

# Rotary



## Club of Dayton



Rotary Opens Opportunities

### Club Leaders



Brian O. Martin  
President



Shaun Yu  
President-Elect



Kimberly M. Bramlage  
Secretary



Randall K. Domigan  
Treasurer



Jean L. Maychack  
iPast President



Megan Manuel  
Assistant Governor

### Birthdays



Robert Joseph  
Siebenthaler  
February 9th



Deneal Feldman  
February 12th



L. William Knerr  
February 12th

### This Week at Rotary

**MONDAY, FEBRUARY 8, 2021**

### "Predictions on 2021 and Beyond"



**SPEAKER:** Garry Golden, Futurist

For more than a decade, Garry Golden has been providing insights to industry leaders on issues shaping society and business. As an academically trained Futurist, he helps clients bring structure and discipline to exploring implications of long term change.

Garry has worked across a wide range of industry sectors and projects related to the future of infrastructure for energy and transportation, financial services, learning and talent development, civic and cultural institutions and the implications of global demographic transitions.

Chair of the Day: Diane Farrell

### This Happened Last Monday...

Small breakout rooms started the meeting as they have in recent weeks. President Brian Martin called us to order with 63 members and guests in attendance. Bill Nance offered the following invocation from Thomas Merton:

***My Lord God,  
I have no idea where I am going.  
I do not see the road ahead of me.  
I cannot know for certain where it will end.  
nor do I really know myself,  
and the fact that I think I am following your will  
does not mean that I am actually doing so.  
But I believe that the desire to please you  
does in fact please you.  
And I hope I have that desire in all that I am doing.  
I hope that I will never do anything apart from that desire.  
And I know that if I do this you will lead me by the right road,  
though I may know nothing about it.  
Therefore will I trust you always though  
I may seem to be lost and in the shadow of death.  
I will not fear, for you are ever with me,  
and you will never leave me to face my perils alone. Amen.***

Bill then led us in the Four Way Test and Pledge of Allegiance, followed by the news of the day and weather.

Secretary Kim Bramlage was glad to be with us this week after having to miss last week's meeting. She invited member to introduce their guests. Diane Farrell welcomed her husband, John, and Noreen Wilhelm (Dayton Foundation and head of the Delmar Senior Fellows Program). She also said that Julie and Suzanne from the Dayton Metro Library would join us later to hear our speaker because of their work with the library's older adults' programs. Cindy Garner introduced her long-time friend and fellow Garden Club member Penni Morris. Penni chairs the board for Habitat for Humanity of Greater Dayton. John Lyman was pleased to welcome Dr. Valerie Weber, Dean of the Boonshoft School of Medicine, whom he also mentioned would be a future speaker.

Our secretary then announced this week's birthdays ♦ Dan Brower on February 5, Geri Prada on



Charles H. Simms  
February 12th



Edman L Gray  
February 13th



Steven L. Johnson  
February 14th



Alexis R Faust  
February 14th



Don R. Prizler  
February 17th



Robert A. Harris  
February 21st

## Speakers

### February 08, 2021

Garry Golden  
Predictions on 2021 with  
Futurist, Garry Golden

### February 15, 2021

NO MEETING TODAY  
PRESIDENT'S DAY - HOLIDAY

### February 22, 2021

Gina McFarlane-El  
Five Rivers Health Clinics

### March 01, 2021

Joseph Warden/Robyn Traywick  
Medical-Legal Partnership for  
Children

### March 08, 2021

Stuart McDowell, Professor  
Emeritus - WSU Theater  
A Life in the Theater

### March 15, 2021

Restaurateur's Roundtable

the 6 , and finally Jeff Hoagland, who will celebrate his birthday on February 7. Kim Bramlage then opened the meeting for Day10s and started with her own Day 10 in gratitude for Steve Naas, who filled-in as the secretary at the last minute for last week's meeting. Our chair of the day, John Lyman, gave a Day 25 in honor of today's speaker, Dr. Larry Lawhorne. Commissioner Judy Dodge offered a Day 25 on her receiving her first coronavirus vaccine. Lisa Wagner announced she was thrilled that she is going to be a grandmother and gave a Day 50 to celebrate. Jean Maychack was sorry she missed the last meeting from Florida while visiting her parents due to her father falling. She gave a Day 25. Randy Clark offered up a Day 25 in honor of his wife, Dana, receiving a job offer after being unemployed since last summer due to the pandemic. Suren Singhvi wanted to honor U.N. International Human Fraternity Day on February 4 with a Day 10. Shayna Thomas gave her Day 10 to mark that the kiddos went back to school. President Brian Martin rounded out the Day10s with a Day 100 in honor of his work anniversary of eight years.

