

January 2024



Lisle Woman's Club

established 1963



President's Message:

¡Feliz Año Nuevo! (Happy New Year!)

And welcome to 2024! I hope everyone had a great holiday and is eagerly planning for the New Year. Lisle Woman's Club had many successes in 2023 and in 2024 we will be gearing up for many more. Let's take a moment to think about our New Year's resolutions. The most popular New Year's resolutions include exercising more, sleeping more, and eating healthier. Let's not forget volunteering more and helping those less fortunate than ourselves. LWC offers each of us many opportunities to do both. When LWC has group activities to benefit others, why not volunteer? When we fundraise, why not do your part to make it a success? We are all more successful when everyone participates.

Let's live the volunteer spirit!

Liz Sullivan
Lisle Woman's Club President

January 2024

- 6 Jenny Norton
- 10 Joanne Ehrhardt
- 11 LWC Meeting
- 15 Book Club
- 18 Lucy Matune
- 24 Gardner Gate Kick Off

February

- 7 LWC Meeting

This month's speaker will be Liz McSpadden (Bev Hudson's daughter) and she will be sharing with us her difficult journey in navigating Stage 4 breast cancer. Liz will be sharing with us how her cancer was diagnosed, her care team, how to be your own health advocate, and the support systems that she relies on. If you were at the Holiday Dinner, you were able to peruse the 2024 "Here for the Girls" calendar that Liz will have available for purchase.

In addition to sharing her incredible journey, Liz is also going to share information about her incredible experience in being chosen to be the January 2024 "calendar girl". She is truly an inspiration to us all!

Lorna – Vice President

Save the Dates!
GG KICK OFF MEETING
JANUARY 24, 2024
6 PM – Lisle Park District
1925 Ohio St.

Hope you enjoyed the holidays!
On Jan 24th, we will be starting our planning and preparation for Garden Gait. We hope all members will attend the meeting and join committees because this event is our major fundraiser, and we need to assure the event is a success.

The funds raised are used to provide scholarships for graduating seniors living in Lisle and one entering college late in life.

A signup sheet for each committee will be circulated at the meeting. Please sign up for each committee you are interested in assisting.

Committees are a fun way to support our philanthropic goal as well as getting to know other club members.

Later this year (April or May) a sign up will be available for volunteering on the day of the event.
See you soon!

GARDEN GAIT JUNE 9, 2024

Kathleen Palia, Garden Gait Chair

Health and Wellness

Mushrooms for your Microbiome

By Yvonne Hammond

Do you like mushrooms? I sure do! Many of us like to cook button mushrooms in our recipes, maybe use portobellos, and for the truly adventurous, shitake or chanterelles. There are mushrooms that taste like beef and some taste like shellfish, but believe it or not, many mushrooms are beneficial to our microbiome. What is the Microbiome? The gut microbiome is composed of various bacteria, archaea, fungi and viruses. These microorganisms play an important role in helping your body defend itself against illness, break down food, and maintain energy levels. Your gut microbiome, or flora, has benign and potentially harmful bacteria which are balanced in a symbiotic relationship. An imbalance of healthy and harmful bacteria in the gut can lead to poor gut health and digestive complications.

Your gut plays an important role in your digestion. When operating at its best, your body will absorb valuable nutrients more effectively, and you will experience good cardiovascular health and cognitive functioning. Imbalanced, you may find side effects such as unexpected weight change, digestive discomfort, fatigue, skin irritation, craving sweets, gas, diarrhea, arthritis, bad breath, depression, food intolerances, insomnia, allergies, autoimmune conditions, diabetes and nausea. To combat this, we need to balance the flora in our gut.

Mushrooms contain polysaccharides which studies have shown can promote human health by regulating gut microbiota, increasing the production of short-chain fatty acids, improving the intestinal mucosal barrier, regulating lipid metabolism and activating specific signal pathways, according to the National Library of Medicine. In recent decades, many studies have shown that mushroom polysaccharides also have anti-tumor, anti-inflammatory, antioxidant, anti-diabetes, anti-obesity and other biological activities. The mushroom polysaccharides stimulate the growth of beneficial bacteria and suppress the abundance of harmful bacteria.

Here are 6 mushrooms that are the most beneficial to your gut health:

Turkey Tail

Turkey Tail is a very common mushroom in North American woods, generally found on fallen

logs or tree stumps year-round. Benefits are providing prebiotic diversity in your gut flora, contributing to improved immune system functioning as well as supporting gut health. Beneficial in conjunction with cancer treatment.

Tremella

Tremella has been used for thousands of years in traditional Chinese medicine for disease prevention, boosting immunity and improving skin appearance. Protects against oxidative stress. Grows in tropical and subtropical regions worldwide.

