



## Fairfax Lions Club News - March 2020

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

### We Always Begin With Service - It's Our Primary Mission

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

#### Vision Screening

On February 1, 2020, five Fairfax Lions volunteered approximately 22 hours (an easy & fun half-day of service that is much appreciated) at our annual vision screening event at the Fairfax Chocolate Lovers' Festival. We once again partnered with the Fairfax Kiwanis Club who set-up in the same hall of the main fire station and served a delicious BBQ lunch. The targeted population for screening at this event was families with children. We screened seventy people and 39 of them (more than 50%) were children. Several were teens helping the Kiwanis Club; and the rest with their families...three of the children were pre-school (age 2-5). Several people were screened twice (to get accurate readings) and some people couldn't be screened at all (as their pupil's did not dilate sufficiently). The latter were referred to a professional eye doctor. A total of 12 (17% of total) were referred for follow-up, only 2 of them were children (high school age). The Lions team enjoyed working with the Kiwanians again - they have a similar Service mission in our area, and recruit from the same population for their club membership. We continue to look for ways to partner more. Everyone had a good time and those screened once again seemed to be amazed that we do this service and make it so easy and informative.

Many thanks to Lion Marty for coordinating this event, maintaining at his home the expensive vision screening system owned by our club, bringing it to the event, recruiting other Lions for the screening, and making sure everything goes smoothly! Supporting Lions: KL Mike, 1VP Mike, Secretary Jeff, Gordon.



Screening includes taking several measurements of the characteristics of the eyes, and explaining the results. If referred for professional follow-up, we provide a detailed written



# Craft Show

Saturday, 9am-3pm

Coffee, Hot Chocolate & Donuts

Saturday, 9-11am

BBQ Lunch

Saturday, 10am-3pm

Fairfax Host Lions Free Eye Screenings

Saturday, 9am-3pm

Fire Station #3 - use rear entrance

Sign outside fire station



Teens line up for screening



Lion Mike, Kiwanis Club President Carolyn, Lions Jeff and Marty

# The Low Vision Learning Center of Alexandria

What is low vision? Low vision refers to vision that cannot be improved by using glasses or contact lenses only. The most common cause for low vision is an aging condition of the eyes called age related macular degeneration (AMD). However, young adults and even children can be diagnosed as having low vision from congenital eye diseases like nystagmus or retinitis pigmentosa. Others may develop low vision from complications of diabetes called diabetic retinopathy, or have loss of vision from the effects of glaucoma.

To learn about a potential, new club service project - assisting patients in their homes to tele-conference with their Low Vision Center Doctor - Fairfax Lions visited the Center in Alexandria (where Lion Dr Suleiman Alibhai works). That center provides vision rehabilitation services to individuals who are visually impaired and offers a variety of tools and techniques. On our visit, we saw several tools...see photos below.



