



ROSSMOOR ROTARY NEWS



SERVE TO CHANGE LIVES

President: Bill Broxham **Address:** PO Box 2177, Walnut Creek CA 94595 D5160 Club 461

Notes: Joy Alaidarous **Photos:** John Rice Sept. 22, 2021

Club Website: www.rossmoorrotary.org

District Website: www.rotary5160.org

MEETING NOTES: September 15, 2021

Call to Order: Hoge led the pledge of allegiance and Jennifer Nettle sang the Star Spangled Banner from the 2016 Super Bowl.

Guests and Visiting Rotarians: Johnna H, a guest of Dale M's. Bill E. visiting from Lafayette club.

Sunshine: Ruth R had shoulder surgery.

Thought for the Day: Patrice presented the thought of the day, a collection of plays on words.

Happy Dollars: Dale M for his guest Johnna. Chuck L for his USC Trojans firming their coach \$20.
Patrice J Tom no longer needing a cane, her shower is done. She actually took a shower. Oregon winning
Dave B for Tillie being able to tie her shoes for the first time after hip surgery.
Jennifer H 50 for the birthday of her significant other
Marlene M money donated it to our foundation

ANNOUNCEMENTS

Jena golf tournament supports Parkinson's Network. Oct 11th can come for dinner only

John R. gave a report of the financial status of the Rossmoor Rotary Foundation.

Raffle: Paul W. won lunch

Patrice invited us to Los Lomas Interactor induction Thursday 9-23-21-5:00-7:00

PROGRAM

The speaker was Claire Day from the Alzheimer's Association of Northern California Zooming in and speaking on care and research. Quality of life is dramatically affected with over 6 million afflicted with dementia and 11 million caregivers. Alzheimer's interferes with activities of daily living. Dementia describes a set of symptoms involving memory loss and declining ability to reason or think. Alzheimer's is a specific disease that is responsible for about 60-80% of dementia cases.

Dementia is a collection of symptoms most of which are irreversible. They range from mild cognitive impairment, and sometimes progress from mild, to moderate and then severe dementia. Known risk factors include; getting older, high systolic blood pressure, and genetic factors. Studies also suggest that plaque and

tangles, which cause Alzheimer's, are more likely to cause problems if a stroke or other damage to the brain's blood vessels are also present. It's a good idea to work to maintain heart health as a preventive measure. Preventive measures include; getting enough sleep, eating a healthy diet, exercise for both the body and the mind, social interactions, avoiding tobacco and excessive alcohol. Medications to treat symptoms will not stop or reverse the condition. Aducanumab is a new drug to treat plaque in the brain. In June 2021, the Food and Drug Administration (FDA) approved aducanumab for the treatment of some cases of Alzheimer's disease. This is the first drug approved in the United States to treat the underlying cause of Alzheimer's by targeting and removing amyloid plaques in the brain. Biological markers are aiding the diagnosis and research. Interventions treat the disease and the life style issues. It is possible that it will be less than five years until a blood test can identify bio markers of dementia.

UPCOMING EVENTS

Sep 22	Kevin Wilk – Walnut Creek mayor
Sep 29	Torsten Jacobsen and Rich Lueck – Ride for Rotary Motorcycle trip through Southern India

PHOTOS

