

The Sun Riser

www.sunlakesrotary.com

November 14, 2017

A weekly publication of the Rotary
Club of Sun Lakes, Arizona, USA 



Today's Program Veterans' Day Celebration



LAST WEEK: Dr. John W. DenBoer spoke to the Club about Dementia Assessment and the SMART Program. Dr. DenBoer is the Founder, CEO, CMO of SMART Aging, Inc. Both his father and grandfather are Rotarians! Dr. DenBoer established his firm and his presentation as a dedication to his Grandma Jean Ellen Seeling. SMART brain training programs are based on the research of Dr. John DenBoer, a clinical neuropsychologist, in the area of cognitive intervention for reducing mild cognitive impairment (MCI)/early-stage dementia and reducing cognitive and functional decline associated with accelerated aging. There are more than 60 million people who now have a diagnosis of dementia, with this level likely to triple over the next ten years. It is considered a natural pandemic. Mild cognitive impairment, or pre-dementia, is the initial stage of dementia and can be diagnosed 5-10 years before full dementia symptoms appear. As we age, we need to do mental exercises to help prevent/slow dementia onset. Dementia symptoms are problems with thinking: memory, organizational skills, and language issues and problems with living, such as impairments in

social skills. Alzheimer's is a type, and most common form, of dementia. It is caused by age, family history, lifestyle factors and poor heart health. Treatment is cognitive rehabilitation and home care as well as doing new and novel things that we can learn.

Announcements (as reported by Bill McCoach)

President Peter said \$650 was donated to PolioPlus because of the DG Dinner in October. **Bill McCoach** said to remember to discard/recycle all leftover Splash newspapers. It is likely that

Splash teams will be able to pick up the December 2017 issue for delivery right after our Tuesday, Nov. 28th Club Meeting. Bill is working on completing the Teams. The Source Book will likely be ready for delivery during the 2nd week of January 2018. And, if you will be unable to do a Splash or Source Book delivery, you need to tell him! **Chuck Deuth** thanked those who delivered dictionaries and said the Casteel HS Choices schedule was cancelled for November and will be moved to February 2018. Bring cookies to the Welcome Back Picnic, 4:30 PM, Tuesday, Nov. 14th, Sisk Park! **John McKoy** said the TRF Dinner

will be on January 16, 2018, at Palo Verde and there would be no Club Meeting that day. **Ed Anderson** highlighted "Why Become A Rotarian," an excellent promotional banner.



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Service Projects: Greg Jewell
Education Service: Don Robins
Communications: Norm Noble
House Committee: Justin Bro
Youth Protection: Sandy Lundberg
Sgt. At Arms: Dee Rasmussen



Program Overview: November 7, 2017

Call-to-Order: **Pres. Peter Meade**
 Pledge: **Ed Anderson**
 Invocation: **Orm Saathoff**
 Song Meister: **Bill Giessing** "I want a girl"

OCTOBER—NOVEMBER EVENTS

Nov. 21 Mayor Jay Tibshraeny
Nov. 28 Gordon Kesler
Dec. 5 Curt Ward

BIRTHDAYS & ANNIVERSARIES TO BE CELEBRATED THIS WEEK:
Birthday: None
Anniversary: Don & Janet Prestin Nov. 14; Greg & Lorrie Jewell Nov. 18

Happy/Sad \$ (as reported by Bill McCoach)

Sergeant-at-Arms Dee Rasmussen got better-half twin **DeeAnne Hawkins** to assist her in her Happy/Sad tour. Birthday spinners were **Gene Nicholas** – his table paid \$1 each and **Don Robins** - \$4. **Stu Frost** was happy that visiting Rotarian **Dick Vogel** was attending. 'Seems he's practicing to get up early **Morris John-**



son (we're glad you are back!) put in \$5 to celebrate his return and his health is progressing. **Vel Amica** was \$5 happy that **Morris** was back and glad to be anywhere. **Norm Riffel** was elated to be back from Nebraska and back in the saddle after medical issues. **Walt Mills** — with all the talk being said about Thanksgiving, he just can't quit "Cold Turkey." Cuz' **Dick Thomas** now realizes that there may be a curse for transferring into our Club. But he said he's gonna do it anyway. **Phyllis Carr** updated us on **Sandy Lundberg** who is occasionally back at school and getting targeted chemotherapy. She sends her love to us. On Saturday, Dec. 2nd there will be a "Living in the Joy" breakfast fundraiser for Sandy at Casteel HS, from 8:00 AM – 12:00 Noon; admission will be \$5/person and there will be raffles and silent auction items. **Debbie Wiltse** was happy that she found Oakwood Country Club in the dark and she was scootin', too. **Don Robins** was pleased that his Detroit Lions beat the Green Bay Packers. **John McKoy** reminded all that Dee had no Pin! **Dee**, going from sad to happy, paid up for no pin (although no one saw her put money in the bucket.) **Roger Edmonds** extended best wishes from our Aussie crew — plus he starts as Santa Claus soon. Also, the down-under Aussie Rotary Club contributed \$100 for PolioPlus! **Ed Anderson** implied that he was now nobility. Not certain how he knows that. **Alex Daniels** (again) congratulated his Philadelphia Eagles, determined to be in the Super Bowl. And, **Peter Meade** gleefully said the word "football" for which he prepaid \$1.



ATTENDANCE NOVEMBER 7

Members: 35
 Sr. Members: 24
 Frequent Visitors: 0
 Visiting Rotarians: 0
 Guests: 4
Total: 63

Rotarian of the Month

John McKoy



WINNER

Steve Perkins picked the five of Spades and won the coveted \$10 bill. There are 51 cards left in the deck.



GETTING TO KNOW US:

- To date, Sun Lakes Rotary has given dictionaries to more than 44,000 third graders.
- To date, the Club has taught Choices to over 50,000 ninth graders.
- To date, the Club has given more than \$100,000 for the eradication of polio.
- To date, the Club has contributed over \$700,000 to the Rotary Foundation.

THE FOUR-WAY TEST

Is it the **TRUTH**?
 Is it **FAIR** to all concerned?
 Will it build **GOODWILL** and better **FRIENDSHIPS**?
 Will it be **BENEFICIAL** to all concerned?