



The Eagle

*Veterans of Foreign Wars News Letter, Karl H Kreh, Post
1123*

*420 Adm. Callaghan Lane, Vallejo, CA 94591
October – December 2025*

VFW POST 1123 COMMANDER

Commander's Corner

Comrades and Friends,

I hope this message finds you and your families in good health and high spirits. As your Post Commander, I want to take a moment to thank each of you for your continued dedication to our Post and the values we stand for.

October, November, and December remind us what service and community truly mean. Whether you're volunteering, attending meetings, supporting fundraisers, or simply checking in on a fellow veteran, please know your efforts make a real difference. You embody the very mission of the Veterans of Foreign Wars—to **honor the fallen by serving the living**.

October brings a spirit of preparation—planning events, supporting local causes, and strengthening our connections. November calls us to remembrance and gratitude. As Veterans Day approaches, we honor not only those who came before us but also the brothers and sisters who continue to serve today. It's a time to reflect on sacrifice, unity, and the bonds that make our Post more than just a place—it's a family.

As December arrives, we close the year with the warmth of the holiday season. Many of us will gather with loved ones, while others may face quieter days. Let's make it a point to reach out—to extend a hand, share a meal, or remind a fellow veteran that they're never alone. Acts of kindness and camaraderie are the greatest gifts we can give one another.

Thank you for your service, your sacrifice, and your continued commitment to our veterans, our families, and our nation.

**Yours in Comradeship and Service,
Willy Escobedo**

Commander, VFW Post 1123

Quartermasters Corner

Budget Committee

We have reviewed the budget for 2024/25 and have determined that there are no substantive changes that need to be made for the 2025/26 Fiscal year. We will be voting on this just prior to the serving of our dinner for the October social on 10/20/25.

Robert Farnell's Corner

Dinner Committee, Buddy Poppies and Flag placement comments. District 16 news The October, November and December socials will be held 10/20, 11/17 and 12/15. The October Dinner theme is Oktoberfest or Halloween and dinner will be Pork Medallions November (Thanksgiving) dinner will be turkey and the meal for December is Ham. Please make your reservations, call Ray Hart at (720) 548-7148 or the or Email Ray at vallejovfwpost1123@gmail.com.

Buddy Poppies

Buddy Poppies will be distributed November 8 and 9 at Safeway Lincoln Rd Walmart and Walgreens, American Canyon, Walmart Neighborhood in Vallejo and Safeway Benicia in conjunction with the Benicia Post.

We need as many members as possible to participate in distribution of Buddy Poppies on November 8th and 9th. We would like to participate at 2 Safeway's at Glen Cove and Lincoln Road in Vallejo and Walgreens and Walmart in American Canyon. We will need 12 volunteers for Vallejo and 6 for American Canyon. During the past Memorial Day drive we gained around \$1,300 from the public.

We really need as many members that can participate to turn out. This will be the first time that we have partnered with another Post.

Placing Flags on grave sites

The Jessy Bethel **NJ ROTC** will place flags on Veterans gravesites at All Souls and Skyview on 11/4 at 4:45 PM. They will pick up the flags on 11/13 at 4:45 PM.

The Scouts will place flags on Veterans graves at Sunrise Cemetery on Saturday 11/8 at 9 AM. They will pick up the flags 15th.

District 16 News

On Saturday October 18 the District 16 will be holding a School of Instruction at our Post starting at 0900. The following are required to attend unless they attended the first SOI on 10/4 in Cotati. Post Commander First Vice, 2nd Vice, Quartermaster, Trustees and Adjutant.



The District held a golf tournament on 9/27

at Cyprus Lakes Vacaville. Kary Lacy, Celina Perez, Willy Escobedo and George Fuller from Post 1123 attended.

Redo of Post Bylaws

VFW National is requiring all posts to update our Bylaws In 2026. This will give us a chance to review our practices and make changes. One idea is to scale back on the number of socials to quarterly plus Thanksgiving and Christmas.

