



HAPPY VALENTINES DAY – FEBRUARY 14, 2020

Happy Valentine to you all. Share with someone this week what you LOVE about Neighbors and Friends of Table Rock Lake. (Sally Richardson and Veronica Oots) can't be the only ones who can get guests to attend our Meetings Right?) Sally and Veronica keep up the great work you do sharing NFTRL with everyone your meet!

Our January meeting was so informative and helpful on the **“SIGNS OF A STROKE”**. Mary Friedman, our Secretary, did such an outstanding job recounting the message that I have decided to include it for you in this Newsletter. It is not only vital that you know this but **please be sure to share this with someone close to YOU so they will know how to help YOU.** . The importance of speed was really impressed upon me and the fact that if treatment can be administered within 4 hours it can make a huge difference in successful recovery. It is better to be a little embarrassed that it was a false alarm, than if you suffer extreme loss of function.

Thank you Mary for such great notes!! And Thanks to our Program VPS Sue Head and Julie Robinson for continuing to bring us terrific and relevant programs.

FEBRUARY IS VOTING TIME

At our next Luncheon, February 10th, please go to the VOTING Room as soon as you arrive to get your ballot and vote for the Agencies you would like to receive a grant. **To prepare yourself** and to be familiar with the Agencies purposes just

go to our website at NFTRL.org, the first thing you see with be **2019- 2020 Applications for Funding Review, click here then 2019-2020 Sample Ballot click here**

I printed out the sample ballot, filled it out and I'm taking it as my cheat sheet to be able to vote faster.

(Thank you to our Webcoordinators, Bettylynn Greg and Kim Tilley for making this so easy for us.)

Read your ballot instructions carefully. You can only **choose 17 or fewer agencies** for a Grant and **only 4 or fewer** for the Mini Grant. **Voting for more agencies will invalidate your ballot.**

I would like to take this time to thank our 2 Service Committee Chairwomen and their Committee.

Connie Nolan, Darlene Norris, and their Committee Vickie Smith, **SERVICE COMMITTEE MEMBERS ARE:** Connie Nolan, Darlene Norris and Vickie Smith

APPROPRIATIONS COMMITTEE

MEMBERS ARE: Connie Nolan, Darlene Norris, Vickie Smith, Denise Martin, Kathy Hontz, Patty Fleetwood, Becky Penrod.

- Appropriations Committee determines the amount granted to each agency, when necessary, with approval of the Board

Grant money is given to the agencies during the March NFTRL meeting.

NFTRL NEWSLETTER



February, 2020

Created by Denise Martin, Co-President

Assisted by Barbara Walker, Publicity

MEMBERSHIP IS AT 336

CANDIDATES FOR 2020/221 Board Members:

NOMINATING COMMITTEE FOR BOARD OFFICERS ARE:

Barbara Walker, Chairman, Denise Martin, Norma Bougher, Peggy Sevier and Sharon Gann they are proud to announce the nominees for the 2020 - 2021 Board of Directors.

We will also be voting to accept the Nominating Committee's candidates for the 2020 -2021 Board of Directors.

Co- President – ANNA CHANCE

Co- VP of Programs – ROSEMARY MARESH

Co-VP of Membership – DEBBIE DUL

Co-VP of Interest Groups – RUTH SELBY

Co-VP OF Reservations – LYNETTE LEOPOLD

Co-VP's of Ways and Means – SANDY VOS AND MARTY MARTIN

MINUTES FROM PROGRAM JANUARY LUNCHEON 2020

Julie Robinson, Program Vice-President, introduced our speaker, **Sharon Ditch, BSN, RN, CNOR**, who spoke to our members about STROKES. She explained to our members that strokes kill nearly 150,000 of the 860,000 Americans who die of cardiovascular disease each year—that's 1 in every 19 deaths from all causes.

A stroke, sometimes called a brain attack, happens in one of two ways:

- **Ischemic stroke**—when the blood supply to the brain is blocked, 87%
- **Hemorrhagic stroke**—when a blood vessel in the brain bursts, 13%

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death. Stroke is the fifth leading cause of death in the United States and the leading cause of serious long-term disability. This is disturbing because about 80% of strokes are preventable.

You can greatly reduce your risk for stroke by making lifestyle changes to **help control your blood pressure and cholesterol levels and, in some cases, by taking medication.**

Signs of Stroke in Men and Women

- Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body
- Sudden **confusion**, trouble speaking, or difficulty understanding speech
- Sudden **trouble seeing** in one or both eyes
- Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination
- Sudden **severe headache** with no known cause

Call 9-1-1 right away if you or someone else has any of these symptoms.

A **transient ischemic attack (TIA)** is sometimes called a “mini-stroke.” It is different from the major types of stroke because blood flow to the brain is blocked for only a short time—usually no more than 5 minutes.