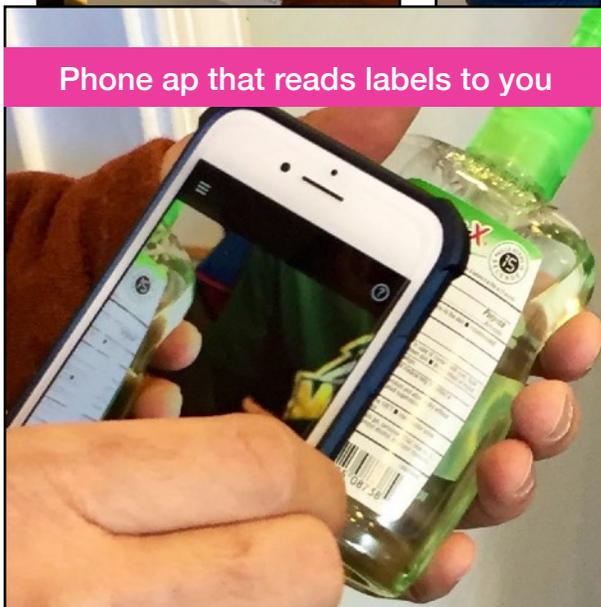
Hand held magnifier



Dest top magnifier

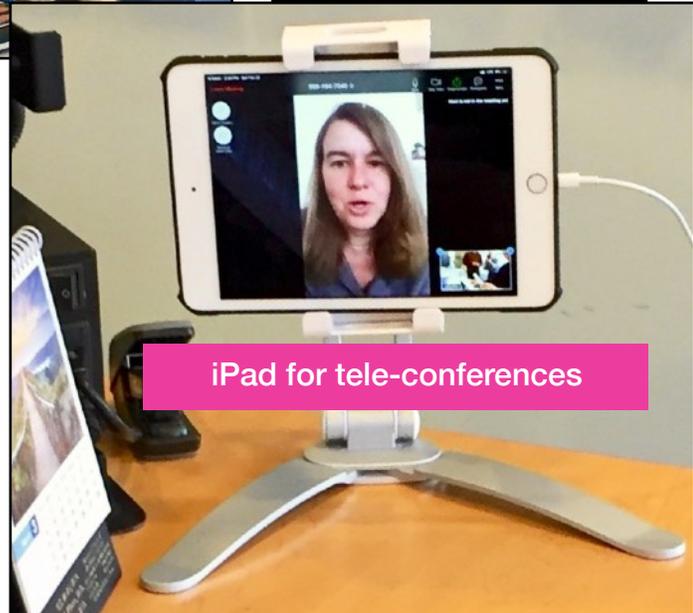


Books on tape reader



Phone ap that reads labels to you

A few of the many tools at the Low Vision Center



iPad for tele-conferences

## Recurring Service

As we continue to accumulate donated eyeglasses, our club awaits the opening of the new NoVA Recycling Center. PDG Bill reports the hold-up is associated with a waiver requested from one of the permits usually required, compliance with the American Disabilities Act. A waiver would provide relief from having to construct a ramp for ADA access. Stay tuned.

As mentioned in last month's newsletter, we seek 1-2 Lions to help Lion Scott with the eyeglass collection process (emptying donation boxes in local offices/stores). If you can help-out 1-2 hours a month, on a regular basis, please let Scott know.

## Charity Fund Raising - Essential to Our Service Mission

### DELIVERING SERVICE DEPENDS ON CHARITY FUNDS WE RAISE

Our club had no major charity fund raiser activities over the past month, but one of our favorite charities we support is holding one on March 29th...

### Sipping for Sprout

Enjoy a silent auction with food & beverages for a good cause! Sprout Therapeutic Riding and Education Center is dedicated to changing lives through equine assisted activities and therapies. Sprout provides hope, healing, empowerment and recovery through partnerships with horses. ALL proceeds benefit Sprout Therapeutic Riding and Education Center in Aldie, VA.

Turn out for a family-friendly wine-tasting event featuring Stone Tower wine, delicious food, live music and a robust silent auction.

Sunday, March 29, 2020 12:00 PM - 5:00 PM

STONE TOWER WINERY

19925 HOGBACK MOUNTAIN RD. LEESBURG, VA 20175

Tickets are \$30 (non-wine tasting), or \$40 (wine tasting included)

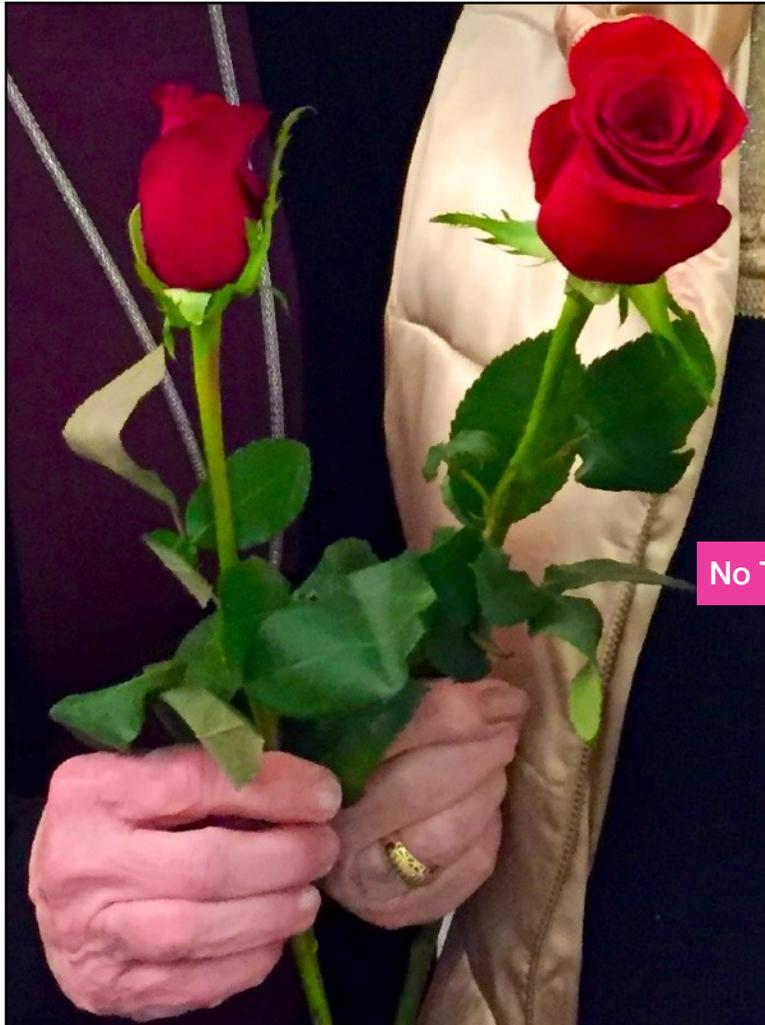
Get your tickets in advance, at: <https://www.stonetowerwinery.com/events-calendar/2020/3/29/sipping-for-sprout>



