



Upcoming Meeting Dates

Wednesday, April 2, 2008 @ 12:00 noon

WesleyLinks network meeting at:
Sharonville United Methodist Church
3751 Creek Road, Sharonville, Ohio 45241

Phone: 513-563-0117

If you need directions, please call the Wesley Community Services office at 661-2777.

Thursday, April 3, 2008 @ 10:00 a.m.

Westside cluster group
St. James Episcopal Church
3207 Montana Avenue
Crisy O'Conner owner of Newtrition will be speaking.

Tuesday, April 29, 2008 @ 7:00 p.m.

East cluster meeting at Anderson Hills United Methodist Church

Tuesday, May 6, 2008 @ 12:00 noon

lunch provided
North cluster meeting at John Wesley United Methodist Church



Amy Kemp & Bill Reusing

While reading one of this week's United Methodist News Service articles, I felt moved to reiterate some of the points made by Bishop Timothy W. Whitaker of Florida, regarding cluster groups. Forgive the repetition for those of you who read the article – but in my opinion, it's worth hearing twice.

“Local churches are not independent entities but rather are **connected and in relationship with one another...**”

“Asking congregations to be in clusters was a way to try and experience again what the connection once was [in the circuit rider days of John Wesley] – **a living relationship with one another.**”

“Our churches have tended to follow American society...American culture was dominated by certain kinds of corporations and bureaucracies...seeing itself as standing alone...”

“...conferences are giving clusters freedom to organize...**building a spirit of unity among different communities.**”

We are looking forward to meeting with OUR cluster groups to talk about nutrition and exercise plans for the spring. Bill has dubbed this adventure our “PEP rallies” – Physical Exercise and Eating Properly. More information will be coming soon on upcoming cluster meetings and event dates!



Fitness & Exercise for Senior Citizens

Senior Citizens Less Likely to Get Alzheimer's with Regular Exercise

Physical exercise may slow aging's effects and help people maintain cognitive abilities well into older age.

Based on the review of the epidemiological literature, the authors found a significant relationship between physical activity and later cognitive function and decreased occurrence of dementia. And the benefits may last several decades.

In a few of the studies that examined men and women over 65 years old, the findings showed that those who exercised for at least 15-30 minutes at a time three times a week were less likely to develop Alzheimer's Disease, even if they were genetically predisposed to the disease.

Editor's Notes:

Presentation: “Fitness Training and the Brain: From Molecules to Minds,” Arthur F. Kramer, PhD, Stanley J. Colcombe, PhD, Kirk Erickson, PhD, and Paige Scalf, PhD, University of Illinois at Urbana – Champaign. Presented Friday, August 11, 2006.