



USE HAPPENINGS - A QUICK UPDATE - August 2017

The Lunch Bunch

Members are cordially invited for lunch at Cantina D'Italia on Elden Street in Herndon, Friday, August 18 at 1:30 p.m. Cantina is a cozy little place in a small strip shopping center near LA Nails with ample FREE parking. If you would like to join us, please know that you are welcome and email or call Kathy Bush at mkbwrk1@hotmail.com, 703-435-6283, or Cheri Wubbels mediavip@aol.com, 703-437-7545 to let us know if we can look forward to seeing you there. Submitted by Cenie Edelman, our guest host for August. Thank you, Cenie!

Added Note: With a strong attendance, we hope to raffle off a \$20 gift card for the restaurant. So come and enjoy, add to the fun and take a chance!

Dates to put on your calendars:

Wednesday, September 13, the Reston Community Center is co-sponsoring THE BRAIN MAKER, **with USE, 2—4:30 p.m.** A video program by Dr. David Perlmutter, a neurologist, who found good nutrition was the only way to heal his patients before they became incurable, through diet, and life style changes. Dr. Perlmutter is a pioneer in a field that doctors are just beginning to acknowledge: it's not drugs that cure, but diet that keeps us healthy. Support USE by attending, and gain knowledge on how not to be a victim in future years.

We thank Karen Brutche for agreeing to let us use the Center's facilities. Your USE Care Committee members, (Kathy Bush and Cheri Wubbels), are presenting this program as part of the wellness portion of the Care Committee's work. Please let us know if you have a health crisis, a death in the family or know of some USE member that needs respite care, meals brought in, or other assistance. This meeting is open to the public, so it would be wonderful to have a good attendance of USE members to support this, our first effort to involve more of the community. You can register online, as per the instructions on page 61 of the Fall 2017 issue of Reston Community Center's program guide. Be good hosts to possible new members, and share your good experiences!

Saturday, September 16, the Annual USE Picnic, starting at 4 p.m. This year, we will be at the Lake Anne Pavilion on North Shore Drive, near the corner of Wiehle. Come join this lively gathering of USE friends. Share information on what we can offer and request in the way of services. All while enjoying homemade potluck dishes. **EVERYONE** is encouraged to attend and bring a dish to share. Families with children will find the amenities at the picnic site suitable for the little ones! Watch for an invitation coming your way soon!

As usual, we will be looking for volunteers to help with making phone calls, doing setup and cleanup, helping at the food table, and other tasks that get done so efficiently with a little help from many hands. Contact Fran Lovaas and offer to help at FranLovaas@comcast.net. Come join us and pitch in - it's fun!

8/15/2017

