



Rotary Club of Durham

Connect. Collaborate. Serve.



August 8, 2016

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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

- 08/08 Thomas Maher, Executive Director
Indigent Defense Services
Our Courts & The Legal System
Introduction: Nancy Gordon
- 08/15 Ray Fredrick, Founder & Director
Bouncing Bulldogs
Introduction: Danielle Kaspar
- 08/22 District Governor, Rusine Mitchell Sinclair
Introduction: B. C. Dash
- 08/29 Marissa Young – Duke Softball
Introduction: Tom Bonfield
- 09/05 **NO MEETING!**
In Observance of The Labor Day Holiday

SERVICE SCHEDULE FOR AUGUST 8, 2016

Vocalist: MELISSA MILLS

Pianist: VINCE SIMONETTI

Song: "Come Away With Me"

Invocation: BILL STOKES

DRC Raffle: RI Foundation Programs

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

Proceeds: ½ RI Foundation; ½ Winner

Rotary International: \$39 Raffle Winner: \$38

Total: \$77.00

RAFFLE WINNER: DIANE BONNER

RAFFLE WINNER OF

BURT'S BEES GOODY BAG: JOHN CROSS

CART Fund (Coins For Alzheimer's Research Trust)

8/1 \$120.05!!

DR. MITCH HEFLIN DEMENTIA OVERVIEW AND UPDATE



Like most Rotary Clubs, we have our fair share of heads of gray or diminishing hair and when Dr. Mitch Heflin asked who in the room had had direct experience with friends or relatives suffering from dementia, the majority of hands went up. If there was ever a double edged source of anxiety about growing old, this is it. What is worse? Watching and caring for someone you love who is disappearing before your eyes --- or fading away yourself and becoming a burden? It can get to the point when each little memory lapse makes you wonder whether next year you'll be finding your car keys in the refrigerator.



Dr. Heflin was introduced by Kiki Stallcup, who runs Durham's Senior Center in Downtown Durham. Dr. Heflin is a Senior Fellow in the Center for The Study of Aging and Human Development at Duke. In this, his second program for the Club, Dr. Heflin first reviewed the basics of what is and what is not dementia, and then provided a very useful guide to how dealing with the effects of this collection of diseases that 1 in 7 adults in North Carolina over 65 now experience.

First of all, not all memory loss is considered dementia. It's a fact of life that some memory loss is the result of normal aging where there is a decline in brain weight and slowed processing speeds. The good news is that age also can bring improvements in judgment and reasoning. There is then a progressing scale of cognitive impairment that can be associated with depression or anxiety, medication, alcohol, low hearing or vision and sleep problems. Crossing the line from mild cognitive impairment to dementia, which is now officially called "Major Neurocognitive Disorder" fits the following definition: "Acquired syndrome in which progressive deterioration in global intellectual abilities is of such severity that it interferes with the person's customary occupational, functional and social performance."

About 60% of dementia is Alzheimer's Disease. There are several other diagnoses and Dr. Heflin discussed two others --- (1) Frontotemporal Lobe Dementia; and (2) Vascular Dementia. Of those diagnosed with mild cognitive impairment, or, as it is now called, Neurocognitive Disorder, about 15% progress to dementia annually.

An important aspect of this disease is the strain it has on caregivers – both family members and professionals. Dr. Heflin shared that, in North Carolina, the former provided the equivalent of \$6.2 Billion Dollars in unpaid care. So much of his interest is in training and supporting both the unpaid and the professional in the care of dementia patients.

Club Statistics as of August 8, 2016:

**Club Members: 249; Active: 215
Active-LOA: 5; Honorary: 29
Staff Positions: 1**



AUGUST 2016 BIRTHDAYS!

