



## USE HAPPENINGS - A QUICK UPDATE - Summer 2017

**The Lunch Bunch** held their July meeting at Cafesano, and members showed up and had a great time bringing each other up to date with USE and summer happenings.

Lamieh Salimi was this month's hostess. Thanks a million, Lamieh!

In attendance were: Jo Klein, Alice Markham, Lamieh Salimi, Gail Vogel, Fran Lovaas, Betty Levinson, Cheri Wubbels, and Kathy Bush. Kathy drew the winning ticket for the \$20.00 gift card that Cafesano offered.

The virtue of Cafesano is the very affordable and tasty food; the downside is that it is difficult for small groups to find a cozy corner in which to meet. But being the troupers USE members are, they made the best of it, and are looking forward to the August gathering TBA. Look for an email giving you time and place.

If you haven't seen or responded to the survey asking for your input on days, times and restaurants you'd like to visit, look it up (maybe in your spam folder) or ask for another. We will get it to you, and you can let us know your preferences.

### Dates to put on your calendars:

**Wednesday, September 13, when USE is co-sponsoring THE BRAIN MAKER, with Reston Community Center, 2 p.m.—4:30 p.m.** A video program by Dr. David Perlmutter, a neurologist, who decided 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 the 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.

**Saturday, September 16, the Annual USE Picnic.** This lively gathering celebrates members gathering to share information on what they can offer members, and to find those who will help them meet their own needs for services. All the while, we are enjoying homemade potluck dishes, friends and the USE family. Everyone is encouraged to attend. Families with children will find the amenities at the picnic site suitable for the little ones!

