



THE ROTARY

# ANCHOR



The Weekly Newsletter of  
THE ROTARY CLUB OF NEW LONDON

District 7980 Club 6741

Chartered April 11, 1917

PO Box 654, New London, CT 06320

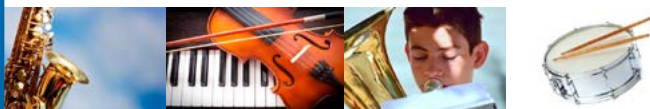
## CLUB NEWS APRIL 10, 2025

### Upcoming Events for Rotary Club of New London

- 4/25 Peace in Nature Event** on Arbor Day  
An Arbor Day event in collaboration with New London Trees on The Lighthouse Inn grounds, New London Tree planting and peace pole unveiling @ 9am
- 5/3 Opus for Peace** at the Hygenic, a Juried art show opening event  
Hygienic Art, 79 Bank Street, New London, CT  
6pm to 9pm
- 5/17 New London Rotary Club Epic Day of Service**
- 6/2 5th Annual NLRC Golf Tournament**  
Great Neck Country Club  
Registration 10:30am - Noon

### New London Rotary Club EPIC DAY OF SERVICE

Collection of used musical instruments to benefit the  
**YOUTH ORCHESTRA OF ECUADOR**



Drop off Saturday, April 26, 2025  
Garde Arts Center, evening

**Saturday, May 17, 2025**  
**10:00 A. M.- 2:00 P.M.**

**New London High School**  
**490 Jefferson Ave, New London**

Email [jakus@conncoll.edu](mailto:jakus@conncoll.edu) with questions

### Community Meal Center

Our club volunteers on the **2nd Thursday of each month** to serve at CMC. Please let Anna Lathrop know if you can help, [anna@gourmet-galley.com](mailto:anna@gourmet-galley.com). We begin at 4pm and are done by 6:15pm. Your help is always appreciated.

### Rotary International Foundation

Giving to the Rotary International Foundation is a great way to make a difference in the lives of millions. Programs in the United States and around the world benefit from your generosity. It's easy to give through automatic withdrawals and there is no minimum—every donation matters! To donate to Rotary International, please go to [myrotary.org/donate](http://myrotary.org/donate) or scan the QR code below.



### TODAY'S PROGRAM

**Suzi Schell**  
*Waterford Country School*

**Weekly Meeting**  
**12:00 Noon**

**at THE LIGHTHOUSE INN**  
6 West Guthrie Place, New London

**Apr 17 No Program**

**Apr 24 Patrick Flaherty & Kathleen Cosgrove**  
*Department of Labor*

**May 1 Josh Miller**  
*Seabird Enterprises*

For those unable to attend in person, please join us for our weekly Rotary meeting via Zoom. Go to [ZOOM.COM](https://zoom.com) and click "JOIN A MEETING" and enter the info below.

ID: 875 1538 8112  
PW: 055551

**GREETER**  
Brian Cole

**INVOCATION**  
Brian Cole

**SONG LEADER**  
Brian Cole

**BIRTHDAYS**  
None

**ANNIVERSARIES**  
None

# CLUB NEWS APRIL 10, 2025

## Rotary Assembly, Meeting, Training, Conference, Convention Dates & Links

(Register on dacdb for many events):

**May 30, 31 June 1: Magical Mystery Tour Rotary District Conference** Southbridge, MA  
<https://www.dacdb.com/Calendar/Event.cfm?EventID=77792474&CalClubID=6741&R=0.20222391992683875>

**June 21-25 2025: Rotary International Convention**, Calgary  
<https://convention.rotary.org/en-us/>

**Peace Calendar:** <https://opus-for-peace-community.rotary7980.org/events>

## 18TH WALK TO END ANNUAL HOMELESSNESS



**Sunday, April 27, 2025**

New London's Parade Plaza, kickoff 1 p.m.

**NLHHC.ORG/WALK**



Proceeds benefit New London Homeless Hospitality Center

## HAPPY ARBOR DAY!

You're invited to join  
**New London Trees & The Rotary Club of New London**  
 for our April 25th Arbor Day  
 planting event  
 at The Lighthouse Inn!

10 am



Come celebrate Rotary's Year of Peace by planting 8 native trees and establishing a Peace Pole at The Lighthouse Inn. Help New London Tree's mission of increasing New London's tree population through community planting and care, education, and advocacy! Hope to see you there!

FOR MORE INFORMATION:  
[HELLO@NEWLONDONTREES.ORG](mailto:HELLO@NEWLONDONTREES.ORG)

ALL ARE WELCOME

**APRIL 25, 10AM AT THE LIGHTHOUSE INN**

## Rotary projects around the globe

### Bermuda

In October, Girl Scouts joined their parents and Rotarians in a beach restoration project along Bailey's Bay in Hamilton Parish. "They collected over 1,000 pieces of microplastics, several tin cans, paper, large plastics, and rope that were on the beach near the mangroves," says scout troop leader Cathy Bassett, a longtime educator who is president of the Rotary Club of Hamilton. The girls, ages 7 to 10, are studying the preservation of mangroves in Bermuda, Bassett says. The scouts have also conducted a geographical study of sand to learn what gives Bermuda's beaches their distinctive pink color. The mangroves, shrubs, and small trees that dot shallow waters along parts of the 75-mile coastline support

*This story originally appeared in the April 2025 issue of Rotary magazine.*



# MEETING REPORT APRIL 3, 2025

## Alzheimer's Association - MaryLou Gannotti

Reported by Gail MacDonald

Many Americans have a family member or friend who is dealing with Alzheimer's Disease or another form of dementia.