## Dinner Meetings

Feb 4th

This meeting was an annual Spouses Night usually held on a date close to Valentine's Day. 1VP Mike presented each lady a long-stem red rose. Many noticed Mike had graciously snipped-off the thorns so no one would be surprised when holding a rose. Many spouses attended, and our dinner crowd filled four large tables.



No Thorns on These Roses

After a nice introduction by PCC Bill, our featured guest speaker appeared - on video. That speaker was Dr Rick Rigsby, CEO of Rick Rigsby Communications. He offers motivational speaking and encourages people to “become the best versions of themselves.” He builds on wisdom he acquired from his own dad...words like: “Son, you would rather be an hour early, then a minute late,” “Pride is the wisdom of a foolish person,” and “If you are going to do a job, do it right.” Good words, reflecting the presentation theme - “The Wisdom of a Third Grade Dropout Will Change Your Life.” You may watch the whole video at: <https://www.rickrigsby.com/the-video>



Rick Rigsby

We had another special guest - a visitor from Guiding Eyes for the Blind. Guiding Eyes is an accredited charity, and school training guide dogs to lead the blind and visually impaired. It houses a 10-acre training center and veterinary clinic in Yorktown Heights, NY. It also has a canine development center in Patterson, NY, and a training site in White Plains, NY. Jodi, our guest, was accompanied by her puppy in training, Hamlet. Jodi is always looking for people interested in being “puppy raisers,” and the Guiding Eyes organization also seeks a site in Northern VA for a puppy training center. Learn more at: <https://www.guidingeyes.org>



Jodi and Guide-Dog in training Hamlet

KL Mike announced the nominations committee will be contacting club members about Club leadership positions available for the next Lions year beginning in July. He asked folks to be thinking about club positions, such as: 1st and 2nd VP, Membership Chair, One- or Two-year Directors, and so forth. Our Club works best when different members rotate through the various Officer/Board positions, each person bringing their unique perspectives and ideas to help shape the Club and continue to make the Club one we all are proud to be in.

50/50 Winners: \$95 was collected from the sale of 50/50 tickets. \$45 went to our club administrative account; and prizes of \$25 each went to Fairfax Lions Phil, and Harry.

### Feb 18th

Our club welcomed three, 1st time, guests at this dinner meeting.



Carl and Nancy are residents of our community who read the monthly Fairfax County publication "Golden Gazette." You may recall, last August, the Golden Gazette featured a front page interview with KL Mike. Well, Carl and Nancy saw that feature and have wanted to visit our club ever since. We are very happy they visited us at this dinner meeting, and we look forward to them considering us in their future plans!

Carl and Nancy had read this front page article

We were honored to have our District Governor, Scott McMurrain, visit us. DG Scott traveled from the Staunton area, where he is a member of the Staunton Lions Club (south on Route 81 roughly between JMU in Harrisonburg, and VaTech in Blacksburg).

