

NOVEMBER 3RD
BRAIN HEALTH, DEMENTIA, AND FUNCTIONAL
MEDICINE ANSWERS

Estimated at a cost of 277 billion, over 6 million Americans have dementia, including Alzheimer's. Family members and friends provide an estimated 18 billion dollars of dementia care annually to family members. The greatest risk: age. The functional medicine approach to cognitive decline shows that imbalances in metabolic factors can trigger downsizing of the brain. Changing lifestyle factors



can help a declining brain react, prevent and reverse Alzheimer's disease and other forms of dementia via a highly individualized ReCode method.

*Dorothy Sprecher, MD, and Director,
NEO Institute of Functional Medicine.*

NOVEMBER 17TH
CLEVELAND CONTEMPORARY ART: PUSHING
THE BOUNDARIES

Contemporary visual art is more than just a captivating picture. It's a vehicle of communication that transcends cultures and often facilitates social change. Since its founding in 1968, Museum of Contemporary Art Cleveland (MOCA) in University Circle has grown to offer programming beyond what the eye can see. Installing new selections 3 times each year, MOCA is now free to everyone and uses guards as engagement guides. What's next as MOCA re-imagines its future for all of us?



*Jill Snyder, Executive Director, MOCA
Cleveland*

NOVEMBER 24TH
HACKING, RAMPANT DATA EXPOSURE, AND
SAFETY: WHAT'S COMING NEXT?

Massive thefts of personal and financial information from government, banks, businesses, and health care organizations continue to grow. What are the risks for our financial information and local data connected to our homes and families? Can detailed user passwords, computer updates, or the purchase of extra security programs help? Is legislation possible, or even helpful, given the rapid advance of hacking? How can we achieve protection, individually, organizationally, and economically?

*Tom Mathis, CEO, TAAK IT and
Chief Information Security Officer,
Baldwin Wallace.*



Community Forums at UUC are Live
Streamed on our YouTube Channel:
"UU Congregation of Cleveland"

You can also find a selection of past forums.

Visit [YouTube.com](https://www.youtube.com) and search for *UU
Congregation of Cleveland* to find us!



AFTER EACH COMMUNITY FORUM, WE
INVITE YOU TO JOIN US FOR OUR
SUNDAY SERVICE AT 11:00 AM

Forums

That Matter *Coffee, Conversation & Community*



September - November 2019
Sundays at 9:30 am

A Series of Discussions on Important
Issues that Impact our Lives.



Unitarian Universalist
Congregation of Cleveland

Shaker Heights, OH

21600 Shaker Blvd
www.uucleveland.org

September 15th
THE INTERSECTION OF GUNS, SUICIDE, AND VIOLENCE: WHAT'S NEXT

Suicides account for over half of all gun deaths. Mass shootings are less than 1% of gun deaths. Urban violence and domestic gun homicides account for the remainder. Nationally, 96 people are killed by guns every day. Given mental illness, addiction, and violent tendencies among people, will lawmakers support gun permits or background checks? Or a "red flag" law that allows gun removal from people deemed a threat to themselves or others? What other actions can be taken?

Panelists: Ronnie Dunn, Associate Professor, CSU College of Urban Affairs; Jane Timmons-Mitchell, CWRU Associate Psychiatry Professor, and Begun Center for Violence Prevention Research Associate; and Michael Walker, Executive Director, Partnership for a Safer Cleveland. Moderator: Rosetta Craig, Gun Control Specialist, LWV of Ohio.



SEPTEMBER 22ND
CHRONICLING THE MULTIPLE EFFECTS OF FACEBOOK: IS PRIVACY POSSIBLE?

Nearly 1.5 billion people use Facebook daily. As one of the most influential businesses in the world, it owns private data on millions of people and organizations that can be used politically, socially, and economically. Profits exceed \$21 billion. Self-regulation has failed. Congress has not acted. How can Facebook and other social media giants be regulated when their reach covers the world?

Anup Kumar, Associate Professor, Cleveland State University Department of Communications. Wayne



SEPTEMBER 29TH
A PEACEFUL DEATH FOR ME---OR UNCERTAINTY?

How can I improve how I die? Over 60% of people die in hospitals, some with the unquestioned use of medical technology to keep them alive. When we die, how can we avoid being plugged into a ventilator, unconscious, and away from our families?. Hospice and Palliative Care have clearly made significant improvements in the dying experience in the final weeks and months of life.

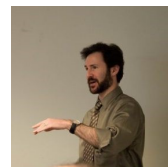
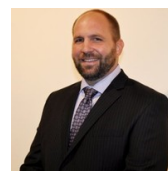


How can we take action now, proactively, to integrate these advancements into plans for a peaceful death for ourselves and our loved ones?

Julia Bartel, Chief Clinical Officer, Hospice of the Western Reserve.

OCTOBER 6TH
FRANK TALK ON ELECTION SECURITY AND EQUALITY- LOCALLY AND BEYOND

How safe are US elections, given potential tampering and hacking of voter registration databases and equipment? Over 350,000 voting machines are provided by various private companies throughout the US. Can evidence of hacking be erased? Paper trails of votes are not consistently used in all states? What new security steps are being taken locally? Voter suppression compounds the security issue via a variety of local and state laws, policies, and budget reductions. How can these issues affect election results, changing the course of history?



Tony Perlatti, Director, Cuyahoga County Board of Elections, in conversation with Justin Buchler, CWRU Associate Professor of Political Science.

OCTOBER 20TH
SPOTLIGHT ON RISING CITY, SUBURBAN AND COUNTY TAXES

Overall taxes in Cuyahoga County are 13% higher than in 10 urban counties in other states. Higher taxes are imminent due to re-financing public schools, health and human services, Tri-C, Metroparks, and other services. Instead of regional government, Cuyahoga County has 59 municipalities. To save tax money, should suburbs with similar characteristics share services and join together to save tax money? Should Cleveland be merged into Cuyahoga County?

Panelists: Michele Pomerantz, Director, Cuyahoga County Regional Collaboration in conversation with Ed Kraus, Mayor of Solon.



ALL CHURCH BREAKFAST

On the second Sunday on each month, join the UUC community for a home-cooked breakfast at 9:30 am. A goodwill donation of \$5 is appreciated. All are welcome!

*OCTOBER 13TH
 DECEMBER 8TH*

*NOVEMBER 10TH
 JANUARY 12TH*

OCTOBER 27TH
INNOCENT TILL PROVEN GUILTY—OR NOT?

Nearly 60% of inmates in Ohio jails are awaiting trial, including approximately 1,000 in the Cuyahoga County jail. Average wait: 3 months. These inmates have not been found guilty. Most cannot pay a monetary bond and potentially risk losing their job, housing and children. Many have mental health and addiction problems. How are other communities handling this problem? What action steps can we take?

Melekte Melaku, ACLU Campaigns Manager, with guests.

