



Hanover Rotary Club Minutes

10/09/19

Hanover Rotarians: 15

Blessing/Prayer: Holly **Pledge:** Dan B

Visiting Rotarians: Tim Amos – Mechanicsville Rotary

Guests: Alzheimer's Association, Katie Hood

Speaker(s): Katie Hood

Rotary Minute (Ken): No Rotary minute tonight. Ken was away.

Landon (Joke Time!): *How long does a jousting match last? Until the first knight fall.*

Happy/Sad Bucks:

Glenn – Quite sad that Braves were losing 13-0 at this update.

Tim – Was very happy to have a date with details on going to Ocracoke and will be leaving on Thursday, 10/17.

Assemblies of God Church is helping support this effort.

Dan – Was happy to visit his son at Capital One in Goochland and thought the campus work environment was great.

Announcements:

- **Holly – Midlothian Food Festival was 10/12. 12N -7PM** - Westchester Commons located at 15786 WC Main Street, Midlothian, VA 23113. Tickets are \$30 and \$40. See link for additional information.
<https://www.showclix.com/event/mmff2019>
- **Holly** – Thanks to everyone for helping out on Hurricane Dorian efforts for Ocracoke Island!
 - Also, thanks for supporting the Hanover Foundation that is providing an approved \$750 for this. If you want to donate, please let Mike know.
- **Ted** – Confirmed **Rotary Club Membership Event November 7th, 6PM. Mechanicsville/Ashland and Hanover are working diligently to pull this event together at Center of the Universe.** All three clubs are looking to expand roles and have lost members. Members have three opportunities to become Rotarians – one club may be a better fit than another. We will be playing a recurring screen with factoids about Rotary.
- **Glenn – Dominion Energy Classic – 10/18-20.**
 - PGA Tour charity foundation has charities that if you make a donation to one of the charities on the list, they will make a 10% match. If you generally give to one, or more, of them, you may want to consider donating in this manner to maximize your donation. Check with Glenn for more information. Glenn made a donation to Alzheimer through this.
- **Glenn – Peanut Fundraiser** is underway. Orders need to be in by **11/13; peanuts delivered by 12/4.** We do need to look at opportunities to increase our sales, which helps us support our charities. If anyone needs a Sales form, please let Glenn or Brenda know.
- **Holly** – The Monthly President's meeting is Thursday, 10/17. Clint may be needed to attend for Holly. Update, Brenda will fill in.
- **Holly** – Rotary Christmas party – Currently working on a date. This is usually 1st Thursday in December.
- **Holly** – Rose was happy with our donations, and she is doing well.
- **Holly** – We need to look at Community project. Tim suggested doing a dinner at Ronald McDonald house. Breakfast, Lunch, Dinner are also options, and the club can determine what day works best. It's approximately a 2-3-hour commitment. The Reinhart Guest House for St. Mary's is another suggestion.
- **Michelle Nelms was inducted.** She will be helping with our website, and we are excited.

Refresh reminders:

- **Holly – World Polio Day, 10/24** – Museum of History and Culture. More details forthcoming. Paint the town Purple.

- The Meakers will be attending our Club meeting in October.

Program: Katie Hood, Alzheimer's Association

Dementia is the umbrella term for an individual's changes in memory, thinking or reasoning. There are many possible causes of dementia, including Alzheimer's.

Alzheimer's disease is the most common cause of dementia, accounting for 60 to 80% of all dementia cases. Alzheimer's is not a normal part of aging – it is a progressive brain disease.

Some symptoms, not all:

- Can have difficulty coming up with words and names
- When it happens, it becomes more frequent
- Can misplace things and this can happen day to day
- Can see changes in memory and reasoning
- Ultimately Alzheimer's is fatal, but there is no set time

Aging:

- Increased risk over age 65
- After 65, risk doubles every 5 years
- After age 85, the risk reaches nearly one-third
- 10,000 people turn 65 a year

Genetics:

- If you have parent or sibling with this disease, there is increased risk for family members
- Deterministic risk - Two categories of genes influence whether a person develops a disease: risk genes and deterministic genes. Alzheimer's genes have been found in both categories. It is estimated that less than 1 percent of Alzheimer's cases are caused by deterministic genes (genes that cause a disease, rather than increase the risk of developing a disease) <https://www.alz.org/alzheimers-dementia/what-is-alzheimers/causes-and-risk-factors>
- Hispanics are 1.5 times more likely to get disease
- African Americans are twice as likely to get it

Early detection:

- Make plans, have your own terms
- Allow time for family to make plans
- Treatments help with symptoms, but they don't slow the disease
- Identify clinical trials

*Alzheimer's 24/7 Helpline - 800.272.3900

*Online: <https://alzfdn.org/professional-training-and-education/>

*11/2 – Walk to End Alzheimer's - https://act.alz.org/site/TR/Walk2019/VA-GreaterRichmond?pg=entry&fr_id=12253

Upcoming meetings:

October 16, 2019: Board meeting at 5:00 pm

October 16, 2019: Comfort Zone Camp, Lynne Hughes

October 23, 2019: Annie Kennedy, The Doorways

October 30, 2019: TBA

November 6, 2019: Rotary Youth Exchange Outbound Student, Jake Jeter

November 7, 2019: Membership Event at Center of the Universe Brewing Co.

November 13, 2019: TBA

November 20, 2019: TBA