



LAKE OSWEGO SPOKESMAN



Like You Were There

Chartered August 29, 1958

Issued: June 7, 2021

WHO CALLED US TO ORDER:

**Our President -
Nell Diamond!**



- *Is it the Truth?*
 - *Is it Fair to all
Concerned?*
 - *Will it Build Goodwill and
Better Friendships?*
 - *Will it be Beneficial to All
Concerned?*
-

Who led us to the Pledge



Paul Van Roon

Paul Van Roon



Paul was born and raised in Long Beach, CA. He graduated from San Diego State University with a Major in Business Management and a Minor in Industrial Psychology.

After traveling around London, he launched into a career in the Weighing & Measurement Industry. Paul joined the San Diego Junior Chamber of Commerce as his entry into community service and launched numerous successful community events and projects.

He has been married for 33 years to Leesie, who was a Senior Aide to the Mayor of San Diego when they met. They have two boys, one who is 29 and graduated from UofO and the other who is 26 and graduated from Pacific Lutheran.

Paul spent many years of serving the San Diego community – organizations ranging from political, non-profit, charities, museums, Kiwanis Club, and the San Diego Rotary (member for 31 years).

Paul and his wife moved to Lake Oswego in October 2020. Their lifestyle matches well with their new home as they enjoy outdoor activities, live entertainment, spirits and spending time with friends.



Announcements



Upcoming Rotary

June 19th – Lobsters To Go! Volunteers needed for morning and evening shifts!!!

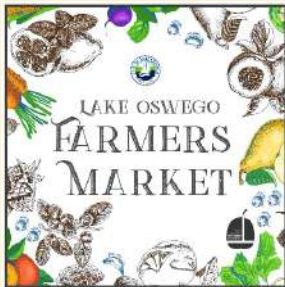
June 26th – Rotary Volunteers at the Farmer’s Market

June 28th – Evening Transition Party! – Welcoming the new President, Dave Wolf.

July 1st , 4pm - Book Group – “The White Tiger”. Contact Curtis Schade wcs6405@gmail.com

All Meetings (except First Tuesdays) are currently via Zoom.

If you need contact information visit the lorotary.org website or email Nell and she will forward to the organizer. nelldiamond@gmail.com



Farmer’s Market

Saturdays in person

Volunteers are needed for June 26, July 17, August 14, September 11

Contact Dan Meyer danielmeyer@comcast.net



TIME	# OF PEOPLE NEEDED	DUTIES
6:45-8:30 am	4 individuals	Set up signs, tables and chairs
8:30 -11:15 am	4 individuals	Monitor entrance, clean tables & chairs
11:15am – 2 pm	4 individuals	Monitor entrance, clean tables & chairs Break down tables/chairs, pick up signage



Announcements



Drive-In Lobster To-Go! Saturday, the June 19th, 2021

The goal is 500 dinners, and ... We made it!!!!

Remember that in addition to our club, this event helps support the Lakewood Center.

We need Volunteers throughout the day on Saturday, 6/19.

Please reach out to Bob Liddell to volunteer time in the morning, mid-day, and/or evening shifts.

RPLIDDELL@COMCAST

Go to <https://www.lobsterfeed.org>



Thank you to our 2021 Sponsors!



The individuals and businesses that sponsor will be promoted by the Club. There is a website and Facebook page setup to promote this event and its sponsors.

In addition, our Drive-In Lobster-To-Go event will be advertised in the Register Guard and other media.

Major Sponsors:

Skip and Lynda O'Neill
The Stafford

Champion Sponsors:

Joe Buck – Gubanc's, Babica Hen & Lola's
Buckley Law
Paul & Teri Graham
Homestreet Bank
Candace Jennings
Dr. David Wolf & Sara Wolf

Booster Sponsors:

Anonymous
Columbia Bank
Dave Beckett
Bill Draznik
Scott Havens
Drs. Bill & Ricky Korach
Dan Meyer
Curtis & Jacquie
Sharon "Mimi" Star
Bill & Barbara Warner

Featured Speakers

Joe Loiacono

Regional Director, Alzheimer's Association

The Latest in Alzheimer's and Dementia Research



Joe Loiacono presented information on Alzheimer's and the current state of research and advancements in fighting the disease.

The Alzheimer's Association's mission is to serve people living with any type of dementia and their care partners, find a cure for all types of dementia, and promote brain health. Overall, they are leading the way to end Alzheimer's.

Technically, Alzheimer is 1 of the many forms of dementia. More than 6 million Americans currently live with Alzheimer's. 1 in 3 seniors die with Alzheimer's or some form of dementia. Alzheimer's and other dementias will cost the nation \$355 Bil in 2021, and by 2050, that cost could be \$1.1 Tril.

In Oregon, 69,000 people suffer from Alzheimer's and it is projected that by 2025 that number will grow to 84,000. This many patients enlist 155,000 unpaid caregivers supporting people with Alzheimer's.

Two-thirds of Americans with Alzheimer's are women. Older Black and Hispanic Americans are disproportionately more likely to have Alzheimer's than Whites.

Age, genetics and race can all determine the potential risk of developing any of the forms of dementia, however there are lifestyle choices that can minimize the risk. Focus on Cardiovascular health, physical activity, healthy diet, regular sleep, social activities, and education to stimulate brain activity. Traumatic brain injury of any kind can increase the risk of developing a type of dementia.

Research is happening all around the world at every moment of the day and night. The US Government sponsored funding is currently at the level of \$3.1 Bil per year. The Alzheimer's Association is trying to increase the budget to \$6 Bil to speed up treatment advancements.

A new drug, called Aducanumab, was just approved by the FDA that actually stops a specific issue associated with Alzheimer's that destroys the brain. Aducanumab is not the cure, but it is a big move forward.

"Science Hub" - Alzheimer's Resource App – Available on the Apple Store and Google Play

10 Ways to Love your Brain: https://www.alz.org/help-support/brain_health/10_ways_to_love_your_brain

10 Warning Signs: https://www.alz.org/alzheimers-dementia/10_signs

Alzheimer's Association Oregon & SW Washington Chapter: alz.org/orswwa

Alzheimer's Association – 800-272-3900

Kaitlyn Bertholet at kbertholet@alz.org 541-230-9594

www.alz.org/orswwa