



# HEART OF AMERICA CHAPTER

## Military Officers Association of America

(Visit our Web Site at [www.moaahoa.org](http://www.moaahoa.org))

# Ric Nyman from the Truman Library to speak November 21

Ric Nyman from the Truman Library will be our speaker at the November 21st meeting.

Ric has been a volunteer at the Truman Library since April, 2008 when he retired after fixing copy machines for 40 years.

He's been a history nut for as long as he can remember and prior to volunteering, he and his wife, Sara, joined groups of Truman Library volunteers and staff on travels to other presidential libraries.

As a volunteer, Rick wears several "hats." On a weekly basis, as a hospitality host you'll find him sharing information with museum visitors about the museum and answering their many questions.

As a docent/tour guide, he provides guided tours of the museum exhibits to bus and school groups all year round and to walk-in museum visitors during the summer.

Throughout the year he is a member of our speaker's bureau, providing programs to organizations in the Kansas City metro area.

In the spring, he is part of a small group of volunteers who works with 3rd graders for a program developed especially for them.

About a year after Ric began volunteering, his wife Sara retired and she followed in his footsteps—she comes in weekly and is an audiovisual archives aide, working with photographs and/or reel-to-reel recordings.

Our Meeting will be held November 21, 2015 (3rd Saturday) at the DAV (Disabled American Veterans)



Ric Nyman

building at 8787 Old Santa Fe Road. The Auxiliary Luncheon begins at 1130 hours with the MOAA Luncheon beginning at 1215 hours. Cost of the lunch is \$10.00. A Board Meeting will be held at 1000 hours for Chapter Officers.

To get to the DAV, exit off I-435 at 87th Street (close to Bannister Mall), and drive east to Old Santa Fe Road, turn right for one block, or drive on Blue Ridge to 87th Street and turn west, go one block to Old Santa Fe Road, turn left and go approximately one block. The DAV is at the rear of the Loma Vista Shopping Center.

To make reservations, contact Samuel or Judy Leonard by telephone at 816-792-0744 or by e-mail at [jlynn2@kc.rr.com](mailto:jlynn2@kc.rr.com) by Wednesday before the meeting.

**PLEASE — No reservations can be accepted after 1000 on Wednesday especially requests for substitute meals.**

## Meeting Information

**TOPIC:** Truman Library Museum and History

**SPEAKER:** Ric Nyman  
Truman Library Museum Historian

Saturday, November 21, 2015

**TIME:** 10:00 a.m. - Executive Board Meeting  
11:30 a.m. - Auxiliary  
12:15 p.m. - MOAA

**MENU:** Turkey w/Stuffing, Cranberries, Vegetable, Mashed Potatoes/Gravy, Roll, Butter, Coffee, Iced Tea, Pumpkin Pie

*(Substitute Meals of Baked Chicken Breast or Hamburger Steak must be requested at Time of Reservation)*

**LOCATION:**  
Disabled American Veterans  
8787 Old Santa Fe Road  
Kansas City, Missouri

Call Sam and Judy Leonard at 816-792-0744 for Reservations or e-mail [jlynn2@kc.rr.com](mailto:jlynn2@kc.rr.com)

## 2015 Meeting Calendar

21 November\* 12 December (Holiday Party)

**NOTE:** All Meetings are on the 4th Saturday EXCEPT as indicated. They vary according to a holiday or available date.

\*(Exec Council meets at 10:30 am)

**Web Site:** [www.moaahoa.org/](http://www.moaahoa.org/)

# Notes from the President



by Maj Jerry Magliano

It's hard to believe I am coming to the end of my two year term as President of our Chapter. It seems like just yesterday that Gen. Treu placed his arm around my shoulder and convinced me that I should "volunteer" for this position. I am thankful for the trust and confidence that has been placed in me. I am especially grateful for all the help and support I have received from the members of the Executive Council. Through their hard work, we have once again been given the MOAA 4-Star Level of Excellence award which places us among the top Chapters in the country. Finally, I can't thank the members of the Auxiliary enough for the work they do in support of our programs and social events.

At our November 21<sup>st</sup> meeting, a vote will be taken to determine our new leadership from the slate of nominees. Other nominees will be welcome as well. Those elected will be installed at the Christmas Party on December 12<sup>th</sup>. Elections are an important event in any organization and I hope you can make it to the meeting to participate in this process.

Letters will be going out soon requesting a donation of whatever you feel you can afford for our scholarship fund. The money raised for this purpose is kept in a separate account and can only be used for the three scholarships we award each year. Assisting future leaders with their education has always been a primary goal of both MOAA National and the Heart of America Chapter.