**MaryLou Gannotti**, the development director for the Connecticut Chapter of the Alzheimer's Association, told members of the Rotary Club of New London on April 3 that in her family alone her grandmother, father and father-in-law all were touched by the disease.

"There are 80,000 documented in Connecticut as living with Alzheimer's," she said.

While dementia is an umbrella term for loss of memory and other thinking abilities that is severe enough to interfere with daily function, Alzheimer's is one specific form of dementia. Alzheimer's causes problems with memory, thinking and behavior. It is a progressive disease.

There are nearly 7 million Americans living with Alzheimer's Disease and another 11 million Americans who provide unpaid care for a loved one living with the disease, Gannotti said.

"It's a very expensive disease," she said.

The disease also hits certain demographics harder than others. Blacks are twice as likely as whites to get Alzheimer's or another form of dementia, for example. Also, two-thirds of those living with Alzheimer's are women.



In addition to early detection, Gannotti said general healthy living can help modify the risk of contracting Alzheimer's and other forms of dementia. A healthy diet, maintaining a healthy weight, controlling blood pressure and sleeping well all can help mitigate risk factors.

"Generally, what's good for the heart is good for the brain," she said.

The Alzheimer's Association provides help and support to those living with Alzheimer's, along with their caregivers. It maintains a 24/7 helpline, education about the disease and raises money for Alzheimer's research. Because many Alzheimer's patients wander, there also is a "Bring Me Back Home" registry that helps in identifying and locating those living with the disease who become lost. The program will identify key pieces of information such as nicknames or favorite places that will help in search and rescue efforts, should they be needed when a patient wanders away from home.



Gannotti emphasized the need for early detection and diagnosis. While the disease can't be cured, a variety of medications and treatments can slow its progress. She also urged anyone dealing with the disease to consult with physicians specializing in its treatment, rather than relying on their primary care physician. Neurologists, geriatricians or geriatric psychiatrists are best equipped to deal with Alzheimer's Disease, Gannotti said.



**Club Officers, 2024-2025**

President	Carmelo Foti
President-Elect	Mary Lenzini
Vice President	Mark Spinnato
Secretary	Andy Russell
Treasurer	Alan Lyon
Sergeant-at-Arms	John Estelle
Immediate Past President	Valerie West

**Board Of Directors**

2025	Lee Cole-Chu, Pam McNulty Hennessey, Todd Gipstein
2026	Andrew Gilday, Mirna Martinez, Tracee Reiser
2027	Gigi Gonzalez-Cottrell, Gail MacDonald, Kristin Magnussen

**Club Committees**

<b>Rotary Youth Service</b>	
Todd Gipstein, <i>Director</i>	
Student Of The Year	Christine Hammond/ Barry Neistat
High School Awards	Barry Neistat
<b>Rotary Membership</b>	
Mary Lenzini, <i>Director</i>	
Fellowship/RAH	Val West
Classification	Andy Russell
Information	Kris Magnussen
Sunshine	Brian Cole
Diversity/Membership Dev.	Jerry Fischer

**Rotary Community Service**  
Gail MacDonald, *Director*

Camp Rotary	Tracee Reiser
Centennial Playground	Rick Gipstein
Holiday Book Drive	Anna Lathrop
Community Meal	Anna Lathrop
Service Person/ Veteran's Day Program	Mary Lenzini
Little Free Libraries	Julia Kushigian Secor
Yale Harvard Regatta	Lee Cole-Chu
Thanksgiving Turkey Fund	Pam McNulty-Hennessey

**Rotary International Service**  
Julia Kushigian Secor, *Director*

Peace Building	Val West
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**Rotary Club Service**  
Lee Cole-Chu, *Director*

Audit	
Awards	
Paul Harris	Val West
Carl Wies	Anna Lathrop
Tom Wetmore	Julia Kushigian Secor
Phil Turner	Mary Lenzini
Nominating	Ed Cramer
Anchor	Gail MacDonald/Todd Gipstein
Music	Chris Neilan
Program	Mark Spinnato
Fundraising Committee	Mary Lenzini
Golf	Kate Lee/Alex Marku
Brewfest	Keith Turner/Victoria Mueller
By-Laws	Lee Cole-Chu
Picnic	Val West/Ted Rossi
Anchor Ad Sales	
Installation Committee	Victoria Mueller
Public Relations	Gail MacDonald/ Sophia Gipstein Scirrico
Website	Gail MacDonald/ Sophia Gipstein Scirrico
RI Foundation	Ed Cramer

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