



# Rotary Club of McLean eWheel

Tuesday, March 11, 2014

Club #5817

**Editor:** Robert G. Nath  
If you have any comments or questions, email the editor.

## MARCH BIRTHDAYS

03/01 - Bilal Raschid  
03/23 - Tom Mangan  
03/23 - Dana Sippel  
03/24 - Frank Peterson

## Future Speakers

### Mar 11 2014

Ms. Julie Pandya  
*To Be Determined*

### Mar 18 2014

Ms. Susan Smith  
The Joy of Living Abroad

## Agenda – March 11, 2014

### Noon - Meeting Call to Order

Greeter - Todd Dempsey  
Song - Shannon Owens  
Pledge - Brian Pence  
Invocation - Bob Jansen  
Happy Talk - Mike Holleran  
50/50 Raffle - Dana Sippel  
4-Way Test - Bob Jansen

### 12:20 Begin Program

Welcome guests and visiting Rotarians – Sergeant At Arms  
Announcements  
Happy Talk

### 12:40 pm - Speaker

### 1:15 pm - Adjourn

## Program - February 25, 2014

**Sam Agarwal** introduced speaker **Patricia Williams**, a financial advisor for seniors who volunteers at the Alzheimer's Family Day Center and has been involved with senior village movements. Her topic was memory loss and how to reduce it.

There are many kinds of forgetting: the name of something, what something is used for, episodic where you can't remember where you left something, and muscle memory loss on how to use something. There are also different types of memory: facial, auditory where you recognize voices, feeling where you remember how something felt, and smell where a smell conjures up a past feeling or event. There are many causes of memory loss. Dementia is one but other contributors are physical trauma, depression, alcoholism, diet and over-medication. People with dementia tend to remember the last word in a sequence and not the others. They also need time to process a question so give them time to think of the answer. When talking with someone with dementia, ask them what toys they played with as a child or what games they played outdoors—their long-term memory is much better than their short-term one.

She said, "You can't turn back the clock but you can wind it up again." In 1900 life expectancy was 47; now it is 80. Ways to stay brain-healthy include: 1) diet—fish, green vegetables, fruits—the same as for heart health, 2) sufficient sleep, 3) reduction in stress, 4) exercise. To help yourself, make to do lists, use a calendar, have a set place for everyday items and do new things to create more synapses in your brain, such as learning a language or starting a hobby.

## Guests

None

## Visiting Rotarians

None

**50/50 Raffle**

**Rick Neldon** won the \$20 small pot.

**Upcoming Events**

**No upcoming events**

**Announcements - February 25, 2014**

- **President Dale Lazar** announced again that the Great Falls club has invited us to join them on March 18 from 6:30 to 8:30 at the Old Brogue for a post St. Patrick's Day Happy Hour. Hors d'oeuvres are \$20, plus a cash bar. If you plan to attend, let Dominic know since each club has only 25 spaces available.
- **President Dale Lazar** said that all three parts of RLI training will be offered at GMU on March 15. Part 1 will also be offered in Rockville on March 12 and in Waldorf on April 12.
- **President Dale Lazar** noted that former RLI President Lee will be speaking on March 11.
- **President Dale Lazar** reminded members to register for the district conference being held this year just north of Richmond on April 24-27. The theme this year is Great Gatsby.
- **Brian Pence** told members he will be accepting gift card orders next week. Make checks payable to McLean Rotary Club and list stores and cards amounts on the check. There will be a Stuff the Bus event for Share soon so this is a good time to order gift cards for that event.
- **Shannon Owens** noted that each table had a list of team members for the contest to recruit more members for the club.
- **Lois Wilson** reminded members that second round funding project proposals are due March 1. She will circulate summaries of the proposals by March 15. Voting will take place at our meeting on March 25.

**Happy Talk - February 25, 2014**

- **Michael DeRose** said that Rotarians will donate blood again on March 13.
- **Tom Mangan** enjoyed the Asian-American Chamber banquet last week.
- **Doug Megill** is very happy that Florida's basketball team is listed #1 in the country, that he went skiing two weeks ago with 18 family members, that he is organizing a workers compensation insurance company and is looking for investors, and that he has eight members on his advisory board for his charity event this September.
- **Pamela Danner** said that two Langley HS track and field students are finalists at the state level.
- **Bob Rosenbaum** noted that Rotary International celebrated its 109<sup>th</sup> birthday on February 23.
- **Shannon Owens** also enjoyed the Asian-American banquet.
- **Bob Nath** just returned from a visit to his daughter in Israel, where he saw long-lost relatives, noted heavy construction activity in Tel Aviv (reminding him of Tysons Corner), and saw archaeological digs that are confirming some of the events mentioned in the Bible.
- **Helen Hergenroeder** said her daughter is in the Darden School of Business at UVA and that DNA testing has concluded that her last name should be McWilliams.
- **Dale Lazar** said he will miss the meeting next week because he will be teaching at Whistler and that **Pamela Danner** will chair the meeting.
- **Vance Zavela** said his daughter Diana is trying out for the softball team at TJ.