

Rotary



Club of Cranberry Township - Sunrise

Speakers

March 11, 2023

Meet in parking lot of Church at Rochester and Powell
Contact Club member Greg Plutnicki, Event Coordinator, meet at 8:30am

March 18, 2023

In the event the clean-up scheduled for March 11th needs to be cancelled

Events

February 24th

Speaker - Lyndzy Grove, Alzheimers Association of Greater Pitts.

March 3rd

Speaker - Dave and Melanie Sturrock, Shelter Box

March 10th

Rotary Club General Assembly - Members only

March 11th

Adopt-a-Roadway Clean-up Day - Powell Road, Rochester to Freedom

March 17th

Speaker - Kevin Mack, Pittsburgh North Chamber of Commerce

March 24th

Speaker - Ron Henshaw, Dir. Planning and Development - Cranberry

Birthdays

Justin Ball

February 28th

Michael J. Ozdinec

March 1st

Jerry A. Andree

March 12th

Elayne P. Wilhelm

March 14th

Wedding Anniversaries

No Wedding Anniversaries Found

Club Leaders

Karen S Newpol
President

Club Bulletin 2.24.23

By Timothy D O'Brien on Friday, February 24, 2023

Attendance:

Cynthia Nelson, Carl Heinlein, Jack Cohen, Jenna Lawrence, Christine Ley, Michele Jurysta, Chris Williams, Denise Etter, Tim Hester, Andrew Wilson, Jerry Andree, Michael Pologruto, Michael Ozdinec, Kim Reuss, Rich Vozel, Maizee Zaconne, Vic Conrad, Nancy Iglesias, Tim O'Brien, Rick Corbin, Ron Gigler, Matt Fiore, Shawn Firster, and Karen Newpol

Guests:

Joe Horn, lives nearby Kim Reuss and looking to get involved. Joe shared he works at Franklin Press in the South Side, moved here 10 years ago from Lancaster when he met his wife.

Lynzy Groves with the Alzheimer's Association today as a speaker.

Jonathan Murray is a guest for the last time this meeting and in two weeks we will move to induct Jonathan.

End of meeting note: Jerry Andree asked for a note to be put in on behalf of Kevin Flaherty – thoughts and prayers are welcome as Kevin has had a rough time with his back lately and any well wishes are surely appreciated.

We did the pledge of allegiance, prayer and Carl Heinlein said the 4 Way Test for Rotary.

Happy Bucks

Cynthia Nelson is happy Lindsay is here to learn about Alzheimer's.

Carl Heinlein shared Ben is in Tangier and says hello!

Kim Reuss gave \$5 to thank Karen Newpol for organizing a great poker night and all had fun!

Denise Etter put in in agreement with Kim poker night was great!

Jonathan Murray is happy to becoming part of the club.

Membership Update

No update or meeting today.

Communication Update with Jerry Andree

Jerry confirmed Matt has been hard at work in preparation for the district conference. Matt Fiore shared you can go to district website – both golf and conference websites are live. Karen confirmed you can register. Golf will be at Cranberry Highlands on Friday before the conference. Jack asked if it should be in the district newsletter and Michael Ozdinec will be taking care of this. Ron Gigler confirmed the golf would be stroke play since there will be a doe stick to be competitive or a scramble style.

Rich Vozel asked about putting Instagram and Twitter to set up for the club for content to go viral.

Foundation Update with Kim Reuss

Give to the Rotary Foundation!

Community Service

830AM – Greg Plutnicki will be leading the cleanup – that is Saturday March 11th early morning – clean up and then get breakfast.

4/15 – Food Drive – Rich Vozel is leading – now we need Venmo and Shawn Firster confirmed we can get this but there is a charge. Rich wants to have a QR code and scan and donate money and go to website – Rich shared Cranberry residents prefer donating \$ over time and we need to make it easy to donate. Day of 10-1pm will be the drop off for food donations, and lastly Rich asked each person to adopt their neighborhood to collect items. Rich shared Shop N Save and local stores don't want people outside, but Rich talked about collecting at Pickle Ball Courts.

5/6 is CranFest – we will get a table by the peace pole in the Cranberry Municipal building. Rich asked what are we doing to celebrate diversity. Rich shared its great to show up and participate, but we need to show different ways we can become better advocates of diversity. Rich asked how to request cash for the table for \$60 and confirmed that is an ask you make to Rotary at board meetings.

Rich shared on Mother's Day he would like to do an event for mothers who are widowed and as a club it would be great to do and pass out flowers during breakfast and not to forget that part of the community and maybe doing for Father's Day and maybe a Veterans Breakfast coordinating with



Cynthia Nelson on this.

5/21 – Best Buddies Walk – Holy Walk a Molies – walk that Karen's son and daughter in law are organizing – Shannon. This is her first fundraiser ever and Karen is encouraging younger people to get more involved in giving back to the community.

6/3 – Clean Water Workshop – Tom Norton and Ben Heinlein are working on this. Big Mike has ideas for activities and carrying buckets of water and ideas on how to have a hands on workshop on what work is done in Guatemala.

10/1 – VOICE 5K – Maizee Zaccone is leading and coordinating. This is not just about raising funds, but also awareness. This will be Alameda Park in Butler.

Fundraising Update

Speakeasy – there were 100-130 people in the room and it was a blast – Karen will go over the numbers for the event and she will go over this with Shawn Firster. Talked about the event and everyone had fun.