Diane Farrell reminded the club of next week's special guest event futurist Garry Golden. He appreciates the responses to his request for feedback on subjects to cover. Members and their guests need to register in advance. Brian Martin said our goal was to have more than 100 in attendance for this special outreach event. President Martin also shared that the board was in conversation about our future office space. They are committed to finding the most economical and convenient office site for the future. He also encouraged our members to check out the club's new website. He then introduced John Lyman, chair of the day.

John welcomed Dr. Weber, Dean of the Medical School at Wright State University, whom he had announced earlier in the meeting would join us. He then welcomed our speaker, Dr. Larry Lawhorne who is a board certified family physician and geriatrician in Dayton, Ohio. He was the founding chair of the Department of Geriatrics at the Wright State University Boonshoft School of Medicine in 2006 and is now Professor Emeritus in the department following his retirement in December 2019. At the time of the department's founding, there were not many departments of geriatrics and the department has been nationally recognized for its leadership. He continues to present lectures and workshops in the department and is a research mentor for medical students, residents, and faculty members. A Geriatrician looks at behaviors and activities that promote health, happiness and peace of mind during the aging process.

Dr. Lawhorne thanked John for the introduction and the opportunity to speak. What have we learned from people who've aged successfully? Perhaps the best and simplest answer is for a person to say "I did the best with the hand I was dealt."

Modern medicine is good at describing things - not as good at saying what to do once we've described it fully. Alzheimer's is a good example of this reality. Similarly, when people visit their doctors in their offices, it is often easy to say they have aged well but not as simple to explain how they got there. He said his talk was perhaps better entitled "The Ecology of Optimal Aging" and explained that ecology tells the story of how organisms relate to one another and to their environments.

He shared two stories about patients whom he felt demonstrated aging successfully ♦ one from 1982 who was an avid fly fisherman and used the Robert Frost poem "Crossing to Safety" to tell his tale. The other was a 90-year-old woman who reported that she felt at 90 that she was someone whom people want to know.

At the core of aging successfully are four traits: Attitude, Resilience, Optimism, and Coping Style. Another helpful way to see this is through Erikson's final stage of development called "Old Age" and marked by embracing mankind rather than mykind and finding ego integrity and not despair. It's positive outcome is wisdom.

Dr. Lawhorne shared several descriptions of successful aging from the literature on geriatric medicine. Among them was his opening statement that it involved doing the best with what one has. The most helpful might be from Rowe and Kahn (1998), who had studied aging and identified three components that intersect in those deemed "successful:" (1) High level of engagement with life; (2) Low risk of disease; and (3) High physical and cognitive levels of function.

In summary, he asked, "Who's aging is it?" It's yours - you get to decide how to face aging and the challenges it brings. John Lyman quipped that he would add "Don't watch any tv news" to the three-fold prescription for optimal aging. He then asked if there were any questions, which Dr. Lawhorne spent several minutes answering. Among the most critical items mentioned was the isolation that many aging adults already experience, but that has been exacerbated by the pandemic and its enforced isolation of the aged and their caregivers. President Brian Martin thanked Dr. Lawhorne for his excellent presentation and adjourned the meeting.

## Our Sympathy



Our sympathy to Rotarian John Neff and his family on the passing of his father (and former Dayton Rotarian), Robert "Bob" Neff.

If you would like to send John a note of sympathy you may do so to his home address: 880 Greenhouse Drive, Dayton Ohio 45419

## Foundation Contributions in the Bank

Thank You Rotarians!



Carolyn Rice	Bill Nance	Dick Hattershire
Cassie Barlow	Charlie Simms	Heath MacAlpine
Diane Ewing	Connie Mahle	Bob Daley
Matt Jessup	Evelyn Davidson	Frank Scott
Jack Lohbeck	Wilbert Curtis	Walter Rice
Jason Hillard	Penny Wolff	Susan Hayes
Georgie Woessner	Glenn Costie	Bill Weaner
Holly Wiggins	Lorna Dawes	Steve Conklin
Patty Caruso	Terry Williamson	David Williamson
Kim Bramlage	Paul Gruner	Lonnie Franks
Tom Budde	Mary Bane	Edman Gray
Tom Maher	Alan Pippenger	Geri Prada
Matt Scarr	Bob Hoopes	Susie Weaver
Mike Houser	Gary Gottschlich	Rita Cyr
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Judith Francis	Merle Wilberding	Bob Harris
Alan Moscowitz		