Lion's Mane

Lion's mane mushrooms are named for their white tendrils which look like a lion's mane. Lion's mane improves the immune system, benefits your digestive system and cognitive function. Grows on hardwood trees. Native to North America, Europe and Asia.

Reishi

Renowned for supporting sleep health, but also soothes the digestive tract and support gut health. The 1,3 / 1,6 Beta-glucans content in reishi mushrooms is ideal for porting the body in introducing healthy bacteria. Has a broad geographic growing range, from South America to Asia.

Chaga

Chaga is packed with 1,3 / 1,6 Beta-glucans and probiotic fiber. Plus contains triterpenoids, polyphenols, and other minerals to help support overall wellness. Grows almost exclusively on birch trees in cold climates, like those in Canada, Siberia, Scandinavia and some Northern parts of the U.S.

Shitake

Extremely popular due to their pleasant flavor, they are a staple in many Japanese dishes. They support gut health and immune health and is packed with Vitamins B and D. Bonus is you can incorporate it into many recipes. Grows in warm and moist climates in Southeast Asia. Easy to find in grocery.

Health Tips:

WARNING: COOK ALL MUSHROOMS!

Mushrooms, even common button mushrooms, contain traces of carcinogenic compounds in raw form. The same toxin, hydrazine, is also found in portobello mushrooms, and shitake,



Lisle Woman's Club

Dec 8 • 🌐

The Lisle Woman's Club dropped off a bushel of fruit and chocolates to the staff at the Lisle Park District! We wanted to show our appreciation for their help and support all year long!



Lorna dropped off the "thank you" basket to the park district, which consisted of a variety of fruits (plums, pears, apples, oranges, kiwi, tangerines) and some Lindor chocolates in a decorated bushel basket for allowing us to store some of our materials and accommodating our meetings at no expense. A similar basket will be given to the library, but Tatiana has asked that I do it at the December board meeting



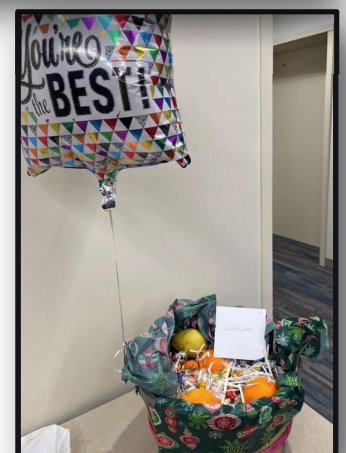
Library—Tatiana Weinstein and Will Savage

Hi Lorna,

I heard you stopped by this morning. I apologize for not being available as Jon and I were on a call with our soccer affiliate. When I came up front and saw the "You're the best" basket, I asked who that was from. It was then I learned you had stopped by on behalf of the Lisle Woman's Club. Please know we are proud of our relationship with all of you and truly appreciate the partnership we have developed. Your gesture of appreciation is unnecessary but will be thoroughly enjoyed by our team at the park district. Personally, I will enjoy the basket until the chocolate is gone !



Thank you again and I hope you have a great holiday season!



Dan Garvy, MS, CPRP

Director of Parks & Recreation



Vice President Lorna

Civic Engagement and Outreach - January Newsletter:

Thank you to all members who participated in the 2023 Lisle Township Holiday Program. A special thank you to Joanne Ehrhardt for co-chairing this event once again this year with me.

As none of us are present when these community members receive our gifts, I know that we can personally share a great amount of joy in knowing that we are able to keep the spirit of the holiday season alive. This year, especially once we learned about the food pantry's need, it was wonderful to see so many of us came together when asked to include food donations back into our annual event.

I'm so happy to report that thirty-two members made donations: seventeen of our members exclusively donated wrapped holiday gifts to low income children; eight generous members exclusively donated a turkey, ham and/or food donations; seven charitable members generously donated both holiday gifts and turkey, ham and food donations.

Thank you to all!

Karen Burris

Co-Chair CE&O



Lisle Township

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Thank you to Lisle Woman's Club for participating in our Holiday Gift Program this year and sponsoring children in need within Lisle Township. Your support helped bring the joy of the holidays to families in our community, and we are grateful to you!



Operation Support our Troops - America

Dec 20, 2023 · 🌐

We need your help! We are out of our paper boxes (not one to spare!) that we use for our Comfort and Care Package program. Please help us get more by contacting local businesses, your work place, church, or school to see if they would be willing to donate these boxes to us! Email events@osotamerica.org with any questions. Thanks in advance!

