



PILOT PATTERN

Pilot Club of Chattanooga, TN

June 2014

Dear Pilots,

Thank each of you for granting me the privilege of serving as your president for the past two years. It has been an honor and fun. I am; however, glad that the baton will be passing to Bertie Lou. She will do a wonderful job. Please support her and agree to help when she asks for your assistance.

As I have said all year, we really need to make an effort to gain new members. I am so thrilled that Max Holland is becoming an e-member the first of July.

Luz will be calling everyone to get a number attending the picnic. Please try to attend. It is so nice of Sarah Anne to invite us to her home.

We will be looking forward to hearing about International Leadership Conference in Chicago from Max and Joyce at our July meeting.

Hope all Pilots have a wonderful summer.

Blessings to all.

Pilotly,

Judy

Schedule of Activities

- June 17 6:00 PM Picnic. Home of Sarah Anne Love,
Signal Mountain.
- July 2 - 5 Pilot International Convention,
Chicago, Il.
- July 22 6:00 PM Pilot Meeting, Walden Club.

June Birthdays

Betty Chadwick, Charlyne Parson, Nancy Carroll

July Birthday

Polly Sisson

THINKING OF YOU

Betty Chadwick
Charles Darr - recovering from infection and surgery.
Mary Jackson
Melanie Parrish - recovering from knee replacement surgery.
Venita Martin
Mary Grace Starnes and Co Pilot Paul
Tina Nance recently had surgery

others who don't attend meetings regularly and those with
health concerns.

Alzheimer's Information

A copy of the handout distributed by Dr. Nathan Trentham at the TN District
Convention is attached to this newsletter.

Picnic

Since parking at Sarah Anne's home is limited, we plan to meet at the BiLo parking lot on Signal Mtn. Road and carpool ---meet there at 5:30 PM.
A map to her home is included here.

FROM THE EDITOR

Since many of our Pilot members have internet service, the Patter is sent to them by email which means a savings to the club for paper and postage.
If you have some information for the Patter, please send it via email.
Also, note the addition of the email address for the District.
Call me at (423) 842-3670 or e-mail me at **MTH1939@EPBFI.Com** with information about Pilot items and also what you are doing.

www.chattanoogaipilotclub.org
www.pilotinternational.org

Directions to Anne Love's house. June 17, 2014

Signal Mt. Hwy 127. Proceed to Shepherd Forest: on the right.
The entrance is across the Hwy 127 from the
Town Hall, Fire Dept. and Police Dept.

Turn right on to Barrington Rd.
At Woodcliff Circle turn right. Drive around the curve.
The house is the 4th on the left.

The mail box has: F. L. Love, 109
The phone # is: 886-4287

~ Alzheimer's Facts

- Over 5 million Americans are currently living with AD
- It is estimated that by 2050 approximately 16 million Americans will have AD
- AD is the 6th leading cause of death in the US
- AD is the only one of the top ten causes of death in Americans that cannot be prevented, cured or even slowed
- Over 500,000 Americans die of AD each year
- Almost 2/3 of Americans with AD are women
- In her 60s, an American woman has a 1 in 6 chance of developing AD-- for breast cancer it's 1 in 11
- In 2014, direct costs of AD to Medicare and Medicaid will total about \$150 billion whereas indirect costs (lost wages, etc.) will eclipse \$220 billion

What can you do?

1. Know your genetics. (Do I have the apo E4 gene?)
2. Eat more fish and nuts. (the Mediterranean diet)
3. Lower your lipids (If it's good for your heart, it's good for your brain.)

4.

Better Lipids ~ Better Hearts ~ Better Lives

American
Board of
Clinical
Lipidology

Nathan C. Trentham, MD

Diplomat of the American Board of Clinical Lipidology

