



The Cog

Rotary Club No. 3503
P. O. Box 544,
St. Marys, OH 45885.
www.stmarysrotary.org
June 4, 2014

Call to Order

President Dan Burke called the meeting to order. Sue Pittman offered the invocation, followed by the Pledge of Allegiance. Kraig Noble led in the singing of "All Hail to Rotary". There were no birthdays. Our guests included Karen Elsass and members of the Lima media.

Happy Dollars

Dan Burke was happy that the Rotary Nature Trail was back in good shape and for his last board meeting as president, Randy Elsass for the help from the football players and all who helped with the nature trail and for a nice trip to Denver, Bill Maki for a successful unveiling of his app and his wife's willingness to take her first flight, Dick Hudson for his chance at the queen, Keith

Fledderjohann for his daughter Megan being pregnant, Ken Strickland for a week in Iceland, Tim Dicke for the upcoming Chamber Golf Outing, and Jeff Squire for a great trip to Cedar Point.

Fines

Sandy Gerdeman did the fines today and she started by fining Rick Gerdeman for telling a very bad joke. She did trivia, mostly about the currently touring Rolling Stones, and fined Robbie Burke, Gary Newton, Tim Dicke, Pat Cogan, Travis Elsass, Mick Teman, Mark Ashman, Randy Elsass, Dan Burke, Jeff Squire, Mike Makley and Linda Vogel's entire table for helping her.

Announcements

THERE IS NO MEETING FOR LUNCH JUNE 11TH.

PE Randy's first board meeting will be June 24th at 10:45 in the Eagles Basement. Randy's board needs to be present.

The Rotary Summer Concert Series is set and Jeff Squire has brochures if you want to make them available at your place of business. June 22 is the first concert so mark your calendars.

Program

PE Randy introduced Linda Pollitz from the Alzheimer's Association, Northwest Ohio Chapter. She thanked us for inviting her to speak and as her husband is a member of the Ottawa Club she enjoys

speaking for Rotarians. The Northwest Chapter serves 24 counties in Ohio and she is the program director for the Lima office, which serves seven counties.

Linda talked about memory and aging. The most common fear that older people have is whether or not memory loss is normal or symptomatic of dementia. The brain is a tricky organ and research is getting better every year. She did an exercise with us to make us think differently, working our brains.



A healthy brain weighs about three pounds and has over 100,000 billion neurons. Alzheimer's is a progressive degenerative disease and in the final stages the brain only weighs a pound and a half. One in three seniors will get Alzheimer's or a different dementia diagnosis before they pass.

She went over the warning signs of dementia. Not all dementia is Alzheimer's, but there is not simple test to see if they impairment that a person is encountering is caused specifically by Alzheimer's. The disease manifests itself differently in different people and progresses at different rates.

The Alzheimer's Association works to inform the public about the warning signs of the disease and to be a resource for those with dementia and the families. They provide adult day centers, care consultations, respite care, training, and many other services in the area. If you have any questions they can be reached at 1.800.272.3900

Queen of Hearts

Robbie Burke won the daily drawing but the Queen lives.

Upcoming Programs

6-11 NO MEETING
6-12 Annual Banquet 6:00 pm

Upcoming Greeters

6-18 Joe Burke
6-25 Pat Cogan
**Please note: All Rotarians scheduled to greet, please be in place by 11:30 a.m.*

The meeting was adjourned following the recitation of the Four Way Test of the Things We Think, Say, and Do.

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?