PDG Bill gave a very nice introduction for DG Scott to attendees at our dinner meeting. You can read Scott's complete bio at this page: <https://www.lions24l.org/CouncilOfGovernors>



Left: DG Scott, with Lion tie

Rt: KL Mike presents club gift to DG Scott

In a bit of humor, DG Scott explained how he was confused when moving to the Staunton area: the relative "Aunt" (which Scott always pronounced as "ant") in Staunton is pronounced "out;" but "Staunton" is pronounced "Stanton"...local customs.

DG Scott told us about an innovative approach to increase membership by the Wilmington, DE, Lion Club. They attracted local youths to Club activities by awarding points for participation. When a person accumulated enough points, they won a bicycle - and the kids continued to participate. Net result, the Wilmington KLC gained 100 new members in two years. DG Scott also told about successes of the Remote Area Medical program in Wise, VA, over the past 21 years. RAM will not becoming back to Wise because the Affordable Care Act has provided medical insurance to many of the local persons who attended RAM, so now the need has diminished.

As this meeting was close to President's Day, our Tail Twister, Lion Doug, orchestrated a contest for Lions at each dinner table to make - using play dough - a representation of some aspect of a President.



Left: Presidential (Lions) Gavel  
Center (Top): Lincoln's Top Hat

### Play Dough Representations

Center (Bottom): Washington Crossing the Delaware  
Right: Wash Monument, and Mt Rushmore

Our DG engaged in the voting, and the winning representation was Washington Crossing the Delaware - the little blue boat complete with oars and oarsmen, and Washington at the bow.

KL informed us that March will be a very busy month (see calendar later in this newsletter), and members & volunteers are heartily encouraged to engage!

50/50 Winners: \$60 was collected from the sale of 50/50 tickets. \$26 went to our club administrative account; and prizes of \$17 each went to Lion Gene, and to our own Lion Scott - as he sounded off with "Its great to be a Lion!"

## Board Meeting - Feb 25th

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

- Received City of Fairfax Business License for 2020, which is required for our food & fruit sales.
- Approved disbursement of charity donation to Fairfax City Little League.
- Received check (\$274) for one donated automobile sold through the vehicle donation program.
- Discussed providing wine with dinner on spouses nights; action deferred to committee to look at implications.
- Discussed delegates to represent our club at VA Lions State Convention (see item later in newsletter).
- Canceled March fruit sale: The Fruit Sale Committee Chair reported unexpected circumstances and therefore recommended the March sale be canceled; the Board concurred and the sale has been canceled.

## Upcoming Events:

- Mar 1 - World Compliment Day (give one to someone)
  - Mar 3 - Super Tuesday - VA Democratic Primary Election
  - Mar 3 - Regular Dinner Meeting
  - Mar 4 - ISCC regular lunch meeting
  - Mar 4 - Eyeglass Recycling (If the new center is open)
  - Mar 5 - Lions Lunch bunch
  - Mar 8 - DST Begins: 2am, Clocks 1 Hr Forward
  - 3.14 - National Pi Day
  - Mar 15 - Region III James Bland Music Contest, Old Town Hall
  - Mar 17 - ST PATRICK'S DAY
  - Mar 17 - Regular Dinner Meeting
  - Mar 18 - Eyeglass Recycling
  - ~~Mar 18 - Unload Fruit. (Per note under Board Meeting)~~
  - Mar 18 - Bingo at Fairfax Nursing Center
  - ~~Mar 19-21 - Last citrus fruit sale of the season~~
  - ~~Mar 22 - Return fruit sale equipment to shed~~
  - Mar 24 - Board meeting
  - Mar 29 - Sipping for Sprout Charity Fund Raiser
  - Mar 30-31 - Vision Screening: pre-school kids at Fairfax United Methodist Church
- Mark Your Calendars
- Apr 25 - Charter Night

## City of Fairfax Inter-Service Club Council (ISCC)

At the monthly meeting of the ISCC, we heard a presentation by Dr Phyllis Pajardo, Superintendent of City of Fairfax's four Schools. The schools: Daniels Run Elem, Providence Elem, Lanier Middle, Fairfax High.

From a service organization perspective, an important topic emerged: childhood hunger. Over 30% of the children in city schools qualify for free or reduced meals, AND - to help provide daily essential food - **food pantries now operate in 3 of the 4 schools, with the 4th city school starting one soon.**

If a service organization wants to donate food, Dr Pajardo suggested contacting her at: [phyllis.pajardo@fairfaxva.gov](mailto:phyllis.pajardo@fairfaxva.gov) or 703 293 7131.