Fisher House

Kevin Milton advises that the current list of items that The Fisher House needs have been reduced to Paper Towels, AA Batteries and snacks, plus energy bars

Swanx Car show healed at the post. 10/11.



Chaplains Corner

Chaplain's Prayer As your Chaplain, I offer this thought for our comrades and their families: Almighty and Merciful God, we remember before You our departed comrades **Stephen Myers, Apolonio Luna, Calvin Hagler, and Merle Chrisholm** who have gone to their eternal rest.

We thank You for their courage, their devotion to duty, and their willingness to sacrifice in service to our nation. Grant them eternal peace, O Lord, and let perpetual light shine upon them. Comfort those who still mourn their loss, and help us to honor their memory through our own service and dedication to the ideals for which they lived and died.

May we never forget their deeds, nor the price they paid for our freedom.

Amen.

If any member or family needs pastoral support, home visits, prayer, or help making connections to local services (food, housing, counseling), please don't hesitate to contact me. Let us carry forward the spirit of service, even in quiet acts of kindness.

Amen.



In order to raise funds for the building council we are hosting this Comedy Showcase on November 10, 2025.

VETERAN RESOURCES – SOLANO COUNTY

Solano County Veterans Service Office

Helps veterans, dependents, and survivors apply for federal, state, and local benefits including disability compensation, pensions, education, home loans, and burial benefits.

675 Texas Street, Suite 4700, Fairfield, CA

Phone: 707-784-6590

Website: solanocounty.com/veterans

Veterans Unlimited Services of Solano County (VUSSC)

Nonprofit providing housing, employment, benefits assistance, and support to veterans and their families.

840 Lovers Lane, Vacaville, CA

Email: vets4vets@vussc.us

Website: vussc.us

Community Action North Bay – Veteran Housing Programs

Provides transitional and permanent supportive housing for veterans experiencing homelessness, plus case management and resources.

Website: canbsolano.org/veteran-housing

Solano County Library – Veterans Connect at the Library

Offers free one-on-one assistance connecting veterans and their families to benefits, housing, and health resources.

Website: solanolibrary.com/services/veterans-connect-at-the-library

Solano Mobility – Veterans Transportation Program

Provides transportation assistance to medical appointments, including rides to VA clinics and hospitals.

Phone: 800-535-6883

Website: solanomobility.org

Solano Community College – Veterans Resource Center

Supports student veterans using GI Bill or CalVet benefits, offering academic counseling, peer support, and referrals.

Phone: 707-864-7105

Email: veterans@solano.edu

Website: welcome.solano.edu/vrc-homepage

City of Vallejo – Veterans Resources

Offers local support, counseling, housing, and referrals through the Family Resource Center and community partners.

Website: cityofvallejo.net

California Department of Veterans Affairs (CalVet)

Statewide benefits for veterans: home loans, education, dependents' benefits, and healthcare programs.

Website: calvet.ca.gov

U.S. Department of Veterans Affairs (VA)

Comprehensive federal benefits including healthcare, disability claims, pensions, and education.

Website: va.gov

Crisis Line (24/7): Dial 988 then Press 1

Sacramento Valley National Cemetery

Burial services for veterans and eligible family members.

5810 Midway Road, Dixon, CA

Phone: 707-693-2460

Veterans of Foreign Wars (VFW) Service Officer Assistance

Help filing VA claims, appeals, and benefits.

