

The Abbey *Echo* ... *Echo* ...*Echo*

A monthly newsletter by and for the residents of Eugene Abbey - **March 2026**

Join the Club

On Valentines Day we had a visit from the Eugene Boys and Girls Club. These middle school students brought board and card games to play and cookies to decorate. They also brought a readiness to have fun, and a cheerful willingness to teach this old woman how to play a classic game I somehow never had played.

Although there was plenty of frosting on cookies and fingers, the real frosting on the cake for the kids



was the chance to meet and cuddle Gracie, Judi

G's blonde tail-wagging charmer. I overheard a couple of remarks about how good the punch was – thank you, Daphne. And thank you, Michele, for bringing the Club here.



As the group was leaving, they were talking about coming again. I'm thinking about other activities we two generations might enjoy, and learn about each other. If you have ideas, please pass them along to Michele or me.

Carolee Hirsch

Quote of the Day

“What if the mightiest word is love.”

Elizabeth Alexander

We had a **Mardi Gras Party!**

A great time was had by all. This party time there was no agenda aside from each person filling out a ballot to vote for Best Masks. They were counted and the winners presented with their prizes.

This was a purely social event with about 3/4 of attendees showing up with a variety of masks and interesting accessories. We had music and at some point a voice was heard that we should dance

Bill and Betsy were sitting together and they looked at each other and said, "Shall we?" And they did and soon everyone who was at all mobile was up and dancing. Fueled no doubt by sugary punch and in some cases, vodka.



Sara, Nita and Patty – costume prize winners

Nita

Patty



Katherine

Phyllis

Wes

continued...



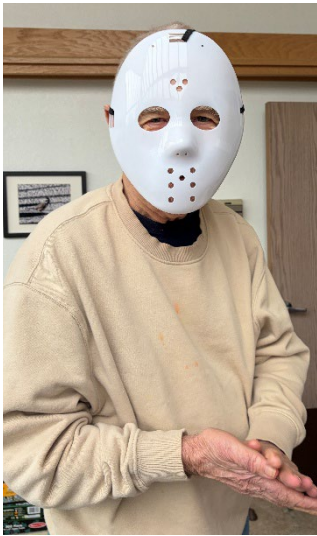
Karry



Bruce



Bill W.



Gordon



Bill McK.



Annie



Stan and Bill W.



Jeanne



Betsy

There's still more...



Karen F.



Maggie S.



Bill W. and Karen F. cutting a rug



Bruce and Sara



Group dancing

(Above text and photos by Betsy)

“Life is like a ten speed bicycle. Most of us have gears we never use.”

Charles Schulz

Guest Speaker on 25 March!

We are pleased to announce a special presentation on hearing loss and strategies for coping and thriving with it. A timely topic that affects us all! This session will empower us with practical knowledge to improve hearing health. Please mark your calendar now, and invite your family members and close friends to join us. You won't want to miss it!

**Details: Wednesday 25 March, 1:00-2:00 p.m., in the dining room.
for the Moments that Matter**

Title: 'Hear!'

Topics include:

- Common causes of hearing loss
- Key warning signs and red flags
- Communication strategies for family and friends
- Treatment options and tools for amplification
- Improving quality of life

About the Speaker: Kayla Chase is an Audiology Resident at Hearing Associates, with a passion for helping adults reconnect with the world through better hearing. She holds a bachelor's degree from Southern Illinois University, and is pursuing her doctorate in Audiology.

~Sara Mitchell and Wes Brown
On behalf of the Better Hearing Forum

The Garden Committee Meets Again!

We're pleased to announce that the Garden Committee will meet on Wednesday, **March 11, at 11 a.m. in the 4th Floor Lounge**, after a long winter hibernation. 🌱 All Abbey residents are invited to attend. We'll be sharing info about caring for our outdoor plants on the first, third, and fourth floor decks and terraces. We're also recruiting a resident to be the contact person for care of the first floor plants. Please contact one of us if you're interested.

