



MEETING NOTES: March 31, 2021

Call to Order: The meeting opened with Joy ringing the Bell. John R played a video of a military group singing a contemporary version of America that was lovely.

Sunshine: Jean had nothing new to report. Jean told us that the Oakland Museum will pick up unneeded household items for resale and that the museum is open. Hoge told us that a former member Phil F. had passed away.

Thought for the Day: Presented by Joy and was about Harry Truman. She shared that her grandfather knew Mr. Truman as they were in the same Masonic lodge.

Happy Dollars: Jim O for Skip Hoyt's memorial fund. John K for getting his second vaccination and for Tammara getting her first. Jim O for the passing of his sister-in-law. Patrice for getting her first shoot and David for completing his vaccinations.

ANNOUNCEMENTS

The **Food Drive** is April 17th in Gateway Parking lot. Sue Adams is coordinating. Several helpers are needed for 2 morning shifts. Contact Sue to help.

The **Lokanta Greek/Turkish restaurant dinner fundraiser** has been changed to Saturday the 8th of May. Orders can now be placed online at www.rossmoorrotary.org/Greek. We are looking forward to seeing all of you there.



PROGRAM

Dr. George Bray was the speaker. He is a retired physician and clinical professor of medicine at the University of Louisiana. His specialty was endocrinology.

Dr. Bray talked to us about the Importance of Amino Acids in the aging population. One needs amino acids throughout the day to build muscles which are constantly being broken down. He recommends taking a supplement of 15 grams two times a day, and to be sure to get one with all 9 amino acids. Some can be gotten from protein in our diet but generally that amount is insufficient for the seniors.

What are essential amino acids?

The building blocks for body proteins contain 20 amino acids, of which 8 or 9 are called essential amino acids (EAA) because the body is unable to make them – they have to come from the diet, or be reused by the body when proteins are broken down. In the absence of dietary intake of protein, protein breakdown is the only source of EAAs since they cannot be produced in the body. Normally, about 85% of EAAs released by muscle protein breakdown are directly reincorporated into protein, and about 15% are oxidized. These 15% must come from dietary sources.

Food Intake and Essential Amino Acids

In young individuals, the intake of food and the protein intake is more than sufficient to provide the needed essential amino acids. However as we get older, our energy needs decline progressively, along with a lot of other changes. One of these is that older people eat less food, and thus take in smaller amounts of essential amino acids. Since the only source of these amino acids, other than the diet, is muscle, there is a gradual loss of muscle in the older years that can be attributed in part to "cannibalizing" essential amino acids. Other body tissues compensate for limited intracellular availability of EAAs by drawing EAAs from the blood that have been released during muscle protein breakdown. While the net release of EAAs from muscle into the blood helps maintain protein this reduces the amount of EAAs available for muscle protein synthesis and thus only a limited increase in muscle protein synthesis is possible in the absence of consumption of EAAs.

Energy Needs with Aging and Recommendation

Energy requirements decrease progressively with advancing age. If resting metabolism was 104 in individuals 20-34 years of age, it had fallen to minus 24 (-24) age 60-74, and much further to -53 in individuals over 90 years of age. This decline associated with a slow but steady loss of muscle mass. In older people this is often called sarcopenia from the Greek for small muscle mass. Because older people eat less protein, they get fewer essential amino acids which handicaps the muscle in trying to maintain itself. Thus, some experts recommend supplementing the diet of older people with 20 – 30 g/day of EAAs consumed as 10 – 15 g amounts during regular meals.

CALENDAR

April 7	Speaker tbd
April 14	10:30 Board of Directors - Zoom
April 14	Joy A. wrapping up Sintaro project
April 17	9:00 Community Service Food Drive