



Our Guest Speakers

Dr. Jess Wright,
Director of the
Depression Center - UofL
Amy Wilson, Long-
Term Care Pharmacy
Consultant

**"Staying Healthy
During Quarantine"**
Zoom Virtual Meeting
April 23, 2020
11:45 am-Log in/Call in
12:00 pm-Meeting





Birthdays this week:

Barry Barker - Apr 20th
John Duffy - Apr 22nd
Bill Kelly - Apr 22nd
Max Bridges - Apr 22nd

Gordon Ragan - Apr 22nd
Tracy Holladay - Apr 23rd
Robert English - Apr 26th



BRING A GUEST.
Email Us - Register Your Guest - [Click Here >](#)

#CONNECT4GOOD  

ASK A QUESTION

LEARN
INSPIRE
SUPPORT

MEET
CONNECT
GROW



BE THE INSPIRATION

Shout Outs

Do you want to share a shout out with the club? Share your recognition (in the news or an act of service) of a fellow club member with our Rotary staff - which will be featured at our next club meeting!

**SUBMIT A
'SHOUT OUT'**

WELCOME NEW MEMBERS!

Rudolph "Rudy" Spencer, Chief Development Officer of Big Brothers Big Sisters of Kentuckiana!



About our Speakers:

Dr. Jess Wright is the Kolb Endowed Chair of Psychiatry and Director of the Depression Center at the University of Louisville. He is the principal author of eight books and the first multimedia computer program for the treatment of depression. A leading expert in cognitive-behavior therapy (CBT), Dr. Wright is the first author of a trilogy of "hybrid" books from American Psychiatric Publishing, Inc. which integrate text and video to help readers learn the key methods of this effective treatment. To read Dr. Wright's entire bio, click [HERE](#).

Amy Wilson is a Long-Term Care Pharmacy Consultant, former National Fitness Presenter and Master Trainer, Nutrition Coach, and is Group Fitness Director for Louisville Athletic Club-Jtown. She graduated from the University of Toledo with a degree in Pharmacy and obtained a Board Certification in Geriatrics. She is also certified in many fitness formats and a certified nutrition coach through ACE and Venice Nutrition. Putting pharmacy, fitness and nutrition together is Amy's passion. Her philosophy is although we have medications to treat, let us try to prevent and treat with nutrition and exercise first.

We were honored to have Dr. Michael Saag, Director of Infectious Diseases at the University of Alabama at Birmingham, join us for our first Zoom virtual meeting. Dr. Saag was able to give Rotarians a unique perspective regarding the fight against COVID-19, as a doctor and Infectious Disease specialist as well as having recovered from the Coronavirus.



To watch the meeting and Dr. Saag's presentation, click [HERE](#).

CONNECT FOR GOOD.

Upcoming Meetings

- | | |
|--|--|
| April 23rd
Rotary Club Zoom Meeting | April 30th
Rotary Club Zoom Meeting |
| May 7th
Rotary Club Zoom Meeting | May 14th
Rotary Club Zoom Meeting |
| May 21st
Rotary Club Zoom Meeting | May 28th
Rotary Club Zoom Meeting |

Events & Opportunities

- June 7th
[Rotary Summer Social](#)
- June 24th
[Re:Center Dinner - Lifeline Committee](#)
- July 22nd
[Re:Center Dinner - Lifeline Committee](#)
- August 8th
[Rotary Night with Louisville City FC](#)
- August 26th
[Re:Center Dinner - Lifeline Committee](#)
- September 2nd
[Rotary Club - Day at the Downs](#)

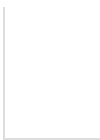
HEY ROTARIANS...

Birthdays

- | | | | |
|---|---|--|--|
| 
J. Barry Barker
April 20th | 
William P. Kelly Jr.
April 22nd | 
Max Bridges
April 22nd | 
Gordon L. Ragan
April 22nd |
| 
John Duffy
April 22nd | 
J. Tracy Holladay
April 23rd | 
Robert S. English
April 26th | 
Turney P. Berry
April 27th |
| 
Maggie Galloway
April 28th | 
Frank Smith
April 28th | 
Gary W. Noel
April 28th | 
Stephen George
April 29th |
| 
Kevin Lynch
April 29th | 
Boyce F. Martin III
April 29th | 
Evon Smith
May 3rd | 
John W. Hampton
May 3rd |



[Russell Smith](#)
May 4th



INSPIRED BY LOUISVILLE.

Club Leaders



[Luke B. Schmidt](#)
President



[Julie H. Schmidt](#)
President-Elect



[Maria A. Smith](#)
Vice President



[Chris Whelan](#)
Secretary



[Tony H. Coffey](#)
Treasurer



[Barry Glen Allen](#)
Club Director



[Steven A. Eggers](#)
Club Director



[Walter L. Kunau Jr.](#)
Club Director



[Kevin Lynch](#)
Club Director



[Kevin J. McCarron](#)
Public Image Chair



[Julie Scoskie](#)
Club Director



[Barbara Sexton Smith](#)
Club Director



[Larry T. Sloan](#)
Club Director



[Jean West Losavio](#)
Club Director



[Mike Richardson](#)
Membership Chair



[Betty Russo](#)
Rotary Foundation
Chair



[J. Barry Barker](#)
iPast President



[Alyssa Evans-Tourinho](#)
Club Executive
Secretary



[Michael Parker](#)
Assistant District
Governor

ROTARY CLUB Links & Resources

After logging in to DacDB, click 'My Club' for these resources:

[Club Committees](#)

[Event Registration](#)

[Club Members](#)

[Club Calendar](#)

Executive Director

Alyssa Evans-Tourinho

rotary@rotary45.org

Executive Administrative Assistant

MacKenzie Kuebler

admin@rotary45.org

Visit our Website - www.louisvillerotary.org

325 W. Main Street, Suite 1808, Louisville, KY 40202