

*Morsels of the Mind Book Group*

*Date: January 22, 2004*

*Book Title: Aging With Grace by David Snowdon*

*Hostess: Nancy Schellenberg*

*Food Served: Healthy treats: tuna cheese dip, red pepper hummous, spinach squares, olives, watermelon, mixed berry crisp, wassail, punch, wine and coffee*

*Book Synopsis: Very old Catholic nuns who agree to be studied as a control group by David Snowdon, an epidemiologist researching the dementia of Alzheimer's disease. Their habits, health, early writings, education and memories were studied, and their brains were autopsied after death.*

*Review: Our group had mixed reactions to the book. Some felt it was a downer, others felt it was uplifting. A lively discussion ensued, and all admired the nuns who participated in the study. We felt that David Snowdon's approach to his subjects was very personal and engaging.*

*Highlights of Discussion: Laura and Ginny shared their vitamin regimens, which generated quite a discussion about foods, vitamins and healthy habits. Nancy shared an article about aspirin and Alzheimer's, and an article about the top 10 healthy foods.*

*Attendance: Linda Ryan and Mary Grant were absent.*

*Suggestions/Business: We revised the 2004 schedule somewhat due to the change in the KDL Author visit. Ginny will host our next meeting: Death by Chocolate on February 19.*