

The Summit Bookends met Friday, March 14th. Laura and Carla co-hosted the books *Remember* and *James*. We did not appoint anyone to take notes so here is a quick summary:

We shared our 1st memory as a child and heard some cute stories. Appetizers were provided by Laura and represented food from the south, catfish nuggets! Five stations were set up that represented ideas on how to improve our memory. . .

- Food
- Cognitive
- Music
- Art
- Exercise

Lunch involved creating your own salad with foods that help with memory. We ate lunch with a “brain” that you could open in half and see the hippocampus! Everyone participated in discussing the chapters of the book *Remember*. Laura had beignets with chocolate sauce to follow up with the southern food theme for the book *James*. She led a thought provoking discussion. It worked great to cover both books in one afternoon. All went home with leftovers and a scarf from Bolivia.

Thanks to all who came out in the midst of a snowstorm.

*Carla*