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To get an idea of what other service organizations in our area do, consider the Shepherd Center Fairfax Burke (SCFB). SCFB is dedicated to helping older adults continue to live independently, and to providing enrichment and social networking opportunities that keep life exciting and rewarding. [www.scfbva.org](http://www.scfbva.org).

For the year 2019, here is what SCFB accomplished:

- LUNCH N' LIFE

Six luncheons were presented with total of 558 attendees.

- ADVENTURES IN LEARNING

Two, six-week sessions were presented which included an exercise class, 2 lectures, and small group activities. 1,048 individuals attended the 12 days, which included 47 new clients.

- EXERCISE

3,373 clients participated in the year long classes on Monday, Wednesday and Friday. The instructor was highly appreciated and regarded as a great leader in this program.

- FRIENDLY CALLER/VISITOR-

130 calls and visits were made by the 4+ volunteers.

- CAREGIVER SUPPORT GROUP

274 participated in the monthly meetings.

- WEDNESDAY AT THE MOVIES

The program was reinstated in October and 3 movies selected. 28 attended the 3 recent monthly selections. Efforts made to provide rides for clients to the movies at Cinema Arts Theatre.

- HANDY HELPER

24 tasks were completed by 6 active volunteers.

- OFFICE OPERATIONS

Volunteers continued to support all SCFB operations and operate the phones for 30 hours each week. 7 volunteers departed and 5 new volunteers have added and trained.

- TRANSPORTATION:

Completed 1,892 medical and shopping round trip drives. 26 new drivers and 103 clients were added. South County Transportation Office: This Office completed 455 round trip drives for 32 clients. 8 new drivers were added and 22 new clients as well.

- HISPANIC OUTREACH PROGRAM

The medical transportation service for Spanish speaking clients became fully operational. This initiative included developing documents for recruitment and training of bilingual volunteers as well as the recruitment of Spanish speaking clients. Eleven bilingual drivers and 5 phone volunteers have been trained. 7 registered clients are now using this service.

## Lions Information

### State Lions Convention

As most club members know, each year there are Lions conferences and conventions held by the Lions district and state leadership. Sometimes these events include training for club positions (treasurer, secretary, etc), and sometimes they include presentations on Lions service activities and other topics. For example, our District Governor told us he brought in to speak to a recent district conference - a member of a Delaware Lions club who had grown his club's membership by 100 new members.

At this year's VA Lions state convention (May 14-17, 2020, in Chesapeake, VA) each club is allowed to send "delegates" (number depends on size of the club) who vote on matters brought up at the convention. This year such topics include proposed changes to the Lions of VA state constitution. Our club is allowed to send 4 delegates. The draft agenda is shown on the next page.

If you are interested in hearing more about the upcoming convention, or might consider attending - or be a club delegate, please talk to PCC Harry P, KL Mike, or Secretary Jeff.



## 97<sup>th</sup> Lions of Virginia State Convention May 14 through 17, 2020

State Convention General Chairperson  
Donna M. Weiler, PDG  
267 Dawson Lane  
White Stone, Virginia 22578

### 2020 Virginia Lions MD 24 State Convention Tentative\* Schedule of Events

#### Thursday, May 14, 2020

3:00 pm - 6:00 pm  
3:00 pm - 6:00 pm  
6:30 pm - 9:00 pm

Registration and Credentials open  
Pin Traders and Exhibits open  
Dining in the Dark

#### Friday, May 15, 2020

8:00 am - 5:00 pm  
9:00 am - 5:00 pm  
9:00 am - 10:30 am  
10:30 am - 11:30 am  
11:30 am - 12:30 pm  
12:30 pm - 2:00 pm  
2:30 pm - 4:30 pm  
7:30 pm - 9:30 pm

Registration and Credentials open  
Pin Traders and Exhibits open  
District Meetings  
LOVF Board Meeting  
LERI Board Meeting  
Pin Traders Luncheon  
Opening General Session  
Bland Memorial Scholarship Contest