The Garden Committee was created in Spring 2025, with the intention of providing support for the care of our outdoor plants. We have created guidelines for plant care in the outdoor areas; copies are available from committee members. We also have a contact person for each floor. If you have questions about care of our outdoor plants or about Spring cleanup, please contact one of resident experts: Annie Hardy and Nita Nettleton. Please contact any of our members listed below if you have questions or need more info.

Happy gardening!

Committee members: Annie Hardy, Bruce Bonine, John-Roy Wilson, Katherine Witt, Patty Kasper, and Sara Mitchell,

High Noon at Dead Man's Saloon

A Murder Mystery Game hosted by Felicia

A dozen or so of Abbyeans gathered in the Dining Room on Friday not having the slightest idea of what we were getting into. The day before we were given a list of the characters and assigned our own. I was to be Wellesley Fargo, a stage coach driver, suspicious that everyone is a bandit. I was in town to look for my sister. We'd had no time to assemble the suggested costumes with the exception of Belle Bandit (the indefatigable Jeanne Armstrong) decked out in very convincing bandit attire. Annie Croakley (Karen Nestor) was a bragging sharp shooter. Tinny Musick (Stan Coleman) had dreams of being a classical musician. Yella Rose (Katherine Witt) from Texas had everyone including herself in stitches with her Southern accent. Shott O'Whiskey (Nita Nettleton) the bartender had an alibi no one could believe. Maverick (Felicia's son, Eli) was a smooth talking professional gambler. Buffalo Bob (Bill Winkley) from Chicago was a traveling entertainer full of useless fatherly advice. And then there was Dewdrop Pinn (Annie Hardy) the owner of the saloon and Calamity Jill (Phyllis Elnes) a clumsy cowgirl.

The plot : Someone in the saloon had shouted out, "Gunfight on Main Street" so everyone dashed outside to find everything quiet. They came in to find the Deputy dead. When we arrived there was the dead body under a sheet surrounded by yellow police tape. Everybody was under suspicion of murder, but nobody was grieving his loss. As it turned out it seemed everyone had reason to wish him dead. Our job as detectives was to find the murderer. To help we each had a little booklet specific to our character with questions to put to the suspects and our answers to other's questions. We also had some paper clues.

The next hour was quite hilarious as we each tried to ferret out the shooter. We had a map of the saloon seating, a photo of scratchings on the bullet and more. The bartender was the primary suspect as no one could believe that this tall, robust woman could have jumped over the bar and been the first one outside. She did, after all, all the best position from the bar to shoot the Deputy. A couple of us believed it was Dewdrop Drop Pinn. After all, the Deputy was blackmailing her, but had been her lover and had cheated on her. Nobody suspected the smooth, charming, handsome Maverick Bullock, but the murderer was him.



Dead Man



Jeanne and Katherine



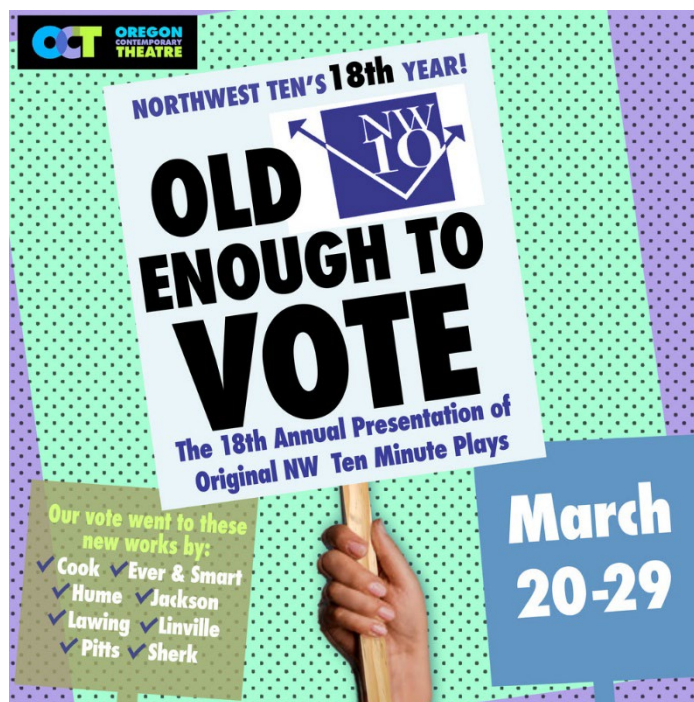
Daphne, Eli, Michele and Eli's Mom Felicia
Text by Betsy Hall, photos by Michele