3/17 – March Madness at Vic Conrad's house – it will be all online and automated.

6/19 – Vic shared that in the next week you will get details on the golf outing – it will be on a Monday and look for details to come out this week.

7/15 – BINGO at Community Days will be happening again – we will keep this going.

Educational Committee

Carl Heinlein shared scholarships are in the schools hands.

District Conference

Jack shared lots to do for conference. Michelle Jurysta shared we still need swag and need 150 of what you might have – have pens and post it notes – water bottles and stress balls. Looking into donations and purchases. Jack has secured 150 little bottles of wine. The interact club from Grove City will be bringing in the flags. Jack will come with a complete list. Michele has pens, post-it notes, but we need tablets, cookies, chips, different things in the golf bags too per Jack. Ron shared we have little plastic Rotary bags and Ron doesn't want to give dual bags. Ron is on top of that have some golf balls, a protein thing and not doing major swag at golf course. The bag value should be for the conference \$20 a person. Need \$5 worth of items. Ron shared local items, wine, food in cellophane, and honey.

Lynzy Groves with the Alzheimer's Association Development Manager

Bottomline Up Front:

1 800 272 3900 – it is open 24/7, 365 days a year – around the holidays people get together and usually notice signs of Alzheimer's – a licensed clinician or doctor will answer the phone.

Lynzy has been with the organization for the past 2 years and before she did Pittsburgh, she did walks in Cranberry, Beaver, Butler and Altoona. Her background has always been in non-profit fundraising and she likes to connect individuals in the community to give back.

Lynzy talked about how she got close to her grandfather and Lynzy is youngest of grandkids. 6 years ago her grandfather was diagnosed with Alzheimer's and Dementia. He was always a giver and Lynzy shared he was always a giver. This got worse and worse since he couldn't balance his checkbook and started to look for some help.

Alzheimer's is the most common form of dementia – dementia is an umbrella term – its any cognitive memory loss. There are 40 types of dementia and no one experiences it the same way in everyone.

In PA we have more Alzheimer's than the national average – this could be demographic of geography, but research is being done. 14.3% of PA residents over 65 develop Alzheimer's – it is the 3rd leading cause of death. In 2020 – we saw a spike in deaths.

Caregivers suffer the most – this is the most financial devastating disease in the country. Alzheimer's is the only disease without a viable treatment. Many times, caregivers stress leads to poor health for the caregiver.

79% of funds raised goes to care, support, research, awareness, and advocacy. Research is the top priority since no viable treatments, but there is one – diplomatic issue. 39 countries researching and 750 projects. It will keep growing.

Feb 22nd – there was a drug that was fast tracked – but it is not approved for Medicare/Medicaid treatment so you have to pay out of pocket for this life saving treatment. It reduces plaque build up in the brain and keep your ADLs – you can still walk, cloth and feed yourself. This drug reduces impacts of Alzheimer's by 50%. Amaloid Treatment is controversial as it had side effects. It got lots of bad press since 50% chance of brain bleed. The only thing that provides them with is hope. Those that were impacted took the risk since. The drug treatment is \$24,000 out of pocket.

The way to make an impact is spreading the word to press the administration in Washington D.C. to discuss this with legislators.

Rotary is gold level national team and you can come to the walks and set up.

WTEA – Walk to End Alzheimer's – used to be called Memory Walk – worlds largest fundraiser for



[Michael J. Ozdinec](#)
President-Elect



[Timothy D. O'Brien](#)
Secretary



[Kimberly Reuss](#)
Rotary Foundation
Chair
Vice President



[Shawn Firster](#)
Treasurer



[Jerry A. Andree](#)
Club Director
Webmaster



[Christopher J. Williams](#)
Club Director



[Andrew J. Wilson](#)
Public Relations Chair



[Flayne P. Wilhelm](#)
Interact Club Sponsor
Membership Chair



[Matthew S. Fiore](#)
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Alzheimer's care, support and research – it is the largest support.

In Pittsburgh the walk expects 20,000 plus attendance. Most funds stay local for local research since we have the University of Pittsburgh in our backyard. The walk reached last year over 3 million people for care and support. There is a helpline:

1 800 272 3900 – it is open 24/7, 365 days a year – around the holidays people get together and usually notice signs of Alzheimer's – a licensed clinician or doctor will answer the phone.

66,000 people have been on trial medications to participate in clinical trials right from home. There are trials from home and in person to help with research on the matter.

10/14/2023 is the date to save for the Alzheimer's walk – it is a Saturday morning at Highmark Stadium in Station Square and its right along the river.

Purple means lost, Yellow means caregiver, Orange support world without Alzheimer's and Blue is if you live with Dementia – the colors correspond with the flowers individuals hold.

FedEx Ground gave \$65,000 last year and was and is a big supporter.

How to help?

- Be an advocate
- Provide education/support group (they provide training and help folks manage their finances)
- Clinical trials are important
- Starting a fundraising team – as a group or like Cynthia Nelson does as an individual
- Longest Day – June 22nd – every day is longest day
- Ride to End All – that's a runner
- Host an educational event for your staff or in the community as well – most common is the 10 warning signs presentation

Q/A – Carl asked about early onset – Lynzy shared early onset age is 45 years old. High stress lifestyles and poor diets contribute to dementia – eat right, sleep and exercise and don't stress too much. Many occurrences amongst professors and educators.

Nancy Iglesias asked about caregiver support groups – Lynzy confirmed she does have a list of support groups.

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