#### Saturday, May 16, 2020

7:15 am - 8:15 am  
8:00 am - 5:00 pm  
8:30 am - 10:45 am  
9:00 am - 5:00 pm  
11:00 am - 12:00 pm  
12:30 pm - 1:45 pm  
2:30 pm - 4:30 pm  
5:45 pm - 6:30 pm  
6:00 pm - 7:00 pm  
7:00 pm - 9:00 pm

PDG Breakfast  
Registration and Credentials open  
Schools  
Pin Traders and Exhibits open  
Memorial Service  
LOVF Luncheon  
Second General Session  
PDG Social  
Lions Social/Reception  
Convention Banquet

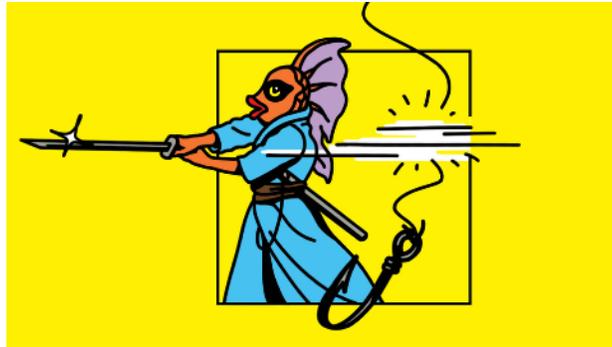
#### Sunday, May 17, 2020

7:00 am - 7:30 am  
7:30 am - 8:30 am  
8:45 am - 10:45 am  
11:00 am - 12:30 pm

Non-Sectarian Worship Service  
Fellowship Breakfast  
District Meetings  
Final General Session

## FYI - Beware of Next-Level Phishing

From CharlesSchwab.com



Fraudsters are increasingly using phone calls and text messages to steal logins, passwords and other personal information, putting people's financial accounts at risk.

"The criminals are doing their homework," says Kara Suro, vice president of fraud surveillance and investigations at Charles Schwab. "They continue to find ways to trick people into providing information via phone or text."

Such schemes follow a typical pattern: The scammer sends a text message to the potential victim asking if he or she made a specific purchase. If the victim responds "no," the fraudster follows up with a phone call claiming to be from the victim's financial institution and asks for sensitive personal information.

If you receive this kind of suspicious communication, immediately contact the financial institution in question at a known number. At Schwab, that number is 800-435-4000.

You can also protect yourself by:

- **Creating unique, hard-to-guess passwords**—particularly for financial accounts.
- **Keeping login credentials secret.** Schwab will never ask for your password over the phone—nor will most other financial institutions.
- **Relying on known phone numbers and websites.** Don't assume the link or phone number in an email is authentic. Instead, initiate contact using a published phone number or website, so you can be sure you're talking with a legitimate source.
- **Reporting suspicious emails.** If you are unsure about an email, avoid clicking any links. And if it's suspicious and purportedly from Schwab, forward it to [phishing@schwab.com](mailto:phishing@schwab.com).

**"Vigilance is key to not becoming a victim of financial fraud," Kara says.**

## FYI - Lifestyle strategies...to keep brains healthy, which also might push back the onset of dementia

*By Consumer Reports, Feb 17, 2020*

Approximately 50 million people live with dementia. And that number is expected to rise dramatically in the coming decade. At the same time, our understanding of dementia and our ability to delay or possibly prevent cognitive decline are improving, says Heather Snyder, vice president of medical and scientific relations at the Alzheimer's Association.

As people live longer, healthier lives, many of those who develop dementia today do so much later in life, says Lon Schneider, a professor of psychiatry, neurology and gerontology at the Keck School of Medicine of the University of Southern California at Los Angeles.

Recent research has begun to detail the lifestyle strategies that could most effectively protect our minds, and it now seems possible that we could further push back the average age for the onset of dementia, says Sarah Lenz Lock, executive director of the Global Council on Brain Health (GCBH), a research group. Delaying the onset of dementia by five years could dramatically improve people's quality of life and cut overall incidence in half, Lock says.

"People think that cognitive decline is inevitable as you age," Lock says. "That's just not true." There are a number of ingredients in what Snyder refers to as the "specific lifestyle recipe" that's linked to a reduced risk of cognitive decline. We're still figuring out the best ways to combine these components, but we know enough already to say that these strategies are key.

### Get moving

The research: Evidence suggests that regular exercise may be one of the better ways to help prevent or slow cognitive decline in people who are cognitively healthy as well as in those already experiencing some memory problems.