Ken Burns' Documentaries Mondays at 6:30 PM 4th Floor Lounge

The second episode of “The American Buffalo” will be shown on March 2.
In this episode Ken Burns teaches us about how the buffalo was saved from extinction.

The next eight Mondays will feature Ken Burns' documentaries about the settling of the American West. “Beginning when the land belonged only to the Native Americans and ending in the 20th century — a tragic, inspiring intersection of the best of us meets the worst of us — and nothing was left unchanged.”

J. Wesley Brown



Northwest 10 Festival

The PNW 10-minute play festival turns 18! Hosted at OCT, the annual production features eight brand-new works, fully staged and produced for audiences to enjoy. **March 20 - 29, with a special Name Your Own Price preview performance March 19.**

Thanks, Larry

Guilty of Ageism Toward Yourself? Why You Should Stop Saying “I’m Too Old”

By Stephanie Friedman, NiceNews.com, 15 November 2025

Ever told yourself you’re too old to do something? That kind of discouraging self-talk is common at any age: Many of us convince ourselves it’s too late to learn a new technology at 70, start weight lifting at 60, or change careers at 35. But where do those thoughts come from? And should we listen to them?

As you may already suspect, negative beliefs about our own aging are often the result of societal messaging we’ve been receiving since childhood, and don’t necessarily reflect our individual abilities. What’s more, research shows that — at least to an extent — viewing getting older through a positive lens might be a self-fulfilling prophecy. The more we think about aging as a wonderful experience, the better our health may be, potentially lengthening our lifespan.

“Research has suggested that people who adhere to ageist stereotypes could have shorter lives, although the controlled studies on this have yet to be done (for obvious reasons),” Susan Whitbourne, adjunct professor of gerontology at the University of Massachusetts, Boston, told Nice News. “However, there is evidence that people who internalize ageist views are more likely to rate their mental and physical health as lower than people who avoid falling prey to these stereotypes.”

Below, we’ll break down what self-directed ageism is, make the science-backed case for embracing every birthday with positivity, and offer some words of wisdom from Whitbourne on how you can put that mindset into practice.

There’s actually a technical term for writing yourself off under the guise of “I’m too old”: internalized ageism. That verbiage inherently suggests that these negative beliefs aren’t our fault. After all, we’re exposed to harmful cultural messaging about older people from an early age — from the grandparents in *Charlie and the Chocolate Factory*, who rarely leave their bed, to the Evil Queen in *Snow White and the Seven Dwarfs*, who transforms into an old hag to offer Snow White the poisoned apple.

One study revealed that adults 50 and older are only depicted in a positive light 72% of the time in stock media images online (compared to a massive 96% for those 49 and younger), and another identified age discrimination in children as young as 6 years old.

Throw into the mix abundant ads for anti-aging products and ageism in the workplace, and it’s no wonder we dread admitting to ourselves how many years we’ve racked up. “It is very difficult not to take personally the messages that are so widespread in the media, from stereotypical portrayals in TV, films, jokes, and even ‘over-the-hill’ birthday cards,” Whitbourne said.