Website: vfw.org/assistance

Name	Address / Location	Days & Times / Notes
Faith Food Fridays	826 Solano Ave, Vallejo	Fridays 10:00 am – 4:00 pm (arrive by ~3:45 pm) — open to all, no qualifications needed (faithfoodfridays.com)
Church of the Sparrow / Free Meals & Pantry	2025 Sonoma Blvd, Vallejo	Meals served outdoors; operates Monday-Thursday, Saturday & Sunday; also maintains an emergency pantry (thesparrowproject.fbcvallejo.com)
Food Bank of Contra Costa & Solano – Community Produce / Pantry Sites	Multiple sites around Vallejo (e.g. Castlewood Church, Emmanuel Apostolic, JFK Library, La Clinica North, Solano Middle School, Taylor Chapel, etc.)	Free produce distributions in slots (1st/3rd, 2nd/4th weeks) — e.g., Castlewood Church: 1st & 3rd Monday, 2:00–3:00 pm
Catholic Charities Solano / Emergency Food Pantry	125 Corporate Pl, Suite A, Vallejo	Call for appointment: (707) 644-8909 (Catholic Charities Yolo-Solano)

Salvation Army – Vallejo	630 Tuolumne Street, Vallejo	Pantry hours: Tuesday & Thursday 9:00 am – 3:00 pm (check for possible midday closure)
Vallejo Seventh-day Adventist Community Services	1130 Alabama St, Vallejo	Food pantry open on Tuesdays at 9:00 am (limited number of families served; arrive early)
Vallejo Central SDA Church – Community Services / Food Pantry & HomeBase	1111 Colusa Street, Vallejo	Also offers food pantry & support services

SOLANO COUNTY VETERAN RESOURCES

Resource	Phone Number	Address
General Information		
County Veterans Service Office (CVSO)	707-784-6590	675 Texas Street, Ste. 4700 Fairfield, CA 94533
Veterans Administration	800-827-1000	
CalVet	800-952-5626	1227 O Street Sacramento, CA 95827
Healthcare		
Fairfield VA Clinic	707-437-1800	103 Bodin Circle, Bldg 778 Travis AFB, CA 94535
Tricare-West	844-866-9378	
CHAMPVA	800-733-8387	PO Box 469063 Denver, CO 80246-9063
Behavioral Health		
Veterans Crisis Line	988 *Option 1	
LGBTQ		
Michael Burnias PsyD	415-281-5126	VA San Francisco health care (LBTQ+ Veteran Care Coordinator)
Housing		
Solano-Napa Habitat for Humanity	707-422-1948	5130 Fulton Dr., Ste R Fairfield, CA 94534
Rocky Hill Veterans Housing	707-305-5763	582 Rocky Hill Road Vacaville, CA 95688
VA National Homeless Hotline	877-424-3838	
Employment		
EDD	800-300-5616	5009 Broadway Sacramento, CA 95818
Work For Warriors	916-854-4426	10601 Bear Hollow Drive Rancho Cordova, CA 95670
Education		
Solano Community College	707-864-7000	4000 Suisun Valley Road Fairfield, CA 94534
California Community Colleges	916-445-8752	1102 Q Street Sacramento, CA 94811
California State Colleges	562-951-4000	401 Golden Shore Long Beach, CA 90802
GI Bill Hotline	888-442-4551	
Burial Benefits		
CVSO		
Sacramento Valley National Cemetery	707-693-2460	5810 Midway Road Dixon, CA 95620
National Cemetery Administration	800-535-1117	
Legal Resources		
CVSO		
Aging Resources		
CVSO		
Financial Assistance		
CVSO		
Veterans Service Organizations		
American Legion		www.legion.org
Veterans of Foreign Wars		www.vfw.org
AMVETS		www.amvets.org
Disabled American Veterans		www.dav.org
Vietnam Veterans of America		www.vva.org
Iraq and Afghanistan Veterans of America		www.java.org
Paralyzed Veterans of America		www.pva.org
Marine Corps League		www.mclnational.org
Fleet Reserve Association		www.fra.org

Judge Advocate Corner:

Articles For October 2025 Eagle

The Post Bylaws are in need of revising. If you are interested in being a member of this committee, please contact Bob Schwerin.



Life Membership Program

There are 2 currently competing for entry into this year's program. A winner will be drawn at the Christmas social on 12/15/25. If you are not a life member and would like a chance for next year's drawing and have the Post pay for your life membership, visit the Post's web site or contact Bob Schwerin.

