

President: Peter V **Address:** PO Box 2177, Walnut Creek CA 94595 D5160 Club 461

Notes: Brenda J **Photos:** Paul W Feb. 25, 2026

Club Website: www.rossmoorrotary.org **District Website:** www.rotary5160.org

MEETING NOTES: 02/25/2026

Call to Order: Call to Order President Peter V., Patriotic Song was the National Anthem

Four-way Test: -Is it the truth?
-Is it fair to All Concerned?
-Will it Build Good Will and Better Friendship?
-Will it Be Beneficial to All Concerned?

Guests and Visiting Rotarians: Jerry B., Michele, Phyllis H., Lee S., Gene V., Jason C., Don M., Barbara P., Joe R., Carrie R., Hamid K., Jerry B., Lynn G., Michele R., Sandra H., Bill

Thought for the Day: Good Judgement comes from experience and a lot of that comes from bad judgement.
There are three kinds of people:
-Those few who learn from reading
-Those few who learn from observation
-And the rest who have to pee on the electric fence.
-Don't let yesterday use too much of today. -Will Rogers

ANNOUNCEMENTS

- St. Patrick's Day Celebration 3/16/26 at 5:30 pm in the Event Center. Hosted by the Rotary and the Irish American Club. The menu includes a choice of corned beef, cabbage, vegetables, potatoes, and a dessert of bread pudding with Irish cream glaze. The vegetarian option is butternut squash ravioli. Wine, beer and Irish coffee will be offered as well. Cost \$60 for members and \$70 for non-members. Sharon L. will be selling tickets.
- The Orinda Crab and Pasta Feed will be held on 3/3/26 at Casa Orinda
- The Spring Conference will be 3/21/26 in Fairfield



- Paul Harris Award given to Nace R.

PROGRAM



Guest Speaker Dr. Saul Rosenberg on the topic "Advancing Cognition and Brain Health through Prevention"

Dr. Rosenberg is a retired Associate Clinical Professor of Medical Psychology at the University of California, San Francisco, and Director of Preventia, a non-profit organization dedicated to chronic illness prevention and the promotion of cognitive and brain health. As a clinical health psychologist, his research focuses on leveraging artificial intelligence to develop personalized risk profiles and prevention strategies that support sustainable behavior change. Diet influences vascular health, inflammation, oxidative stress, and gut microbiome---key pathways for disease, diabetes, and cognitive decline. Better diet quality is associated with slower cognitive decline and lower risk of dementia in multiple studies.

Big picture:

- Prioritize whole, minimally processed foods
- Keep blood pressure, glucose, and LDL in healthy ranges
- Maintain muscle and a healthy weight
- Mind diet (Mediterranean + DASH, brain focused):
 - Leafy greens daily: other vegetables
 - Berries more or less 2 X /week
 - Nuts most days: beans more or less 3X a week
 - Whole grains: fish: olive oil
 - Limit red/processed meat, butter, sweets, and fried/fast foods
- Mediterranean diet:
 - Olive oil, vegetables, legumes, whole grains, fish
 - Moderate dairy: minimal ultra-processed foods
- Dash diet:
 - Lower sodium for blood pressure`
 - If you do not drink, do not start

UPCOMING EVENTS

Mar 4	Las Lomas High School Students – Speech Contest
Mar 11	10:30 Club Board of Directors Meeting
Mar 11	Joy Alaidarous – Annual Rotary Assessment
Mar 16	5:30 St. Patrick's Day celebration, Event Center