But shedding these beliefs is entirely possible (we’ll get to that in a bit), and there’s *plenty* of incentive to do so. For one, a study published by the American Psychological Association showed that participants who viewed their own aging in a positive light lived 7.5 years longer than those with less favorable perceptions — a result thought to be partially caused by their will to live. The authors noted that this increase in longevity is even more significant than the years gained from low blood pressure or cholesterol, a lower BMI, abstaining from smoking, and regular exercise.

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Not only could rejecting ageism extend your lifespan, but it may also help keep your brain in tip-top shape during your later years. In 2018, researchers studied people with the ε4 variant of the APOE gene, one of the strongest risk factors for dementia. They found that those with positive beliefs about aging were nearly 50% less likely to develop dementia than the group with negative perspectives. And for folks with mild cognitive impairment, a common type of memory loss, one study demonstrated that they were 30% more likely to recover their cognition if they'd absorbed positive views on aging from their culture.

The benefits don't end there, though. If you're worried about having a stroke or developing diabetes, cancer, or heart disease, a 2022 study addressed these conditions in one fell swoop, revealing that positive attitudes around aging may reduce your risk. It also uncovered that participants who maintained those glass-half-full beliefs were more optimistic with a stronger sense of purpose, and less likely to be lonely and depressed. "There's a connection between mindsets and health behaviors," the study's senior author, Eric Kim, said in a news release at the time. "One leads to the other."

How to Embrace Aging With Joy

It may sound intimidating to reverse a lifetime's worth of internalized negative beliefs about growing old — but the first step, Whitbourne says, is to pay attention to how you think and speak about entering your later years. "Most importantly, question your own views about aging and how many of them are shaped by society's ageist assumptions," she advised. "Check out the way you speak about aging and whether you communicate pessimism about the future, make jokes about aging (and its effects on you), assume that you can't do things because you're 'too old,' and feel that there's nothing you can do to alter the effects of aging on your health."

Psychologist Becca Levy's ABC method can help you put this into practice: To start, increase Awareness by writing down the first words or phrases you think of when you imagine an older person. Next, place Blame where blame is due by identifying the *real* source of any negative beliefs (which might be a TV show or skin care company, like we mentioned earlier). Finally, Challenge those assumptions about aging, which could mean learning more accurate information or calling out bias when you see it in real life.

And once you've done the work, Whitbourne recommends recognizing your achievement and giving yourself a pat on the back — because remember, cultivating positivity is a key part of the process. "Take stock of how you've improved over the years, including how much wisdom you've gained and how much you've been able to accomplish," she said. "People who age successfully tend to focus on the positive and, even if changes have occurred, manage to incorporate them into a sense of their own identities as competent, cared about by others, and adaptable."

Thanks to Bill Winkley

**On 1 March, Abbey residents and friends were treated
to an Authors' Chat,**

featuring authors Lenore Nash, Anna Grace and Daniel Henry

Romance novels usually are not my thing, but I loved this program. How else would I have learned that romance publishers run different series based on heat – how steamy, or spicy the stories are?

Author Anna Grace said that if a rating ranged up to five hot chili peppers, her Harlequin books would rate one green bell pepper. Since she still teaches high school full time, she considers what she might be teaching her students and their parents.

Author Lenore Nash – or Bell depending on whether she's writing a romance or mystery thriller – said that her stories are steamy, but it gets almost boring to have to come up with five different sex scenes.

Author and Moderator Dan Henry said that as a nonfiction writer, he usually spends months or years researching his subjects, but he is tempted to try his hand at romance fiction. To which his wife responded from the audience, "Oh, that research could be interesting."

About that matter of research. Dan isn't the only one who has to do research, although he does have file cabinets full of facts and figures and stories. Lenore writes historical romances. (Her favorite author is Jane Austen, who was writing the contemporary romances of her time.) She needs to be sure her details are true to the historical period. Anna writes contemporary romances, but again, the details must be correct. She has a current series set in a little town in central Oregon, about 55 miles from nowhere. Since Anna grew up in Eugene, she must keep her details true to that culture.

