



THIS WEEK: The Declaration of Interdependence: A Guide to the Pursuit of Happiness in Aging

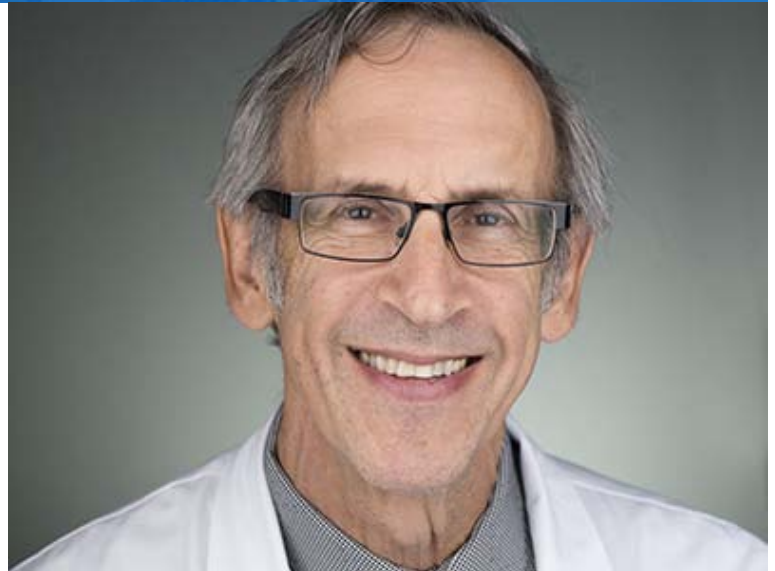
OUR GUEST SPEAKER

Dr. Robert Friedland, Rudd Professor of Neurology-U of L School of Medicine

Muhammad Ali Center June 20, 2019 View Pointe Hall 11:30 am - Buffet 12:05 pm - Meeting begins

The Menu:

- House Garden Salad, Chicken Tortilla Soup, Quesadillas, Fresh Fruit, Assorted Cookies & Brownies, Ice Water, Tea & Coffee



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'

We would like to welcome our new members for April and May 2019!

Click HERE to see the leaders that have recently joined our Club!

About Dr. Robert Friedland's presentation:

Aging is a process which affects everyone. This process is accompanied by deterioration in function and structure, referred to as senescence. However, the impact of senescence on our lives is highly variable. Our goals for a healthy and happy life as we get older should be: 1. Survival [obviously]; and 2. Absence of illness. But, this is not enough! We must also seek to enhance fitness and health throughout life, including its later years. This requires awareness of the interdependence critical to maintenance of function with aging that is, the health of the brain is dependent upon the function of the heart, blood vessels, gut, etc. The research of my group, and many others worldwide, has demonstrated important influences of microbial populations that live in and on our bodies on metabolism, inflammation, heart disease, stroke, neurodegeneration (Alzheimer's and Parkinson's) and other conditions. Because these microbes are dependent on our diet for their own nutrition, we have an extraordinary opportunity to manipulate them to our advantage. Similarly, the quality of our aging is dependent on how we live and how we manage the many interdependent lifestyle factors which influence our ability to pursue happiness with aging. Important considerations to be discussed include diet, hydration, physical and

mental exercise, stress, medication compliance, management of medical conditions, dental care, alcohol use and smoking, among others. The celebration of the coming Independence Day can be considered a reminder to appreciate the interdependence of these factors that impact survival, illness and fitness.

To read Dr. Friedland's complete bio, click [HERE](#).

Rotary Meeting Recap- June 13, 2019

JK McKnight, Founder of Louisville's Forecastle festival for music, art and activism, expanded Rotarians' perspectives of marketing with his presentation on experiential and data-driven marketing. McKnight explained that the "Experience Economy" is based in a concept expressed by entrepreneurial author Joseph Pine II, stating, "Businesses orchestrate memorable events for their customers, and that memory itself becomes the product." Showing that we are quickly trending toward the experience economy, McKnight referenced data stating that 75% of Millennials would prefer to buy experiences rather than "stuff", and Generation Z is trending toward 80%. Growth of festivals such as Forecastle, now with an audience of 60,00 fans, is fueled by data-driven strategy, with personal data increasingly shared by participants to fully engage in the collective experience. Many thanks to JK McKnight for opening our eyes to vast changes in commerce under-weigh.



Upcoming Meetings

June

20th - Rotary Club Lunch Meeting

Speaker: Dr. Robert Friedland

Subject: Alzheimer's, Dementia and Aging

27th - Rotary Club Lunch Meeting

Speaker: Leadership Change Over

July

4th - NO MEETING!!! Rotary Club of Louisville

11th - Rotary Club Lunch Meeting

Speaker: Jim Iacocca - President & CEO Knox Regional Development Alliance

18th - Rotary Club Lunch Meeting

Speaker: John Walczak, Director - Louisville Zoological Gardens

25th - Rotary Club Lunch Meeting

Speaker: Lisa Osanka, Metro Louisville Housing Director

August

1st - Rotary Club Lunch Meeting

Speaker: Stephen Reily, Director of Speed Museum

Subject: "Bringing a Building to Life"

8th - Rotary Club Lunch Meeting

Speaker: Tom Delacenserie, President and CEO - Kentucky Lottery Corporation

15th - Rotary Club Lunch Meeting

Speaker: Coach Scott Satterfield (tentative) U of L Head Football Coach

22nd - Rotary Club Lunch Meeting

Speaker: Tim Allen, Professor - American University of Rome

29th - Rotary Club Lunch Meeting

Speaker: Congressman John Yarmuth

Events & Opportunities

June

26th - Lifeline Committee - Rescue Mission Dinner

July

24th - Lifeline Committee - Rescue Mission Dinner

August

11th - Rotary Night with Louisville City FC

HEY ROTARIANS...

HAPPY BIRTHDAY

Birthdays

	<u>James U. Smith III</u> June 16th		<u>John R. Phelps</u> June 19th		<u>Karen Morrison</u> June 19th		<u>John Jennings</u> June 20th
	<u>Mike Solak</u> June 22nd		<u>Todd Warren</u> June 23rd		<u>Haldane Lamberton</u> June 26th		<u>Lynn Sanders</u> June 27th
	<u>John Conrad</u> June 27th		<u>Douglas H. McCall D.M.D.</u> June 27th		<u>Chester B. Diamond D.D.</u> June 27th		<u>Roland R. Blahnik</u> June 28th
	<u>Jeffrey A. Underhill</u> June 28th		<u>Henri Mangeot III</u> June 30th		<u>Douglas E. Myers</u> June 30th		

INSPIRED BY
LOUISVILLE.

Club Leaders

	J. Barry Barker President		Luke B. Schmidt President-Elect		John Jennings Secretary		Karen Morrison Vice President
	John Joseph Ackerman Treasurer		Ren Brown Club Director		Steven A. Eggers Club Director		Richard D. King Club Director
	Walter L. Kunau Jr. Club Director		Kevin Lynch Club Director		Maria A Smith Club Director		John T. Walczak Club Director
	Jean West Losavio Club Director		Amy Luttrell Rotary Foundation Chair		Anthony R. Kemper iPast President		Terri Prater Assistant Governor

ROTARY CLUB Links & Resources

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

[Club Committees](#)

[Event Registration](#)

[Club Members](#)

[Club Calendar](#)

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