

May 2021

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Los Altos Hills Club Yoo Hoo

www.LAHClub.com

*New Member
WELCOME*

Update Your Roster Book!

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2021 PROGRAM DATES

Los Altos Hills Club Program dates we have planned for 2021. Of course, future lunches are dependent upon being allowed by the Santa Clara Public Health Department to resume large social gatherings indoors and how safe our members feel.

Virtual Zoom meetings are at no cost!

The dates are the second Tues. of every other month.

Zoom 1-2:30 PM

May	11
July	13
Sept	14
Nov	9

Building Your Cognitive 401k Preventing Dementia using Lifestyle-based Interventions

Many of our members' family or friends have recently faced the unfortunate consequences of Dementia. The LAH Club felt that a program with a specialist who can address proven interventions to prevent dementia was timely.

In this Zoom presentation, Dr. Gina Serraiocco, board-certified in Internal Medicine and Integrative Medicine, reviews the research behind proven lifestyle interventions to prevent dementia. Learn about why you are NOT your genes, and what decisions you can make to break the genetic cycle. Research has shown that dementia-related changes in the brain can show up 30 years prior to an Alzheimer's diagnosis. It is never too late to start making empowered changes to your health.

Raised in Southern California, Dr. Serraiocco completed her undergraduate studies in Biology at the California Institute of Technology in Pasadena, CA. She enjoyed her years at Washington University Medical School in St. Louis before returning home to California for her Internal Medicine residency training at Santa

Clara Valley Medical Center. More recently, Dr. Serraiocco completed the prestigious Andrew Weil Integrative Medicine Fellowship in Arizona and is also a certified Institute for Functional Medicine practitioner.



Dr. Serraiocco has had a lifelong passion for helping patients discover their innate healing abilities and has been in practice at Sutter's Palo Alto Medical Foundation since 2004. She empowers patients to gain vibrant health via personalized nutrition paradigms and

lifestyle-based programs. A strong believer in the mind-body connection, she also guides patients in emotional, psychological, and spiritual inquiry. She is skilled in the use of functional testing, evidence-based supplements, and referrals to healing touch therapists when applicable. Dr. Serraiocco has additionally trained in mindfulness meditation, reiki and spent time with traditional healers in the Yucatan. **Mark your calendar for the May 11th; 1 PM meeting!**

Zoom link: See Page 2

Reminders will be sent before the meeting!



WELCOME TO NEW MEMBERS

The Club welcomes new members. Please let your friends and colleagues know about the opportunity join the historic Los Altos Hills Club.

Reach out to a friend and invite them to attend a virtual Zoom meeting program, or to attend a luncheon (when resumed), or participate in a Book Club.

Contact Membership Chair: Pamela Taft at pamelajtaft@gmail.com or 650-917-9221



Whenever you know of a need, sadness, or congratulations for a member, please contact:

Karen Emerzian

Cell: 650-796-7806

kemerzian@gmail.com

Update Your Agendas—Special Interest Groups

Book Club I

Meets the 2nd Monday of the month at 1:30 PM.

May, The Bookwoman of Troublesome Creek by Kim Michele Richardson

ZOOM meeting coordinated by Ann Duwe.

At this time, club is at capacity.

Contact: Annemarie Rosengreen at 650-948-8334

I ♥ Book Club



New Book Club or Travel Club?

If you wish to start a new Club, please contact Vicki Oldberg
Tel: 650-941-0533
Email: voldberg@stanford.edu



Bookies, Too!

Meets 2nd Monday of the month at 2 PM.

April: Four Winds by Kristin Hannah Host: Barbara Mordo

May: The Mystery of Mrs. Christie by Marie Benedict Welcome!

Contact: Marge Mueller: mmmccubed@gmail.com 650-799-9140.



Bookie Wookie's!

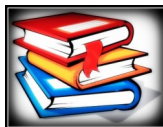
Meets 4th Tuesday of the month at 1:30 PM starting in May.

May 18: Deacon King Kong by James McBride. Host: Vicki Oldberg

June 15: Moment of Lift by Melinda Gates. Host: Marge Shively

New Members Welcome!

Contact: Marge Shively; margeshively@yahoo.com; 650-948-3192



Some Santa Clara County residents don't have to wait until April 15 to start booking their vaccine appointments. Santa Clara County residents 16 years and older will be able to book an appointment for a shot starting on April 15. But getting an appointment will depend on a lot of other factors including vaccine supply. Santa Clara County vaccine director, Dr. Marty Fensterseib cautions that getting a shot will depend on the vaccine supply from the state each week. Once the new eligible group join the lines for vaccines, there will be about 1.5 million eligible recipients just in Santa Clara County alone. County officials emphasize the public to be patient, show up for appointments on time, and keep wearing masks and maintain social distancing.



Topic: Los Altos Hills Club March 11, 2021 Meeting "Preventing Dementia Using Lifestyle-based Interventions"

Time: March 11, 2021 01:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83553929761?pwd=VGoyanpHdytPbmhDcmIvOXBqUEVQZz09>

Meeting ID: 835 5392 9761

Passcode: 94022

One tap mobile

+16699006833,,83553929761#,,,,*94022# US (San Jose)

+13462487799,,83553929761#,,,,*94022# US (Houston)

Find your local number: <https://us02web.zoom.us/j/83553929761?pwd=VGoyanpHdytPbmhDcmIvOXBqUEVQZz09>