Although romance stories have changed as our culture has changed, the basics are the same: the appeal is fantasy, escapism, reassurance that you know how it will end; the question is how they get there. It's about attractions and obstacles. Two people are seemingly opposites; the story is how they work out their differences.

What has changed is that the women now are strong, often have non-typical professions and no need for the complications of love. Generally the men make more changes than the women, to resolve their conflict. Any sex is consensual.

Lenore pointed out with mysteries, sometimes even the author doesn't know the ending until they write it. Dan noted that even with nonfiction, the stories are what tie the facts together.

The authors did talk about some of the topics you might expect – How they became writers, experiences with publishers and agents, how, when, and where they write. Anna gets up sometime at 3 AM, and writes until she needs to get ready for school. Lenore sets up a little altar with a miniature mock-up of the book to remind herself that the book is already there, just needs to be finished.

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They talked about the loneliness of writing, the need for feedback from friends, family, and other writers. They all agreed that writers group are invaluable, if you want to write for publication and not just your own entertainment. “Find your people You need your community.”

I’ve covered only some of the discussion. I haven’t mentioned that Lenore has been a Foreign Service Officer working all over the world and is heading for Namibia next. That Dan used to be Lenore’s high school English teacher in Haines, Alaska. That Anna is the daughter of Abbey resident Sue Wineland. That they all brought books to give away, and I am enjoying *Winning the Sheriff’s Heart*, set in Pronghorn, Oregon.

Thanks to Daphne for wonderful scones and iced tea. Thanks to the Activities Committee for bringing us another great program.

You shoulda been there.

By Bonnie Hirsch



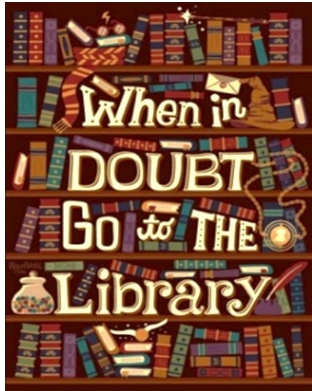
Anna Grace, Daniel Henry and Lenore Nash with their books



Sue Wineland was pleased to introduce her lovely daughter Anna.

Photos by Carolee

Library Report



Thank You for Survey Participation

Thank you for taking the time to complete the Library Committee's survey. We've read your answers, compiled the results, and are moving forward with your suggestions.

Per survey requests, Maggie O'Farrell's "This Must Be The Place" is now on the shelf as is another novel by Kristin Hannah, "The Four Winds." Look for a summary of survey results in the next issue of the Echo. Another new acquisition is "The Correspondent," a novel by Virginia Evans.

Books on Display

"Are You Having a Bad Day?" is the Books on Display theme for March and will feature books ranging from humor to self-help. Thank you to Linda Gordon for creating the colorful, creative signage.

Resource Rack

New to the Resource Rack is the **Lane Transit District 2026 Riders Guide**.

Book Talk Schedule

Sue Wineland leads Book Talk, a time to briefly share what you've been reading, on the first and third Thursdays from 4-5 p.m. in the Downstairs Lounge, B Floor. All are welcome, even if you don't have a book to share. This month's Book Talks are March 5 and 19.

Library Committee: Chair Chris, Jeanne, Sue (Wineland), Wes, Linda (Gordon), Cindy

"You look ridiculous if you dance. You look ridiculous if you don't dance.
So you might as well dance."

Gertrude Stein, from "Three Lives"



Betsy's cloudy night photo

“Full moon trying to hide behind clouds.”

–
“It’s not joy that makes us grateful. It is gratitude that makes us joyful.”

David Rast



Bill Winkley caught this sunrise from the Abbey's Fourth Floor



Bill W. is wondering who is responsible for this artwork hanging in the laundry room. The painting is signed *S. Gallihier*, and is undated. The text reads as follows:

***“Life is not about waiting for the storm to pass:
it’s about learning to dance in the rain.”***

“No one is useless in this world who lightens the burdens of another.”
Charles Dickens – *Our Mutual Friend*

What it Means to be ‘Touch-Starved’

From *New York Times* article by Christina Caron, 5 February 2026

Allora Dannon, 35, an author who lives in Rochester, New York, longed for physical touch for much of her adult life.

