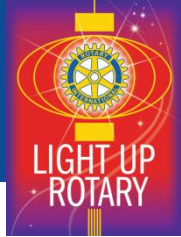




Rotary Club of Durham

Connect. Collaborate. Serve.



June 1, 2015

Volume XXII, Issue 39

Post Office Box 51572 – Durham, North Carolina 27717

www.DurhamRotaryClub.org

The mission of Rotary International is to support its member clubs in fulfilling the Object of Rotary by:

- Fostering unity among member clubs
- Strengthening and expanding Rotary around the world
- Communicating worldwide the work of Rotary; and
- Providing a system of international administration

THE 4-WAY TEST

Of The Things We Think, Say or Do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

PROGRAM SCHEDULE

- 06/01 Centennial Program: Education
Letisha Judd, Principal – Y.E. Smith School
Introduction: TBD
- 06/08 Coach David Cutcliffe
Service & Duke Football
Introduction: Chris Combs
- 06/15 Centennial Program: Hunger
Introduction: Brady Surles, Don Stanger & President Vandana Dake
- 06/22 Emeritus Professor John Staddon,
Duke University Psychology & Neuroscience
Unlucky Strike: Private Health & The Science, Law & Politics of Smoking
Introduction: TBD
- 06/29 End of Year Celebration (*Evening Event*)
No Daytime Lunch Meeting!

SERVICE SCHEDULE FOR JUNE 1 2015

Music

Pianist: TBD

Vocalist: BILL INGRAM

"MY COUNTRY 'TIS OF THEE"

Invocation & Rotary Minute

JOE HOUDE

DRC Raffle: RI Foundation Programs

Contribution: \$1/Ticket; \$5/6 Tickets

Proceeds: ½ RI Foundation; ½ Winner

Rotary International: \$57/Raffle Winner: \$57

Total: \$114.00

Raffle Winner: SHANNON LESKIN

CART Fund (*Coins For Alzheimer's Research Trust*)

5/18 \$95.27

LORENZO MEJIA, DEMENTIA CARE SPECIALIST

ACORN HOME CARE SERVICES

The Challenge of Alzheimer's



"Uhh... What was I about to say? I must be having an early Alzheimer's moment." I'm sure many of us have thought and said the same thing. Alzheimer's is the disease we love to joke about but are all secretly mortified that it could happen to us.

We were fortunate to have Lorenzo Mejia present "The Challenge of Alzheimer's."

Mejia was the 2014 Dementia Care Professional of The Year of America for The Alzheimer's Foundation. He came to this work through personal experience having cared for his mother who had Alzheimer's Disease for five years. He now owns and operates Acorn Home Care Services, putting into practice the things he learned during his mother's illness.

When he asked, "Does anyone in the room care for or have a loved one with Alzheimer's," almost half the room raised their hands. Scary.

While many confuse dementia with Alzheimer's, there's a difference. Alzheimer's is a type of dementia that causes problems with memory, thinking, and behavior -- and is the most common form of dementia --- which is a general term for memory loss and other intellectual abilities. Alzheimer's Disease accounts for sixty (60%) per cent to eighty (80%) per cent of dementia cases. And, though it is not a normal part of aging, the greatest known risk factor is increasing age and the majority of people with the disease are 65 and older. However, Alzheimer's is not just a disease of old age. Early onset Alzheimer's affects up to five (5%) per cent of the population and often appears when someone is in their 40's or 50's. Alzheimer's worsens over time and is a progressive disease, whereas dementia symptoms gradually worsen over a number of years.

Incredibly, Alzheimer's is the sixth leading cause of death in the United States (up from 12th just 15 years ago). Those with the disease live an average of eight years after their symptoms become noticeable to others, but survival can range from 4 to 20 years, depending on age and other health conditions. There is no current cure, but treatments for symptoms are available and research continues.

Surprisingly, there are five million cases of Alzheimer's and this is expected to triple by 2050. Consider this: the cost of care in 2015 is \$200 Billion Dollars --- that is 3.5% of our GNP and the same as the budget for Defense. In 2050, this cost is anticipated to be \$1.2 Trillion Dollars.