Don Dunn Scholarship Committee



There will be committee meeting in January to review the application form and process for high school recruitment. If interested in being on next years scholarship committee, please contact Bob Schwerin



Longevity Pin Program

Those listed below are receiving a pin (at the Posts' Christmas social 12/15/25) for their continuing service. The Post will pay for your dinner (any guests will be charged \$15). Please RSVP to Bob Schwerin at 707 704-6967 or schweriniiL@comcast.net whether you plan on attending or not.



First	Last	Years
Larney	Bush	55
John	Mason	45
Robert	Mattson	40
Robert	Apodaca	35
Charles	Brinkley	30
Julio	Hinahon	30
Donald	Ledford	30
Paul	Palmer	30
Alejandro	Abejuela	25

Moises	Catiis	25
Benigno	Aspuria	25
Rodrigo	Jimenez	25
Benjamin	Lapurja	25
Peter	Mc Giffert	25
Benjamin	Santos	25
Larry	Candley	25
Emelito	Alberto	25
David	Murphy	25
Clyde	Heath	25

Felipe	Torres	25
Delaney	Graham	25
Anthony	Marshall	25
Ignacio	Simpelo	25
Steven	Hendrix	20
James	Hawkins	20
John	Barrett	20
Roscoe	Ritchey	20
Gary	Pirkig	20
Larry	Bennett	20
Christina	Snyder	20
Robert	Smith	20
Donald	Ockrassa	20
James	Ransom	20
Robert	Farnell	15
Romeo	Beltran	15
Darrow	Garrick	15
Avelino	Mendoza	15
Jonathan	Garfin	15
Joseph	Bartholomew	15
Fred	Mandap	15
Chester	Weber	15
Jerry	Ponce	10
Baker	Shirrell	10
Bevan	Skaalen	10
Jeffery	Hall	5
Ham	Lee	5
Luther	Hendricks	5

Adjutant's Corner: *How to Use the Website* Open your browser (Google, Edge, Firefox, etc.) Enter <https://www.vfw1123.org> in the address bar. Look at the upper right corner & click Login Look at the menu that pops up & click Members Only Enter your Member ID & Password (your last name) **Member ID example: 9876543 & **Password example: Feller *Welcome to the MEMBERS ONLY section of our Website! You will see a **Directory, POST INFO, MEETING MINUTES**, & other incomplete links. **Department Directory** is new & not implemented by myself. It looks like something our Department had plugged into each Posts website.*

POST INFO is a compilation of documents related to our Post. This includes our *Post Bylaws, Articles of Incorporation, Life Membership Program Application, Fisher House Program & Longevity Pin Program*. Additionally, there is a full electronic copy of the new *2025 National Bylaws & Rituals (Podium Edition)*.

MEETING MINUTES is a comprehensive list of our previous Meeting Minutes. The list is current & goes back to January 2022. You will notice at the top I have extracted the *Motions from the current year* & they can be accessed quickly. **Everything else** is under construction & will be updated over time. If you look at the **top menu** (the same menu with the Login button), you will notice **Home, About, Programs, Resources, News, Contact & Login**. I have looked around but haven't done very much yet. If you click **Home** & scroll down you will see committee, please contact me.

<i>Post officers for 2025-2026</i>		Phone
Commander	Willy Escobedo	707-567-8760
SRVCMDR	Kari Lacy	707-656-5537
JRVCMDR	Jim Hawkins	707-603-5670
Quartermaster	Ray Hart	720-548-7148
Adjutant	Steven Feller	707-373-9046
CHAPLAIN	Celina Perez	707-652-9925
1 year Trustee	Kevin Milton	707 319-7810
2 year Trustee	Robert Farnell	707 319-7685
3 year Trustee	Juan Servera	707-640-9849