You will also soon be receiving an invoice in the mail for your 2016 Chapter membership dues. Like any organization, a budget and funding is required to accomplish our goals. Your dues is the main source of funding. Please mail your dues in as soon as possible. In addition to the camaraderie and opportunity to serve others, you will continue to enjoy excellent speakers at our luncheons.

Our Christmas Party, scheduled for December 12<sup>th</sup> this year, promises once again to be a joyous event featuring the Strolling Strings from Shawnee Mission North High School. For more information or to make a reservation, contact Terrie Fox at 816-525-3592. **Your RSVP must be made to Terrie by Wednesday, December 9<sup>th</sup>.**

It has been a privilege to serve as President of this Chapter. I want to wish each and every one of you and your families a Happy Thanksgiving, a Merry Christmas and a Healthy and Happy New Year.

## Slate of Officers Nominated for 2016 Leadership Positions

- President Col Bruce Eveland, USA(Ret)
- First Vice President Col Celia Allman, USA(Ret)
- Second Vice President Maj Gary Fox, USAF(Ret)
- Recording Secretary Capt Roger (Jim) Davis, USCG (Ret)
- Membership Secretary Maj Barry (Keith) Pechak, USA (Ret)
- Treasurer Maj Emma Toops, USA (Ret)

### HEART OF AMERICA CHAPTER Military Officers Association of America



*Opinions expressed herein are those of the editor or columnists and are not necessarily those of the Heart of America Chapter of the Military Officers Association of America.*

#### 2015 HEART OF AMERICA CHAPTER OFFICERS

POSITION	RANK	OFFICER	HOME
President	Maj	Jerry Magliano	913-261-9957
1st Vice President	COL	G. Bruce Eveland	609-238-6141
2nd Vice President	COL	Celia A. Allman	816-320-3464
Recording Secy	CAPT	Roger "Jim" Davis	816-373-1523
Membership Secy	MAJ	Keith Pechak	913-915-2131
Treasurer	MAJ	Emma Toops	719-200-9530
Immed Past Pres	Maj	Bill Tudor	816-365-6148

#### APPOINTMENTS:

Chaplain	LCDR	Alan Davis	816-554-9018
Legislative Affairs	Col	John R. Hansford	816-942-4466
Scholarship	Maj	Victor Christianson	816-240-8315
Program Chairman	MAJ	Emma Toops	719-200-9530
Finance Committee	COL	G. Bruce Eveland	816-635-3577
Judge Advocate	CAPT	Charles Harvey	913-851-1008
Surgeon General	COL	Linda Crosser	913-712-8751
Placement (MOPS)	Maj	Jerry Magliano	913-261-9957
ROTC Liaison	LTC	Norman E. Sowell	816-628-5005
Social Secretary	Maj	Gary J. Fox	816-525-3592
Historian		VACANT	
Newsletter Editor	LTC	Leslie C. Hobbs	816-830-5309

e-mail: leshobbs@swbell.net

#### 2015 HEART OF AMERICA AUXILIARY OFFICERS

POSITION	OFFICER	HOME
President	Mrs. Susan Eveland	816-309-6182
1st Vice President	Mrs. Diane Christianson	816-240-8315
Secretary	Mrs. Mary Ellen Davis	816-554-9018
Treasurer	Mrs. Terrie Jo Fox	816-525-3592

# **Deputy Surgeon's News Update**

## **Dementia – Risk Factors, Phases, Symptoms, Diagnosis, Protection**

By Linda Crosser, COL, USA (ret), Chapter Surgeon

Dementia is a disease of the brain, with many potential causes. Like the term “heart trouble”, dementia is a vague term, merely meaning “the brain isn’t working like it should”. There are many potential causes: brain tumors or metastatic cancer, cerebral vascular disease or strokes, severe thyroid deficiency, or Vitamin B12 deficiency, lead exposure, traumatic brain injury, neurodegenerative diseases, such as Alzheimer’s disease, Pick’s disease, and others.

Of these causes of dementia, Alzheimer’s disease is by far the most common. Because Alzheimer’s disease can only be definitively diagnosed at autopsy, the research on Alzheimer’s disease will include subjects thought probably to have Alzheimer’s disease, but may have included others, or subjects with a “mixed” dementia. This brief will focus on Alzheimer’s disease, however may apply in some degree to other dementias. The use of biomarkers can now be used, primarily in newer research studies, that are helpful in establishing if a dementia is likely to be caused by Alzheimer’s disease.