As a “romantic late bloomer” who didn’t begin dating until she was 32, she said she ached for someone to hold her. Not a “meaningless brush” with another body, she said, but the type of touch that had “intention behind it.”

This wasn’t a yearning for sex. She wanted someone to hold hands with, someone lightly touching the small of her back, a person to cuddle with on the couch. Sometimes she would sob, wondering why it seemed so easy for other people to be touched, but so difficult for her. When Ms. Dannon shared her longing for companionship on social media, her account eventually drew nearly 120,000 followers on TikTok.

Being touch-starved, or lacking wanted physical connection, has become increasingly common in our fast-paced, digital world, experts say. And a lack of touch can affect both our physical and mental well-being.

Without regular touch, we can feel “lonely, anxious, stressed or emotionally depleted without immediately knowing why,” said Ozge Ugurlu, a postdoctoral researcher in the department of psychology at the University of California, Berkeley.

Dr. Ugurlu, and other experts on touch, explained why touch is so vital and why they think people aren’t getting enough of it.

Why is touch important?

Research has found that everyone needs some level of human touch for their physical and emotional health, though the amount and type will vary for each person.

Psychologists have devised tools to measure what they call “touch deprivation,” such as the Touch Deprivation Scale. Higher scores on these scales are associated with anxiety and depression.

When touch is wanted and consensual, studies have shown that it can regulate one’s emotions and benefit our overall well-being. Touch promotes calm by slowing activity in the amygdala, a part of the brain that processes emotions and prompts the release of oxytocin, often referred to as the love hormone. Touch has been shown to improve heart-rate variability, too, which is a measure of good health.

Research has also shown that touch can blunt pain, stress and anxiety. For example, blood pressure and levels of cortisol, a hormone associated with stress, can decrease as a result of touch.

Scientists have discovered that a soft, loving caress activates specific nerve fibers that light up parts of the brain associated with emotion, not just sensation.

Touch communicates connection and caring “with crystal clarity to the brain in ways that words don’t,” said James A. Coan, a professor of psychology at the University of Virginia and author of the forthcoming book “Why We Hold Hands.”

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Why people may feel touch-starved

There are a few reasons.

People spend less time together in person than in years past and more time online. This has altered our friendships and romantic relationships, experts said, which makes it more difficult to feel connected and valued. It can also hurt our ability to figure out whether we're romantically interested in someone.

"Touch is part of flirting – you bump into each other, and you assess each other's interest with touch," said Dacher Keltner, a professor of psychology at the University of California, Berkeley, who studies touch and emotion. "When you flirt with someone you're figuring out: Is this a good partner?" Dr. Keltner was raised in an affectionate family that loved to give each other hugs. But touch can have "a different meaning culturally or individually," he said. "And we have to honor that."

It doesn't help that we're living in a "super anxious" society, Dr. Coan said. We are "increasingly sensitive to abuse and power dynamics" in the workplace and elsewhere, he added. While this is important and useful in many ways, it can also make us more hesitant to touch someone, even if the touch is safe and wanted, he said.

What helps with touch starvation?

Giving and receiving touch sometimes involves taking a calculated risk, Dr. Coan said.

"If you want more touch, ask for more touch," he said. And if it is appropriate and consensual, "engage in more touch."

He recalled offering his hand to a stranger during a scary bout of turbulence on an airplane. "It's weird in our culture, but the circumstance sort of called for it," he said, adding, "I would like to live in a world where we all did that more."

If it sound uncomfortable or intimidating, there's no shame in touching your own body.