One recent study, published in the *Lancet Public Health* in November, followed 30,375 Norwegians beginning in the 1980s and found that people who are in better shape are significantly less likely to develop dementia. With greater fitness came higher levels of cognitive protection. But even those who were not aerobically fit in middle age and got into shape in their 70s were less likely to show signs of dementia in later years.

The plan: Even small amounts of exercise can begin to make a difference over a relatively short period of time. One research review, published in the journal *Neurology: Clinical Practice* in 2018, found that on average, people started to see improvement in brain function after about 52 hours of exercise — which they reached in about six months, on average. (That comes out to about two hours a week.)

The Physical Activity Guidelines for Americans suggest at least 150 minutes of moderate-intensity aerobic activity a week and at least two days of strength training. But doing anything is always beneficial when compared with doing nothing, Schneider says.

No conclusive evidence says that one type of exercise is necessarily best, so do whatever exercise you enjoy, Snyder says.

### Eat a heart-healthy diet

The research: Generally, diets good for your heart are good for your brain, according to Lock. These include the MIND, Mediterranean, Nordic, Japanese, and DASH diets. One 2017 study found that the more closely older adults adhered to the Mediterranean or MIND diet, the less likely they were to show signs of cognitive impairment.

The plan: Eat a variety of colorful fruits and vegetables — something many of these diets designed for brain and heart health have in common. Foods that may be particularly important to eat, according

to a report by the GCBH, include berries, leafy greens, healthy fats (such as those found in olive oil), nuts and fish. No supplements are known to prevent cognitive decline.

### Control blood pressure

The research: A significant amount of research indicates that treating hypertension, especially in midlife, can reduce risk for cognitive impairment and potentially reduce risk for dementia. One study published in JAMA in January 2019 suggested that intensive blood pressure control — trying to keep systolic blood pressure in midlife below 120 instead of 140 — could further reduce risk for cognitive impairment. Other research has shown brain benefits in those who did not lower blood pressure so dramatically.

The plan: “Know your numbers,” Snyder says. Untreated hypertension can cause organ damage that affects the kidneys, heart, and brain, Schneider says. Take meds if you need them, but also talk to your doctor about how you can use diet and exercise to help bring your numbers down.

### Engage your brain

The research: Engaging your brain in lifelong learning (of new skills and new activities) could contribute to a reduced risk of cognitive decline, Snyder says. More research is needed to understand whether — and how — specific activities may affect a person’s risk. But one study of more than 15,000 older adults, published in the journal JAMA Psychiatry in 2018, found that people who regularly engaged in intellectual hobbies, such as reading books and playing board games, were less likely to develop dementia later on than those whose leisure time involved activities such as watching television and shopping.

The plan: Anything that stimulates your brain and forces you to learn might help, Snyder says, whether that’s taking a class at a local college, trying to learn a new language or even learning a new form of exercise.

Learning something new may also be an opportunity for social engagement, which Lock says is another factor that we know is important for mental well-being.

### Four habits to curb

- Smoking: A large body of research shows it’s damaging to the brain (and the rest of the body). Quitting can help protect your memory; see [smokefree.gov](http://smokefree.gov) for resources.
- Junk food: Avoid highly processed foods and foods high in saturated fat.
- Sleeping pills: Though healthy sleep is important for brain function, sleeping pills have been associated with an increased risk for dementia.
- Alcohol: Drink alcohol only in moderation (no more than one drink a day for women or two drinks a day for men). A large French study, published in the Lancet Public Health in 2018, confirmed that alcoholism was a major risk factor for dementia.

### Is an Alzheimer's cure any closer?

We're getting better at understanding the lifestyle strategies that may help prevent dementia, but recent clinical trials "have not yielded the results that are desperately needed: more effective treatments for Alzheimer's," according to an editorial published in the Journal of Prevention of Alzheimer's Disease in September.

We may be moving closer to pharmaceutical solutions, Schneider says. But progress is slow and incremental.

We're also getting better at understanding the root biological causes of dementia and Alzheimer's, says Snyder, of the Alzheimer's Association. But because these conditions are complex, she says, treatments will probably look like treatments for heart disease — a combination of medicine, diet and exercise.

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## 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.*

## Fairfax Lions Club



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Since 1951

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COMPASSION AND KINDNESS**