TIM NORDGREN	AUGUST 06
PATRICK BAKER	AUGUST 06
HARVEY SELLNER	AUGUST 08
GERAUD STAUTON	AUGUST 12
DALLAS STALLINGS	AUGUST 13
GEOFFREY DURHAM	AUGUST 15
WADE GRESHAM	AUGUST 16
RORY GILLIS	AUGUST 16
TRUDY SMITH	AUGUST 17
ALEX QUIGLEY	AUGUST 20
SUNNY WOODEN	AUGUST 24
TOM BAGBY	AUGUST 26
SUSAN MILLER	AUGUST 29
ROZ GRACE	AUGUST 29
PHYLLIS COLEY	AUGUST 31
KATIE WYATT	AUGUST 31
CARVER WEAVER	AUGUST 31
SETH JERNIGAN	AUGUST 31

PENDING NEW MEMBERS:

JENNIFER LEVINE (Sponsor: Carver Weaver)
ANITA HOLT (Sponsor: Sheridan van Wagenberg)

2016-2017 ROTARY LEADERSHIP

RI President: John Germ
District Governor: Rusine Mitchell Sinclair
ADG-Area 7: Joyce McKinney

2016-2017 Club Officers

President: B. C. Dash
Immediate Past-President: Lois Deloatch
President-Elect: Seth Jernigan
Vice-President: Shelly Green
Secretary: Mimi O'Brien
Treasurer: Susan Miller
Sergeant-at-Arms: Janene Tompkins
Finance Advisor: Barry Curtis
Legal Advisor: Deana Labriola

2016-2017 Board of Directors

Andy Esser
Blake Strayhorn
Meg Solera
Marge Nordstrom
Jen Noble
Ari Medoff
Danielle Kaspar
Desmond Miller
Dave Ross

Club Website Master

Jay Zenner, Designer; Updates

The obvious questions that Dr. Heflin addressed, without being asked were what's next, and is there anything we could do to prevent it, or slow it down. In the area of treatment, there may be breakthroughs in the breaking up of the proteins in the brain that gum up the works. There are also medicines that treat inflammation that may be part of the cause and intranasal insulin for those who have become insulin resistant.

The prevention strategies that Dr. Heflin mentioned will sound familiar --- exercise (lots), diet (Mediterranean), which is the same prescription used to control the risk of stroke and heart problems, and that is not a coincidence. Staying mentally active and socially involved also seems to be important.

Once diagnosed though, there are also issues with safety (including driving), the stress of family caregivers, and advance care planning, since so far away symptoms only get worse and never get better.

We juggle the CART buckets every week and drop a few coins in, but all this effort takes major money. We have been able to increase our contributions in the last couple of years by periodically soliciting everyone to bring in all change you collect on your dresser in whatever vessel. For me, it's an old silver plated chalice-like thing given to me during my coaching days almost 50 years ago. I'd suggest that, instead of dropping 50 or 60 pounds of coins for Sharon to haul away twice a year that you just do it when the spirit moves you to de-clutter your life a little or you notice your stash when you're hunting to find your misplaced car keys. Bag it up and bring it in.

Note: Here is the link to the PowerPoint Slides of Dr. Heflin's Presentation:

http://durhamrotaryclub.org/wp-content/uploads/2016/08/Dementia_8-1-16_MTH_Rotary.pdf

Submitted By: Jay Zenner

Ernie Mills, Jr. at our August 1st Meeting Brady Surles Raffles Off Burt's Bees
A Big Thanks To The Durham Rescue Mission Goody Bag At Our August 1st Meeting
For Hosting Us!! Thank You!! Thanks To Matt Kopac For Donating The Bag!



GET YOUR BINS TO FILL! Contact Marge Nordstrom
Nordstrom.marge@gmail.com

FILL THAT BUS DAY: AUGUST 20TH
SIGN UP FOR 8/20 AT:

<http://www.signupgenius.com/go/9040d4aa8af28a64-fill1>

NEW TEACHER GIVE AWAY: AUGUST 27TH

SIGN UP FOR 8/27TH AT:

<http://www.signupgenius.com/go/4090c49aaae2aa0fc1-newteacher>



Club Facebook link: www.facebook.com/DurhamRotaryClub

Executive Secretary: Sharon Lassiter
slassiter38@nc.rr.com