Calendar

14-Oct-25	Tuesday Coffee Morning	19:00	Vets Bldg	
21-Oct-25	Tuesday Coffee Morning	9:00	Vets Building	
10/13/1775	U.S. Navy Birthday			Est 1775
20-Oct-25	Social	18:00	Vets Bldg	1900
28-Oct-25	Tuesday Coffee Morning	9:00	Vets Building	
25-Oct-83	Grenada Campaign			1983
4-Nov-25	Tuesday Coffee Morning	9:00	Vets Building	
6-Nov-25	Vallejo Veterans Council Mtg	19:00	Vets Building	
8-Nov-25	Buddy Poppies	9:00	Various	
9-Nov-25	Buddy Poppies	9:00	Various	
3-Nov-25	1123 Post Meeting	18:00	Vets Bldg	1900 Meeting
2-Nov-25	Daylight saving ends			
4-Nov-25	Tuesday Coffee Morning	9:00		
4-Nov-25	ROTC All Souls & Skyview Flags out	15:00	Gravesites	
8-Nov-25	Boy & Girl scouts - Flags out @ Sunrise Cemetery	9:00	Sunrise Cemetery	
11-Nov-25	Tuesday Coffee Morning	9:00	Vets Building	
11/10/1775	Marines Birthday			1775
11-Nov-18	WWI Armistice Signed			1918
11-Nov-25	Veterans Day Services	10:00	Behind City Hall	National Holiday
16-Nov-25	Pickup flags at Sunrise Cemetery	9:00	Sunrise Cemetery	
13-Nov-25	ROTC All Souls & Skyview Flags pickup	15:00	Gravesites	
17-Nov-25	Thanksgiving Day Dinner – Social	18:00	Vets Building	
18-Nov-25	Tuesday Coffee Morning	9:00	Vets Building	
25-Nov-25	Tuesday Coffee Morning	9:00	Vets Building	
27-Nov-25	Thanksgiving Day			National Holiday
1-Dec-25	Post 1123 Mtg	19:00	Vets Building	1900 Meeting
2-Dec-25	Tuesday Coffee Morning	19:00	Vets Building	
4-Dec-25	Vallejo Veterans Council Mtg	19:00	Vets Building	
7-Dec-41	Pearl Harbor Remembrance Day	18:00	Vets Building	
9-Dec-25	Tuesday Coffee Morning	9:00	Vets Building	
15-Dec-25	Christmas Dinner Social	18:00	Vets Building	
16-Dec-25	Tuesday Coffee Morning	9:00	Vets Building	
20-Dec-19	Space Force Birthday			
23-Dec-25	Tuesday Coffee Morning	9:00	Vets Building	
24-Dec-25	Christmas Eve	9:00	Vets Building	
25-Dec-25	Christmas Day	9:00	Vets Building	National Holiday



On July 4, Vallejo citizens enjoyed the **170th Annual 4th of July parade** - www.vallejojuly4.com - and the festivities at the Dr. Martin Luther King, Jr. (MLK) Park and at the waterfront. Pictured at top left is the Vallejo Veterans Color Guard consisting of, from left, The American Legion (TAL) Post 603 Commander Ray Hart with the POW/MIA Flag, Disabled American Veterans (DAV) Chapter 21 Junior Vice Commander Kari Lacy with the National Colors, and Veterans of Foreign Wars (VFW) Post 1123 Senior Vice Commander Willy Escobedo with the VFW Flag. At top right is Melanie with grandfather and past VFW Post 1123 Commander Chuck Speir in the car. At

bottom left, from center, are TAL Auxiliary Unit 550 President Kittie Cox and TAL California District 5 Commander Paul Del Rosario with the USA World Classics Event Center's Forty and Eight train-mobile. At bottom right is the proud family of VFW life-member Fred Mandap, center in uniform, with Giselle, Sofia, Celestina, Rose, Jeffrey, Jeanette, Cheryl, Alexander, Osvaldo, and Sebastian enjoying the festivities at the MLK Park west of the John F. Kennedy Library. (Courtesy of Nestor Aliga)