**Club Statistics as of
June 1, 2015:**

Club Members: 237;

Active: 203

Active-LOA: 5; Honorary: 28

Staff Positions: 1

OUR JUNE 2015 BIRTHDAYS

Member	Birthday
BILL LEFEVRE	JUNE 01
AISANDER DUDA	JUNE 01
DON DRAUGHON	JUNE 06
JACKIE PIERCE	JUNE 06
CHARLIE STEEL	JUNE 06
DON STANGER	JUNE 07
RENEE LEVERTY	JUNE 08
RICK JORGENSEN	JUNE 12
SAM NICHOLS	JUNE 12
BRENDA HOWERTON	JUNE 13
DAVE SHAW	JUNE 14
CHAD QUINN	JUNE 14
BRETT ROBERTS	JUNE 17
LIZZIE ELLIS-FURLONG	JUNE 18
SYLVAIN MARGUERAT	JUNE 18
SHANNON LESKIN	JUNE 21
BRANTLEY DELOATCHE	JUNE 21
MELISSA MILLS	JUNE 24
JOSE LOPEZ	JUNE 30

PENDING NEW MEMBERS

SYLVAIN D. MARGUERAT

SPONSORED BY: MATT KOPAC

PETER DEGREEFF JACOBI

2014-2015 ROTARY LEADERSHIP

RI President: Gary Huang

District Governor: Matthew Kane

ADG-Area 7: Joyce McKinney

2014-2015 Club Officers

President: Vandana Dake

Immediate Past-President: Bill Ingram

President-Elect: Lois DeLoatch

Vice-President: Todd Taylor

Secretary: Phyllis Coley

Treasurer: Susan Miller

Sergeant-at-Arms: Reginald Hodges

Finance Advisor: Barry Curtis

2014-2016 Board of Directors

Shelly Green

Deirdre Haj

Deana Labriola

Eric Miller

David Reese

B. C. Dash

Andy Esser

Blake Strayhorn

Meg Solera

Club Website Master

Jay Zenner, Designer; Updates

There was some good news. Our lifestyle choices can have a tremendous impact and Menjia shared the following tips: (1) Stay busy. Postponing retirement by 5 years lowers the risk of dementia by 15%. (2) Get plenty of exercise. One out of seven cases can be avoided through regular exercise. (3) Active Social Relations. Staying actively involved socially can reduce your chance of Alzheimer's by over 50%. (4) Plenty of Rest and Healthy Habits. These can reduce by 60% the likelihood of developing this disease.

How can Rotary help? Menjia encourages us to: (1) Raise money; (2) Raise awareness; and (3) Offer support to caregivers.

For more information about this disease, please visit: www.Alz.org

Menjia ended with a tribute to Rotarians, saying: "The things we do can change the world" challenging Rotary to do something equally amazing to address Alzheimer's.

Submitted By: Kim Shaw

ROTARY MINUTE: ANDY ESSER



**Please Visit Our Club Website To
Read The Article on Andy**



Governor's Installation Banquet

The Durham Convention Center

WEDNESDAY, JUNE 24, 2015

Registration Fee: \$48.00

(Register By: June 17, 2015!)

Go To: www.rotary7710.org to Register
Click on the "Click here to REGISTER" tab.

(No Refunds After June 17, 2015)

THE ROTARY CLUB OF DURHAM

END OF YEAR CELEBRATION

MONDAY, JUNE 29TH, 2015

5:30 P.M. – 8:30 P.M.

THE DURHAM CONVENTION CENTER

\$20 PER PERSON

Cash Bar, Dinner, Fun & Laughter

(Checks Are Made Payable To The Rotary Club of Durham)
Please RSVP To Sharon No Later Than Monday, June 22, 2015!

Nte: There will be no daytime meeting on June 29th!



Club Facebook link: www.facebook.com/DurhamRotaryClub

Executive Secretary: Sharon Lassiter

slassiter38@nc.rr.com