A few years ago, Latishia James, 38, was experiencing "indescribable loneliness." Her dog, a brown Yorkie-Cairn Terrier mix who loved to jump in her lap and cuddle, had eased some of the pain. "She was my sweet little emotional support baby," Ms. James said.

But in 2022 her dog died. She was separated from her spouse at the time. And because of the pandemic she had spent years avoiding hugs or one of her favorite forms of stress relief; a massage.

Then Ms. James, who lives in Atlanta, learned a technique from her mental health therapist that involved giving herself a giant bear hug while stimulating specific pressure points with her fingers and rocking side to side to relieve anxiety and tension. At first she felt embarrassed to try it. "But once I proved to myself it was working, I didn't care," she said. "I did it all the time."

People who are craving touch can get similar benefits from brushing" their skin or massaging themselves using their hands or elbows, said Tiffany Field, a professor in the departments of pediatrics and psychiatry at the University of Miami, who has researched touch for decades.

Exercise of all kinds is also effective at stimulating the skin and muscles in a way that is similar to massage, Dr. Field said.

However we go about it, seeking out touch can be soothing, healing a vital for our health, experts say. In fact, touch "may be the most overlooked sense of all," Dr. Ugurlu argued. "We may not notice it when it is present, but when it is absent, the effects ripple quietly and powerfully through our lives."

(Note: The above article was left anonymously on my door clip, and I found it interesting. Jim Mc)

Artist’s Talk 2:00 pm, March 17 in the Pub:

Our most recent Pub artist is local watercolorist Lynn Frost. She will talk about her artwork on March 17 (St. Patrick’s Day) at 2:00 pm in the Pub.

Here is what Lynn says about painting:

“Working with watercolors and pastels continues to be a journey of awareness and artistic development for me. I love to experiment and try new ideas and techniques. Over the past 20 years, I have been fortunate to study both locally and abroad with talented artists including Ellen Gabehart, Roland Roycraft, Judy Morris, Ann Pember, Bev Jozwiak, Winnie Givot, Satoko Motouji, Marla Baggetta, Jo Dunnick and Lois Enman. I’m fortunate to have a group of friends who get together weekly to paint. We have fun inspiring and challenging each other.

“I enjoy painting from my own experiences and different elements in nature. Painting allows me to revisit adventures and distant places through my work. A photo may capture the memory, but a painting brings back every detail of the experience for me. I also find great joy in looking at flowers, birds, seascapes, and landscapes, as I try to imagine how I could ever create anything quite as lovely using pastels and watercolors.

“Painting continues to broaden my perspective on how I view everything that I see. It has given me a new way to look at the details, lines, colors, and textures of my every day world. Through painting, I have deepened my appreciation for the beauty that surrounds us.

“I am grateful for the opportunity to share my work.”

Lynn’s work will be on display through late April.

Here’s a small sampling – you can stop by the Pub and enjoy them all.



She's Not in That Book.

It is hot as I drive you to art class.
You wish you could shed your skin, strip down to cool.
You are reading the notebook I wrote at your age.
Seeking that girl who became your mother.

You will find only flakes of skin.
Only notes for daydreams, lyrics of cowboy songs,
ideas for doll clothes, boys she starts to notice.
Those were surface dreams.

She didn't write the dreams she read in books,
the spy slipping through enemy lines,
leading children through mountains to safety,
the girl running free as her brothers.

She holds still deeper dreams close to the bone,
fears to show even herself before finding her voice.
She knows she is not like her friends,
knows she has different dreams, doesn't know why.

She thinks of shedding her skin,
standing up raw and bleeding.
She hasn't yet seen those strong bones inside,
the sinew that holds her together,
the bravery I finally recognize in you.

Bonnie Carolee Hirsch, Feb 2026

Exchange Change?

We are approaching the first anniversary of the magazine exchange in the Laundry Room. The purpose of the exchange has been to allow residents to share the copies of their magazine subscriptions with other residents before those magazines go into the recycling bin.