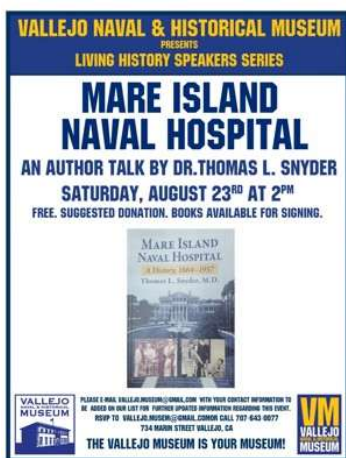
On July 4, the City of American Canyon proudly celebrated America's 249th birthday with a parade, festivities, and fireworks at Community Park 2. Pictured at top left is U.S. Navy Veteran, **VFW#1123 life-member, and Mayor Pierre Washington** wishing everyone a great holiday; at top right are several youth with Mayor Washington and Police Officer J. Coleman; at bottom left, from left, are Interim Assistant City Manager Juan Gomez, Mayor Washington, Police Officer C. Madueno, Chief Rick Greenberg, and Officers I.

Kuntz, C. Fallon, and C. Roberts; and at bottom right is the Papa Joe and the New Deal Band playing great music before the fireworks at dusk. (Courtesy of Nestor Aliga)

Recently, members of the **Veterans of Foreign Wars Post 1123 of Vallejo** (VFW#1123) visited



the Port Chicago 50 Memorial on Ryder Street in South Vallejo to remember the 50 Black sailors who were court-martialed for refusing to load munitions at Mare Island Navy Yard after the devastating Port Chicago explosion on July 17, 1944 which killed 320 people. In 2022, VFW#1123 wrote Resolution #2022-015: Exonerate The Port Chicago Fifty and Philadelphia Fifteen. On June 16, 2023, the Department of the Navy announced the correction to records of the Philadelphia 15 and on July 17, 2024, the Secretary of the Navy exonerated the 256 defendants from 1944 Port Chicago General and Summary Courts-martial. Pictured from left are VFW#1123 members: Delphine Metcalf-Foster; Nestor Aliga; Celina Perez; Kari Lacy; Steven Feller; Willy Escobedo; Dwight Richardson; and Dennis Barbarin. (Courtesy of Nestor Aliga)



<https://www.timesheraldonline.com/2025/07/29/july-31-vallejo-vacaville-arts-and-entertainment-source-faces-and-places/>

On Aug. 23, 2-4 p.m. at 734 Marin Street, Dr. Thomas L. Snyder - US Navy Vietnam War Veteran, retired Kaiser doctor, **VFW#1123 life-member**, and long-time Vallejo resident - will give a FREE presentation of his fascinating history book titled "Mare Island Naval Hospital" about the US Navy's first west coast hospital at the former Mare Island Naval Ship Yard. Please visit www.VallejoMuseum.net or email Vallejo.Museum@gmail.com for details. (Courtesy of Nestor Aliga)



The Wall That Heals is coming to American Canyon's Independence Park from Oct. 16-19, 2025. This exhibit brings the official three-quarter scale replica of the Vietnam Veterans Memorial located in Washington, D.C. for everyone to appreciate the somber and reflective environment, and will include a Mobile Education Center. Per Mayor Pierre

Washington, **VFW#1123 life-member**, (pictured), volunteers are desperately needed so please visit www.americancanyon.gov/The-Wall-That-Heals or www.vvmf.org/event/The-Wall-That-Heals-American-Canyon-CA for details. (Courtesy of Nestor Aliga)



On Aug. 23, a Celebration of Life was held for Calvin Hagler by his big family (pictured) and the Veterans of Foreign Wars Post 1123 at the Vallejo Veterans Memorial Building. Hagler was a decorated World War II US Marine Corps Veteran who gallantly fought in Iwo Jima and the Pacific theater and he was once the commander of www.VFW1123.org, the largest VFW post in Solano County. In April, Hagler became a centenarian and he was presented with federal, state, county, and city certificates of recognition. (Courtesy of Nestor Aliga)



