



### FROM THE PRESIDENT



Are you familiar with the term, “the wheels came off”? Well, last week on the 14th hole of an unnamed golf course (after a decent drive) I hit two lateral shots (one to the left, one to the right), scuffled out the rough and three-putted. The wheels literally fell off. A DISASTER. Then, I reminded myself, I’m never going to play at the Masters or at Wimbledon. I’m never going to ride at the Tour de France and I’m never going

to participate in the Olympics. What I really was telling myself is that this is all supposed to be fun. Perhaps we take competitive sports and card playing much too seriously. Just being able to get out and exercise and enjoy the fresh air and sun and the companionship of friends is just such a plus. We too often lose sight of what’s really important. So my suggestion: as long as you’re physically able, do something to keep your body in motion and in the best shape you’re able, and be in the moment and enjoy life.

Speaking of something that’s not important, but a lot of fun: the Five Families Golf Scramble is coming up. You don’t have to be a good golfer. The camaraderie of meeting, playing and dining with members of the

other four senior men’s groups make this a fun afternoon and early evening. The date is August 6 at Chevy Chase Golf Course. Contact Buddy Kalish or Jerry Ezgur to sign up.

Our newest members are really integrating into MEL. That’s a tribute to them and thanks to all of you for being so welcoming. Some have already initiated new activities. And that will allow MEL to continue to grow and prosper.

If you haven’t signed up for the Annual Dinner on Wednesday, August 14 and paid for your guest, please do so promptly. Bruce and his team have done a wonderful job to make this another excellent MEL event. It’s going to be a terrific evening.

My best always,

Gary Salit



### MELMEN VOLUNTEER IN STUDY ON AGING – by Bill Gurolnick



Art Edelstein and I recently attended the 25th anniversary party for a research program conducted at Northwestern University Feinberg Medical School’s **Mesulam Center for Cognitive Neurology & Alzheimer’s Disease**. This study, an out-growth of investigating Alzheimer’s Disease, has found that a small percentage (4%-5%) of the population has cognitive abilities equal to people 20-25 years younger, and whose mental decline, with age, is at a much slower rate than the general population.

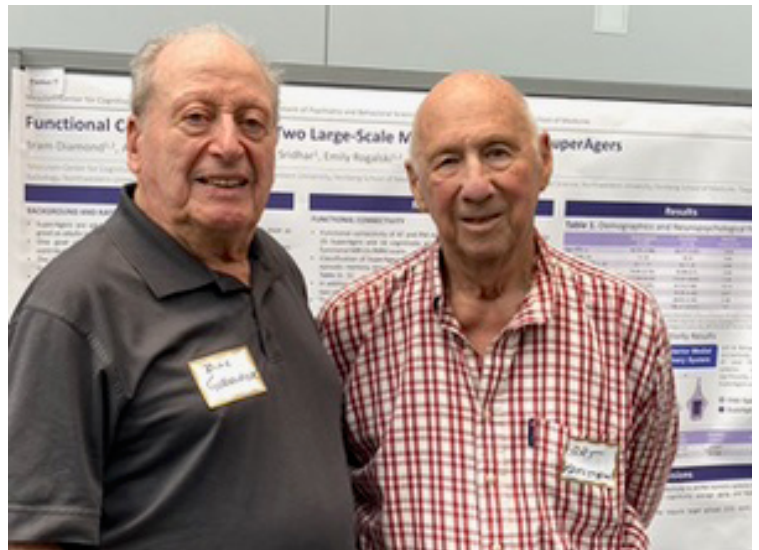
They have coined the name “Super-Agers” for this cohort.

As volunteers, we are subject to periodic cognitive testing and MRI and PET brain scans. There are approximately 100 participants currently in the study with ages ranging from 80-105. Researchers have found

that personal traits, such as race, gender, alcohol consumption, exercising or not, eating well or not, smoking or not, and other factors have **no causative effect!** Postmortem brain studies have found some structural similarities. After 25 years, no definitive answers. Why? I guess that’s what research is.

Other MELmen in the study are Ralph Rehbock and Gene Chaiken.

The study, funded by the National Institute on Aging, continues, at NU and other sites across the country. Further information can be found at: <https://www.brain.northwestern.edu/>.

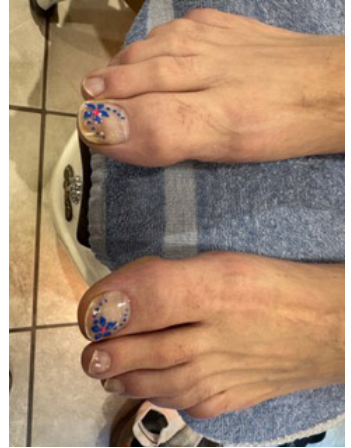


## ANNUAL MEL SPA DAY – By Buddy Kalish



Just another day enjoying a little “tender care” at Pretty Nails Salon. The following brave Melmen joined us for pedicures: Ansel Edidin, Sol Shatz, Allen Krissberg, Art Callistein, Ed Cohen, Bill Gurolnick, George Giddens, Bob Greenberg, Michael Kafenstock, Bill Keroff and Harold Versten. Bob Greenberg had his big toes “stared,” just to show his granddaughter how brave he was.