It is important to know that:

- A TIA is a warning sign of a future stroke.
- A TIA is a medical emergency, just like a major stroke.
- Strokes and TIAs require emergency care. **Call 9-1-1** right away if you feel signs of a stroke

or see symptoms in someone around you.

- There is no way to know in the beginning whether symptoms are from a TIA or from a major type of stroke.
- Like ischemic strokes, blood clots often cause TIAs.
- More than a third of people who have a TIA and don't get treatment have a major stroke within 1 year. As many as 10% to 15% of people will have a major stroke within 3 months of a TIA.

Recognizing and treating TIAs can lower the risk of a major stroke. If you have a TIA, your health care team can find the cause and take steps to prevent a major stroke.

Use **B.E.F.A.S.T.** to remember and recognize the following signs and symptoms of stroke:

B: Balance: Is the person experiencing a sudden loss of balance or coordination?

E: Eyes: Is the person having a sudden change in vision or trouble seeing

F: Face drooping. Ask the person to smile, and see if one side is drooping. One side of the face may also be numb, and the smile may appear uneven.

A: Arm weakness. Ask the person to raise both arms. Is there weakness or numbness on one side? One arm drifting downward is a sign of one-sided arm weakness.

S: Speech difficulty. People having a stroke may slur their speech or have trouble speaking at all. Speech may be incomprehensible. Ask the person to repeat a simple sentence and look for any speech abnormality.

T: Time to call 911! If a person shows any of the symptoms above, even if the symptoms went away, call 911 and get the person to a hospital immediately. The importance of speed was really impressed upon me and the fact that if treatment can be administered within 4 hours it can make a huge difference in recovery. It is better to be a little embarrassed that it was a false alarm, than if you suffer extreme loss of function.

PROGRAMS FOR 2020

February 10 – Protecting our Community: Sheriff Doug Rader

March 9 – Local Agencies Receive Grants

April 13 – Discovering What's Under Water: Emily Deckard, U.S. Army Corps of Engineers Park Ranger

May 11 – Last meeting of the year – Summer Fashion Show: Queen Elizabeth Fashions for Neighbors and Friends of Table Rock Lake

IMPORTANT CHANGES IN OUR RESERVATION POLICY

We must, with the huge number of attendees we have, operate our luncheon on a reservation basis. Each member, except those that have opted out, receive either a phone call, email or text by a reservation caller. Those callers then report the number attending and that report is VITAL because we then give it to the Knights of Columbus and this is all they have to go on to know how many meals to prepare.

We have been experiencing a lot of “Member and guest walk in's” that have not made a reservation. We try very hard to accommodate everyone and try our best to find them a meal, maybe from a no show, but it is not always possible.

The Board, at their January Meeting, changed the policy on walk ins.

Beginning in September 2020. If we are able to accommodate a walk in with a meal, it will be **\$15.00**. This is considered an “at the door” price. This pertains to Guest walk ins as well as Members.

We hope this will encourage everyone to make a reservation. The Callers and Reservation Committee works so hard for us, let's please be courteous enough to get back with them immediately after we are contacted by them.

We are growing, Yeah, but with more people we need your help even more in following procedures.



GLUTEN FREE COOKIE RECIPE

This is the gluten free chocolate chip cookie recipe for the cookies I made for the Galleria Please forward to the person asking about the recipe. They can contact me if they have any questions.

Thanks

Virginia Pennington

ALMOND FLOUR CHOCOLATE CHIP COOKIES GLUTEN FREE (AND CAN BE MADE SUGAR FREE)

Ingredients

2/3 cup butter, salted or unsalted, softened to room temperature

3/4 cup brown sugar (I use Swerve Brown Sugar)

1/4 cup white sugar (I use Swerve Granular Sugar)

1 egg

2 teaspoons vanilla extract

2 3/4 cups almond flour (I prefer Bob's Red Mill Super Fine Almond Flour because of the finer texture)

1/2 teaspoon baking soda

1/2 teaspoon salt

1 cup dark chocolate chips (I use Lily's sugar free dark chocolate chips)

Instructions

Preheat oven to 350°F. Line a couple of large cookie sheets with parchment/baking paper. Set aside.

Cream together the butter and sugars. Mix in the egg and vanilla. Stop and scrape down the sides of the bowl as needed.

In another small bowl whisk together the almond flour, baking soda and salt until combined. Add the dry ingredients to the sugar mixture and mix in on a low speed until a dough forms. Stir in the chocolate chips with a spoon or rubber spatula.

Scoop out heaping tablespoons of dough and roll into balls. Place on the prepared baking sheets about 2 inches apart leaving room for spreading.

Bake for 10-11 minutes until the edges have browned slightly. At the 10 minute mark the cookies will still look a little under baked but will continue bake as

they cool on the cookie sheet. If you prefer chewier cookies 10 minutes should be enough. If you want crispier edges bake 11 minutes.

Allow the cookies to cool for a couple of minutes before moving them to a wire cooling rack. The cookies will come out of the oven puffed up but deflate as they cool.

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