



LAKE COUNTY WOMEN'S ADVOCATES

Supporting Lake-Sumter Children's Advocacy Center

April 23 @ 11:30am

Chesapeake Bay Grille @ Arlington Ridge

4467 Arlington Ridge Blvd, Leesburg

Doors open at 11:00am



2026

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352-728-1277

V.Pres/Membership

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352-430-5312

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407-489-3754

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407-758-9014

Website Design

Dr. Sharon Kochlany
352-425-2329

Graphic Designer

Kathy Davis
863-840-2778

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Liaison/Fundraising

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201-232-8165

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724-759-5485

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214-557-3693

WHAT IS BRAIN HEALTH?

Brain health refers to how well a person's brain functions across several areas. Aspects of brain health include:

- Cognitive health — how well you think, learn, and remember
- Motor function — how well you make and control movements, including balance
- Emotional function — how well you interpret and respond to emotions
- Tactile function — how well you feel and respond to sensations of touch
- Sensory function — how well you see, hear, taste, and detect odors



Brain health can be affected by age-related changes in the brain, injuries, mood disorders, substance use/addiction, and diseases such as Alzheimer's and related dementias. Learn more about this fascinating topic at our April meeting. **Hilda Diaz of AARP** will discuss this topic which is important to most, if not, all of us.

EASTER BASKETS GOAL EXCEEDED

The Holiday Train (Lu's vehicle) left Arlington Ridge loaded with easter baskets for the Children's Advocacy Center. As always, the kindness and generosity of our members is amazing. Thank you for helping put a smile on a child's face.

READY OR NOT...IT'S CHRISTMAS IN JULY

YES, it's time to start planning and organizing LCWA's legendary "Christmas in July" party on July 23. We are asking for donations for the basket raffle and other activities. If you are interested in donating a basket, we will need it by June 27. If you would like to donate new or gently used items, please bring your items to the April, May, and June meetings. Here are some ideas for donations:

- Holiday-themed decorations
- Gift baskets filled with treats or small gifts
- Toys and games
- Books and puzzles
- Kitchenware and home décor
- Scarves and other accessories



If you have any questions or need assistance with your donation, please feel free to contact Cathy Schultzel (352-430-5312 or thend1@aol.com). Our Christmas in July event is an open meeting..... invite your friends and family to celebrate with us!

ITEM OF THE MONTH

Gift Cards (Publix, Walmart, WAWA)

LUNCH MENU - \$22.00 p/p incl.

1. GRILLED CHICKEN CAESER SALAD

Grilled chicken over a bed of Romaine, garlic croutons, Parmesan cheese, choice of dressing

2. SMASH BURGER

Two smash burgers with melted cheese, grilled onions, 1000 Island on white toast served with chips

3. HALF SANDWICH AND SOUP

Choice of tuna fish or egg salad half sandwich served with tomato basil soup.

Dessert (Chef's Choice)

~Coffee, Tea, or Iced Tea ~



MEETING WILL BE IN THE **CHESAPEAKE BAY GRILLE**

Register for the meeting on-line @ <https://www.lcwaadvocacy.org>

Or send check payable to:

LCWA
P.O. Box 526
Okahumpka, FL 34762

- Please note menu selection on your check.
- All reservations (Mail or On-line) must be received **WITH PAYMENT** by **TUESDAY, APRIL 14 by 8:00pm**

NO REFUNDS WILL BE MADE AFTER THIS DATE. NO EXCEPTIONS.

Any questions, contact Cathy Schultzel @ 352-430-5312 or thend1@aol.com

UPCOMING EVENTS*

- Game Day
- Tavares Police Dept
- Hurricane Preparedness
- Powerhouse Youth Project



Happy Birthday to our
April Ladies!