There are three phases of Alzheimer’s type dementia – these are used in research, and may be helpful to understand how long the disease actually lasts in humans.

Pre-dementia, stage I: this is a long, pre-clinical stage; there are no symptoms; biomarkers can be found here decades before there is onset of disease; anatomic changes can be found on autopsy that are diagnostic of Alzheimer’s disease.

Pre-dementia, stage II: this stage additionally has biomarkers that represent anatomic changes in the brain, and precedes clinical disease by a shorter time frame. There are still few, if any symptoms of subtle memory loss and cognitive decline.

Alzheimer’s disease, stage III: at the time of diagnosis, not only is memory loss a symptom, but also the loss of some functional capacity, such as paying the bills, driving safely, or cooking a meal. This is a gradually progressive disease that progresses at different rates in different people.

Risk Factors for diseases are helpful in identifying alterable behaviors that may have a positive impact on preventing or delaying the onset of a disease. Recently, in studying risk factors for Alzheimer’s disease, Jin-Tai Yu, MD, PhD, of the University of California, San Francisco, and colleagues, did a meta-analysis of 5,000 people in 323 studies done during the years 1968-2014. They analyzed 93 risk factors for dementia. Other than the unalterable genetic risk factors, they found 8 grade I items that had a protective effect against Alzheimer’s disease. They also found pre-existing conditions that correlated with either increased or decreased risk of developing Alzheimer’s disease.

Conditions such as frailty, narrowing of carotid arteries, abnormal blood pressure, (either high or low), having a high or low body mass index (BMI) in mid-life, low educational attainment, elevated serum homocysteine, depression, current smoking, and type II diabetes (in Asian patients only) are associated with 2/3 of all the Alzheimer’s disease globally.

Other conditions are associated with a lower risk of developing the disease: arthritis, heart disease, cancer, metabolic syndrome, having a higher BMI later in life, doing “brain”, or cognitive exercises, drinking light to moderate amounts of alcohol, physical activity, and having stress.

4 prescription medications were found to have some protective effect: estrogen, statins, antihypertensives (for blood pressure), and non-steroidal anti-inflammatory drugs (NSAIDs, used for arthritis, pain or inflammation).

4 nutritional products were also found to have some protective effect: folate (Vitamin B9), Vitamin E, Vitamin C, and coffee.

Words of wisdom: If you do anything with this information, other than to try to take very good care of yourself:

1. Skip worrying about your genes.
2. Take the prescription drugs noted above if your doctor says you need them.
3. Try to minimize the effect of conditions associated with increased risk.
4. Don’t try to “acquire” the diseases associated with lower risk.
5. If you add in any of the nutritional products:

Limit Vitamin B9 to a maximum of 1 mg/d from all added sources.

Take at least 0.6 mg/d of Vitamin B9 if you drink alcohol.

Limit Vitamin E to 2,000 IU/d; evidence that men are at increased prostate cancer risk if they take Vitamin E exists, and is controversial, but men should avoid this.

Vitamin C can be safely taken 250-500 mg 1-2x/d.

Coffee has many benefits, but limit to 1-2 cups/day.

### REFERENCES:

[www.medpagetoday.com/Neurology/AlzheimersDisease/53157](http://www.medpagetoday.com/Neurology/AlzheimersDisease/53157)

Xu W, et al “Meta-analysis of modifiable risk factors for Alzheimer’s disease” Journal of Neurology, Neuroscience, and Psychiatry 2015:DOI:10.1136/jnnp-2015-310548

[www.health.harvard.edu](http://www.health.harvard.edu)

[www.hsph.harvard.edu](http://www.hsph.harvard.edu)



# Heart of America Chapter (HOAC) Military Officers Association of America

Membership:    Application     Renewal

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Branch of Service \_\_\_\_\_ Rank \_\_\_\_\_ E-Mail \_\_\_\_\_  
 Active     Retired     Former     AUX     Reserve     National Guard

Address: \_\_\_\_\_

City/St/ZIP: \_\_\_\_\_ Phone #: \_\_\_\_\_

### PLEASE ANSWER THE FOLLOWING QUESTIONS

1. How would you like the Newsletter delivered:  e-mail     website     ground mail
2. In the Chapter Membership Roster, can we publish your e-mail address?  Yes     No
3. In the Chapter Membership Roster, can we publish your phone Number?  Yes     No

Chapter dues are \$15 per year Ladies Auxiliary dues are \$5 per year  
Please make checks payable to:  
Heart of America Chapter MOAA

Mail to: MAJ Emma Toops, Treasurer MOAA  
22804 West 73rd Street  
Shawnee, KS 66227