*From the editor: More than one Melman has a pedicure each month because they can no longer comfortably reach their toes (bad backs, hips, shoulders, knees, wrists, etc.) and, even if they could, they can no longer see well enough to do the job. This is common among men of a certain age so if you haven’t tried a pedicure...Typical cost is \$35 plus a gratuity (a cash tip is always preferred). The treatment includes a trimming, cuticle control, smoothing rough heels, etc., a foot/calf massage and polish if you want it. It takes about 30 minutes. Most salons do not accept walk-ins. Call first to be sure they accommodate men; not every salon or operator does.*



We noshed on coffee, bagels and cream cheese and then went to lunch at Portillo’s. As usual, a great time was had by all.

## MEL MONTHLY BREAKFAST – By Jack Meyers

MEL’s monthly breakfast has continued to engage over a dozen Melmen throughout the fall and winter months. In addition, a good number of new/newer members have been attending. This is a great way to extend your circle of MEL acquaintances. Now, returning snowbirds, as well as all other members, are encouraged to spend some quality time with us at Scrambled/ Demetri’s on the first Monday morning each month. We all gotta’ eat breakfast, right?



*We note the recent passing of regular attendees, Neal London and Lenny Weiskirch. They are missed.*

## MEL PHOTO GROUP AT PORTILLO’S



# MEL PHOTOS OF THE MONTH



*Bob Savin*

## HANDS

- BY BOB SAVIN

was chosen as the best picture for June 2024. The above shot shows the Photo Group viewing and discussing images arrayed at Portillo's. Note from Steve Wasserman: Congratulations! I can see a big improvement in the quality of the pictures taken between when we began and more recently. I hope you enjoy showing your images to family and friends. Keep up the good work and keep taking pictures.



### MEL PHOTO GROUPS HITS CHICAGO

Jerry Fisher, Howard Weisbart, Sheldon Kail and Steve Wolf join Steve Wasserman (photographer) in shooting the "L" train, the Chicago River, and the Chicago Theater on June 6.

MEL's S'N'L (slow and leisurely) riders in front of Lake Point Tower, the southern terminus of a 12 mile lake front ride on June 24. (The S'N'L ride averages about 10 mph and tries to avoid steep hills.)

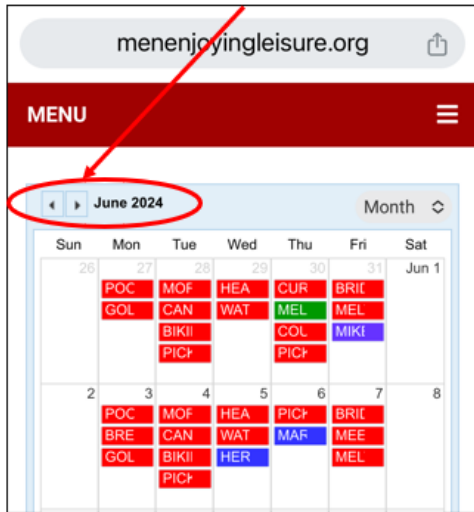


## HOW TO LOOK AT FUTURE OR PAST MONTHS ON THE CALENDAR

The image below shows that by selecting either the right or left arrow at the top of the page, you can easily find the date you are looking for.

In addition, please remember that if you wish to see any details regarding any calendared event, just place and hover your cursor over the event, and a drop-down box will appear with the information for that particular activity. If you have any further questions regarding the website, contact our Webmaster, Sheldon Kail.

Click on left or right arrows to advance calendar to prior or following month



## CONTINUED...MEL PHOTOS OF THE MONTH



## UPCOMING SPECIAL AND SEMI-REGULAR EVENTS

- July 23** O'Brien Water Reclamation Plant Tour Contact Mitchell Weiss
- Aug. 14** Annual Dinner (Melmen and couples)  
Chevy Chase Country Club in Wheeling
- Aug. 22** Annual Cubs Game Outing
- Oct. 17** Lake County Dunn Museum (9:30 AM, details to come)
- Dec. 12** Annual Couples Holiday Dinner at D'Agostino's Wheeling



## JUNE / JULY BIRTHDAYS

### June



- 4 Al Newman
- 5 Herb Kanter
- 6 Marshall Goldsen
- 9 Alan Esterman
- 11 Ron Kaplan
- 15 Bernie Hauser
- 16 Robert Abrams
- 16 Robert Matanky
- 18 Jerry Lasin
- 19 Bob Cremer
- 22 Joel Karlinsky
- 25 Bob Shuman
- 26 Robert Orenstein
- 29 Arnie Groot
- 29 Abbie Hans
- 29 Ron Meibach



### July



- 4 Sol Shatz
- 5 Harris Cohen
- 5 Morry Dyner
- 9 Art Edelstein
- 11 Ralph Rehbock
- 12 Harvey Orloff
- 14 Tom Green
- 18 Ron Hirsch
- 18 Mike Stricker
- 22 Bob Kohn
- 24 Dave Miller
- 31 Corey Stricker