I have been trying to keep the magazine display area tidy on a weekly basis. There are more magazines than there are slots in the display area. Some magazines are published monthly, others quarterly, and others weekly. Also, the counter under the magazine display is used for folding laundry, which limits space for sorting and storing the magazines.

I would welcome hearing from you about your experience with the magazine exchange:

Do you use it?

What would make it more useful?

Do you or anyone you know use the Collage Box, intended for older magazines to be used for making collages – e.g., cards, kid’s projects, art, posters? If no one is making collages, I can remove that box from the counter, leaving more space for folding laundry.

When residents leave the Abbey, their subscriptions leave with them. When their magazines no longer appear in the Magazine Donations box, I change the label on its slot in the display and rename the space for another magazine. If you have a magazine subscription that you would like to be added to or removed from the display, please let me know so that I can make the change. Thank you.

Wes Brown, Apt. 106, or jwesley.brown@aol.com

A Cup or 3 of Caffeinated Coffee May Reduce Dementia Risk: Study

(From an article in NiceNews.com, 11 February 2024)

A study published this week suggests that drinking caffeinated cups of joe or tea could help reduce the risk of developing dementia.

Researchers tracked nearly 132,000 healthy adults for up to 43 years — and found that people who regularly drank **two to three cups of caffeinated coffee (or one to two cups of caffeinated tea) per day** had a lower dementia risk than those who drank little or none. Among the participants, individuals who drank the most caffeinated coffee had about an **18% lower risk of dementia** compared to low or non-drinkers. For tea drinkers, those with the highest intake had a 14% lower risk than those who drank the least.

Decaffeinated coffee didn’t yield the same neuroprotective benefits, but if you prefer decaf or don’t drink coffee or tea at all, lead author Yu Zhang cautioned against making any sudden changes:

“We are not recommending that people who don’t drink coffee start drinking. We are just seeing that for people who already drink coffee, the results are really reassuring,” he said in a statement to NBC News.




TIPS ON BEATING THOSE “WASHDAY BLUES”


by The Irish Washerwoman 



Begosh and Begorrah! Its almost St. Patty’s Day...time for me annual laundry room tips. We been gifted with some amazing newfangled machines in the laundry room! Better than those in ye olde country. (and from th’ old ones in our beloved Downtown Abbey.) Much better than me old washboard! But they, bein’ newfangled, need some carin’, some coaxin’, and some fiddlin’ of th’ knobs. So here’s me 2 cents on that. Me good friend Jan Moursund helped me with talkin’ about them in plain English. Me thanks to ye, Jan! So here’s our gleanin’s....

These washers and dryers are **smart!** Designed by smart people. We don’t have to guess so much about settings on the knobs. 

 **FOR THE WASHERS:** Instead of guessing about what water level is needed, **we can just set the dial on AUTO. It will sense the size and weight of the load, and fill it to what’s needed!** That’s the best setting for most loads (according to G.E.’s customer support guru).

A note about SPEED WASH: The folks at G.E. Advise us that it’s for small loads of lightly soiled items that are needed in a hurry. If that’s what you need, please know that it’ll take about 30 minutes. Sorry to say, it probably won’t work for everything, especially not sheets, towels...you know, big loads of bulky stuff. 

 **FOR THE DRYERS:** **If we set the knob on MORE DRY, it will sense the dampness and stop when our items are actually dry!** We don’t have to guess about how many minutes that might take.

ABOUT WASH CYCLE TIMES:

From all that we’ve gleaned about that; the average wash cycle is about 45 minutes. That’s longer than the old machines used to take. Let’s all aim to stick to the schedule as best we can, to maximize optimal results and the resulting happiness of our fellow users. To keep everyone happy and to avoid pileups in the laundry room:

If you know that your chosen cycle (such as with bedding or bulky items) will take more than an hour, please don’t use that cycle unless you’re sure that the person following you won’t need all of the available washers.

Sara Mitchell (a.k.a. The Irish Washerwoman)