On Sept. 23, **VFW#1123 life-member Luther Hendricks** was honored by the Solano County Board of Supervisors in their Annual Centenarian Commemoration Event. Luther and the other centenarians were recognized for their lifetime of contributions, resilience, and wisdom, while bringing together family, friends, and the community to celebrate their stories and achievements. Watch Luther's centenarian tribute video at

<https://youtu.be/pMjMUTFU13Y> and check out Luther's inspiring story in the 2025 Centenarian commemorative yearbook at https://issuu.com/solanocounty/docs/centenarian_2025_yearbook_digital



This year marks the 250th birthdays of the U.S. Army on June 14, the U.S. Navy on Oct. 13, and the U.S. Marine Corps on Nov. 10. On Sept. 23, Mayor Andrea Sorce and the Vallejo City Council for adopted a proclamation and a similar resolution was introduced by Supervisor Cassandra James and adopted by the Solano County Board of Supervisors on Oct. 7. On October 7 at the Solano County Board of Supervisors meeting in Fairfield, **Kari Lacy - VFW#1123 Sr. Vice Commander**,

pictured 2nd from left – was one of the speakers. Check out the video t [\(courtesy of Times Herald\)](#)

Post 1123 Notes from Sick Bay Surgeons Corner Autumn 2025

Flu and COVID Season is upon us. Also, preventing the dementia of old age

Sure, you're getting tired of hearing me preach "shots"! But this is important. According to the Centers for Disease Control (CDC), everyone over 6 months old should get the **flu shot**. For **COVID**, it's people over age 65 - and people with diabetes, cancer, other chronic diseases. If you're under age 65, check with your doctor. Kaiser members do not need to jump through this hoop. If you're a VA patient, best to check with your clinic if you're under 65. In California, these shots are supposed to be free. Note: the shots may not prevent you from catching the flu or COVID, but they do reliably reduce your risk of serious complication / hospitalization / death. **So, comrades, bear your arms!**

Preventing Dementia

This weekend's Wall Street Journal published an article by former CDC director, Dr Tom Frieden, in which he describes what we've learned about dementia prevention since he "watched helplessly in the early 1990s as dementia consumed the fierce intellect that defined" his beloved grandmother. In summary, here are Dr Frieden's strategies that we've since learned can reduce the risk of ending up a sad, drooling fool:

1. Control high blood pressure. The ideal range now is 130/80 or lower. Almost every pharmacy (and Kaiser waiting room) has a device where you can easily check your own. If it's above this number, get treatment.
2. Control your cholesterol. LDL levels below 70 may be ideal. "Statin" drugs are cheap and well tolerated by most people. Switching your diet away from buttery, meaty things to more olive oil, lightly salted nuts, veggies, fruits, and fish will help.
3. Stop smoking. Period. Full stop. Get whatever help you need to do this.
4. Move your body. A brisk 30 minute walk, 4 days a week, can be miraculous. Work up to "brisk" over a few weeks; don't hurt yourself trying to get fit in a hurry!
5. Sleep. At least six (seven or more is better) hours a night. No caffeine or smoking close to bedtime. (Frieden doesn't mention alcohol, but too much – maybe more than an ounce – in the evening interrupts normal sleep patterns). "Managing stress through relaxation techniques and limiting screen exposure before bedtime" promotes healthy sleep; and a dark, quiet, cool bedroom.
6. Hearing aids (if you're hard of hearing) worn "nearly all waking hours", and glasses (if you have seeing problems), surprisingly, reduce the risk of developing dementia.

Even if you're really old, like me, it's not too late to start these steps to reduce the risk of losing your mind as you get older.

Did you know that historians believe that the German policy of immunizing their troops against smallpox was crucial in their victory over the French (who did not) in the Franco-Prussian War, 1870-71? **Moral of that story: get your shots!**

Yours in good health--

Tom Snyder Post Surgeon