involved a spacewalk that could last up to eight hours; other times, it involved a five-minute task, like checking on the experimental flowers I was growing in space. You will find maintaining a plan will help you and your family adjust to a different work and home life environment. When I returned to Earth, I missed the structure it provided and found it hard to live without.

But pace yourself

When you are living and working in the same place for days on end, work can have a way of taking over everything if you let it. Living in space, I deliberately paced myself because I knew I was in it for the long haul — just like we all are today. Take time for fun activities: I met up with crewmates for movie nights, complete with snacks, and binge-watched all of “Game of Thrones” — twice.

And don't forget to include in your schedule a consistent bedtime. NASA scientists closely study astronauts' sleep when we are in space, and they have found that quality of sleep relates to cognition, mood, and interpersonal relations — all essential to getting through a mission in space or a quarantine at home.

Go outside

One of the things I missed most while living in space was being able to go outside and experience nature. After being confined to a small space for months, I actually started to crave nature — the color green, the smell of fresh dirt, and the feel of warm sun on my face. That flower experiment became more important to me than I could have ever imagined. My colleagues liked to play a recording of Earth sounds, like birds and rustling trees, and even mosquitoes, over and over. It brought me back to earth. (Although occasionally I found myself swatting my ears at the mosquitoes.)

For an astronaut, going outside is a dangerous undertaking that requires days of preparation, so I appreciate that in our current predicament, I can step outside any time I want for a walk or a hike — no spacesuit needed. Research has shown that spending time in nature is beneficial for our mental and physical health, as is exercise. You don't need to work out two and a half hours a day, as astronauts on the space station do, but getting moving once a day should be part of your quarantine schedule (just stay at least six feet away from others).

You need a hobby

When you are confined in a small space you need an outlet that isn't work or maintaining your environment.

Some people are surprised to learn I brought books with me to space. The quiet and absorption you can find in a physical book — one that doesn't ping you with notifications or tempt you to open a new tab — is priceless. Many small bookstores are currently offering curbside pickup or home delivery service, which means you can support a local business while also cultivating some much-needed unplugged time.

You can also practice an instrument (I just bought a digital guitar trainer online), try a craft, or make some art. Astronauts take time for all of these while in space. (Remember Canadian astronaut Chris Hadfield's famous cover of David Bowie's Space Oddity?)

Keep a journal

NASA has been studying the effects of isolation on humans for decades, and one surprising finding they have made is the value of keeping a journal. Throughout my yearlong mission, I took the time to write about my experiences almost every day. If you find yourself just chronicling the days' events (which, under the circumstances, might get repetitive) instead try describing what you are experiencing through your five senses or write about memories. Even if you don't wind up writing a book based on your journal like I did, writing about your days will help put your experiences in perspective and let you look back later on what this unique time in history has meant.

Take time to connect

Even with all the responsibilities of serving as commander of a space station, I never missed the chance to have a videoconference with family and friends. Scientists have found that isolation is damaging not only to our mental health, but to our physical health as well, especially our immune systems. Technology makes it easier than ever to keep in touch, so it's worth making time to connect with someone every day — it might actually help you fight off viruses.

Listen to experts

I've found that most problems aren't rocket science, but when they are rocket science, you should ask a rocket scientist. Living in space taught me a lot about the importance of trusting the advice of people who knew more than I did about their subjects, whether it was science, engineering, medicine, or the design of the incredibly complex space station that was keeping me alive.

Especially in a challenging moment like the one we are living through now, we have to seek out knowledge from those who know the most about it and listen to them. Social media and other poorly vetted sources can be transmitters of misinformation just as handshakes transmit viruses, so we have to make a point of seeking out reputable sources of facts, like the World Health Organization and the Johns Hopkins Coronavirus Resource Center.

We are all connected

Seen from space, the Earth has no borders. The spread of the coronavirus is showing us that what we share is much more powerful than what keeps us apart, for better or for worse. All people are inescapably interconnected, and the more we can come together to solve our problems, the better off we will all be.

One of the side effects of seeing Earth from the perspective of space, at least for me, is feeling more compassion for others. As helpless as we may feel stuck inside our homes, there are always things we can do – I've seen people reading to children via videoconference, donating their time and dollars to charities online, and running errands for elderly or immuno-compromised neighbors. The benefits for the volunteer are just as great as for those helped.

I've seen humans work together to prevail over some of the toughest challenges imaginable, and I know we can prevail over this one if we all do our part and work together as a team. Oh, and wash your hands – often.

FYI - Lower Handgrip Strength Associated with Cognitive Impairment - National Institute on Aging Funded Study -

Older adults with a weaker handgrip were more likely to be cognitively impaired than those with a stronger grip, according to a National Institute on Aging-funded study in the Journal of Alzheimer's Disease. The findings suggest that handgrip strength may be a potential low-cost, easy way to help detect cognitive impairment and, in combination with other measures, to identify people who may benefit from early interventions.

A team led by researchers from North Dakota State University looked at data over an eight-year period from almost 14,000 people, age 50 or older, in the NIA-supported Health and Retirement Study. A handheld instrument called a dynamometer was used to assess handgrip strength, and a modified screening tool from the Mini-Mental State Examination was used to measure cognitive function every two years. Of the 13,828 participants who were assessed, 1,309 had some degree of cognitive impairment.

Results showed that each 5-kilogram decrease in handgrip strength—roughly 11 pounds—was linked to 10% greater odds of having any cognitive impairment. For the 264 participants with severe cognitive impairment, the odds of a lower grip strength were 18% greater than for all other participants.

As people age, they lose muscle mass, resulting in a weaker grip. Grip strength also can weaken due to age-related changes in parts of the brain that coordinate movement. These same areas of the brain also correspond to cognition, the researchers note. The neural and motor functions needed for the grip strength test may become compromised when cognitive impairment starts, they explain.

Previous studies investigating the relationship between cognitive function and grip strength have shown mixed results, likely due to smaller numbers of participants and varied assessments across studies making it difficult to combine data. Future research is needed to further explore the connection between grip strength and cognition, for example, investigating any associations with structural changes in the brain.

If validated, grip strength could be an easy test used by doctors to help distinguish cognitive dysfunction from normal age-related decline, the researchers noted. It also may have the potential to be used during clinical trials to gauge the effectiveness of interventions meant to prevent or delay cognitive impairment.

About “The Bob Stahl Memorial Newsletter”

Bob Stahl was a WW2 veteran (US Navy - Pacific Theater) - part of the Greatest Generation - and a Fairfax Lion for nearly 40 years (serving as Secretary, President, bulletin editor, and sharing at each meeting a bit of “Lions Information.”)

Special thanks to...

Several Lions always step up to help make this newsletter happen...thank you for providing ideas and/or input (whole articles, reports, photos). Such help is essential to presenting the news of this Club!

“The Bob Stahl Memorial Newsletter” is published on the Fairfax Lions web page. Club members are alerted to its availability on the web page around the 1st of each month.

YOUR COMMENTS AND CONTRIBUTIONS ARE ALWAYS WELCOME! (That does not mean \$ contributions, but your words & photos!) Send anything, anytime, to the newsletter editor; we need your help to publicize information about our Club, and about you. Editor’s Note: starting with this issue, we will try to no longer publish persons last names for privacy considerations.

That's all folks!

Send any suggestions, or items to include in the next newsletter.

**WE SERVE THE WORLD AND OUR LOCAL COMMUNITIES...WITH PRIDE,
COMPASSION AND KINDNESS**

Fairfax Lions Club



We Serve

Since 1951