[#osotamerica](#) [#supportourtroops](#)
[#usarmy](#) [#usnavy](#) [#usmc](#) [#usairforce](#)
[#nationalguard](#) [#volunteer](#) [#donate](#)



The Lisle Woman's Club made their third donation of the month to the Township this week! We donated 6 hams weighing just under 100 lbs. and 8 bags and boxes of food Helping in the community wherever we can.

20 Soap Sakes were also donated.



Health and Wellness

FREE Wellness Event on February 10th at
Lemont High School. Meals & Childcare are included!
Sign Up: <https://forms.gle/ciye9i4RoKPyJrd19>



**WELLNESS EVENT
FOR ALL AGES**

JOIN US FOR A MENTAL HEALTH
SYMPOSIUM ON SATURDAY, FEBRUARY 10TH

**8:45 AM - 1:00 PM
LEMONT HIGH SCHOOL
800 PORTER ST**

- Free Admission
- Complimentary Breakfast, Lunch & Childcare
- Keynote speaker, breakout sessions, and exhibitors hall

BREAKOUT SESSION TOPICS:

- Teen-Focused Q&A Panel
- Yoga
- Internet & Social Media Safety
- Healthy Relationships
- Stress & Anxiety Management
- CPR Training
- Comfort Dogs & Equine Therapy
- Family Communication
- Art Therapy
- Lifestyle Medicine

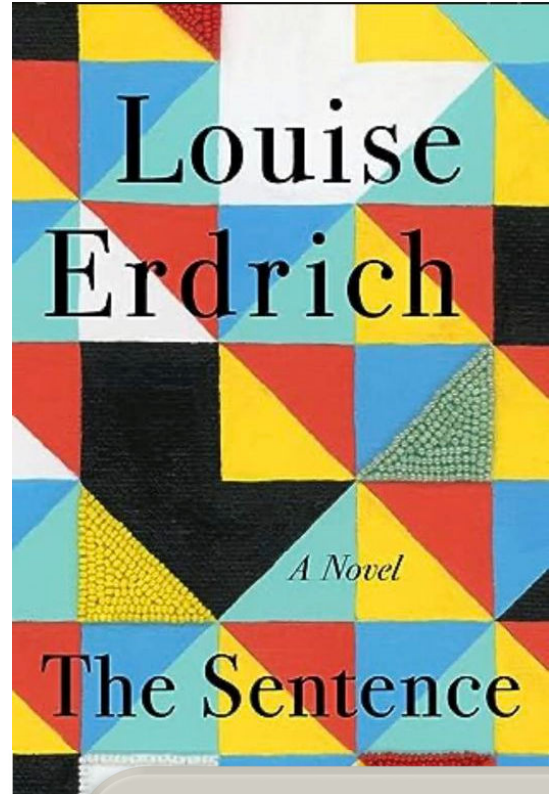
Register Here



LJWC KIDDIE ACADEMY, EDUCATIONAL CHILD CARE DISTRICT 113A TIMBERLINE KNOLLS Making a Real Life Difference

Book Club

You've worked hard over the holidays. Relax and get into a good book. Join us whether or not you've read the book. We'd love to meet you on January 15th 7pm Lisle Library



Membership and Executive Board

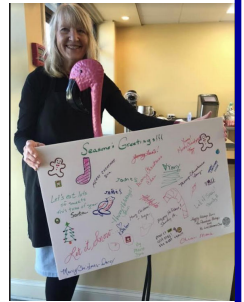


Merry on Main was truly a fun time in early December! We were at the DPG Real Estate office on Main Street in downtown Lisle. It is a business district event that invites shoppers to come and shop for specials just in time for the holiday. At this event stores and restaurants ran specials, a Santa parade took place, the town's Christmas tree was lit and kids visited with Santa.

We set up a hot chocolate station on a table in the real estate office. We laid out hot chocolate, mini marshmallows, cookies and candy canes and let visitors assemble a bag to take home and enjoy. The realtor handed out holiday cookies. Moms loved the idea of not walking around town with a hot drink in hand! We had club information on a flier

in the bag with our QR code. Also new this year we had 15 large poster boards decorated with Holiday wishes and drawings. As the kids and parents came in we asked them to sign the Holiday Greeting Card. We then placed them in the windows of 15 businesses in downtown that requested one. In the weeks before Christmas we posted the businesses with their cards on Facebook asking followers to stop in and meet the business owners or stop in to wish them a good holiday!

Joanne CPR



We had our Holiday Celebration Dinner at Lima Fresca! Everyone had a wonderful time visiting, playing games and enjoying a great dinner! The wait staff and restaurant were wonderful! Thank you Lorna for all you did to make this dinner memorable