



CROSSWORDS

JANUARY NOTES

St. Luke - Lutheran

Our Vision...

Jesus is the centre of life for everyone in our community

January 2015

LIVE LOVE



Service Guild News

January Meeting

Thursday, January 15 at 1 p.m.

We will be having our Christmas Social, which had to be cancelled in December because of the weather. Light refreshments will be served.

As previously planned, there will be fellowship and a brown bag auction. We hope the weather cooperates and hope to see you there.

A Brown Bag Auction

The proceeds of this auction will go to support our mission projects:

- Canadian Lutheran World Relief
- Lutheran Bible translators
- On Eagles Wings
- Canadian Foodgrain Bank

Guidelines:

1. Place a gift item in a brown bag, etc.
2. The item can't be worth more than \$5, including sales tax and the cost of the bag
3. No clues or names on the bag
4. Use your imagination
5. Surprise us
6. Big or small, it doesn't matter

Be prepared for an afternoon filled with laughter and excitement.

Men For Christ



by Ian Farquharson

January meeting

We will be getting together on Saturday, January 10, at 9 a.m. for our monthly breakfast meeting. We will be meeting to discuss healthy eating habits with dietitian Linda McCharles. The usual breakfast consisting of the freshest bagels on the planet, the very best homemade jam, cream cheese, juice, tea and coffee – all for \$5 per person.



On Saturday, January 31, Men for Christ is hosting a Family Night at the Air Canada Centre to watch the Toronto Rock Lacrosse team play the Calgary Roughnecks. Game

time is 7 p.m., and the cost is \$12 per person.

All are invited. There is a signup sheet in the lobby. All monies must be in by January 20, 2015.

If you have any questions please call me at the church at 416-221-8900 or email me at missionspecialist.ian@stluketoronto.com.

The Ladies Service Guild will be hosting a fellowship time after both services on Sunday, January 25. All are invited to come and enjoy as we fellowship together.

LIVE LOVE

Health Awareness

by Karin Bogad RN

January is Alzheimer's Awareness Month

What is Alzheimer's disease?

Alzheimer's disease is a fatal, progressive and degenerative disease that destroys brain cells. It is the most common form of dementia, accounting for 64 per cent of all dementias in Canada. It begins with small changes in a person's behaviour and memory.

Eventually it affects all aspects of a person's life- the ability to think, understand, remember, communicate and perform simple tasks.

What causes Alzheimer's disease?

Unfortunately researchers have not yet identified what causes Alzheimer's disease.

However there are certain risk factors associated with Alzheimer's disease. These risk factors include:

- ▶ **Aging** – the older you are, the greater the risk
- ▶ **Genetics** – people with a family history of Alzheimer's have a greater chance of developing the disease
- ▶ **Other factors** – include infections, toxins in the environment, alcohol and tobacco use

Is Alzheimer's disease preventable?

There is no treatment that can prevent Alzheimer's disease. However, there is evidence that lifestyle choices that keep the mind and body fit may help reduce the risk. These lifestyle choices include:

- ▶ Being physically active
- ▶ Eating healthy foods, including fresh fruits, vegetables and fish
- ▶ Keeping your brain challenged
- ▶ Keeping socially active
- ▶ Keeping your blood pressure, blood sugar and cholesterol levels within normal range for your age
- ▶ Reducing stress
- ▶ Avoiding traumatic brain injury

For more information about Alzheimer's disease please contact the Alzheimer's Society of Toronto at www.alzheimerstoronto.org or call 416-322-6560.

If you have a topic you would like to see discussed in CrossWords, please email Karin at kbogad@mail.com.



**The full CrossWords newsletter will return next month.
The deadline for the February 2015 issue is January 19, 2015.**