



Keeping It Rotary

The Rotary Club of Irving Sunrise

September 28, 2017



Last week Elaine Scolly from the Alzheimer's Association stopped by to tell us a bit about the disease and how to keep our brains working. She explained that the disease is caused by the development of plaque (protein) between neurons (the electrically excitable nerve cells in our brains). This interrupts the natural flow of electrical pulses thereby causing synapses (rerouted jumps between neurons). The disease is progressive and usually takes 10 to 12 years for full development. Normal aging forgetfulness she explained should not be confused with Alzheimer's; a big "whew!" to those of us who are senior citizens. Women statistically have a higher risk of the disease primarily because they normally live longer than men. So far there are no miracle cures, but stay tuned; intensive research is continuing. Elaine advised us that keeping our brains active by eating healthy, exercising, and maintaining an active life style all help to avoid the dread disease. She us told to work puzzles (this means your editor doesn't have to feel guilty any more about the time he spends working the crossword puzzle in *The Rambler*), learn new skills and hobbies, engage in ongoing learning, visit with friends and family, and stay engaged in the community (yet another reason to join Rotary).



This week, Tracy Bowen, Sales Manager for United Natural Foods, will be with us to talk about DISC. While often described as a personality test DISC, he will explain, is more like a personality profiling system and is the most widely used tool of its kind. Many businesses use it as an aid to team building.



Rotary Information



This week we introduce **Valeria Hernandez Avila**, our Rotaract treasurer.



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Valeria comes to UD all the way from El Salvador. She is a junior studing Industrial and Organizational Psychology, which



means she will probably have a special interest in this week's program. Her passions are art history, dancing, exotic foods and traveling. And speaking of exotic foods, El Salvador's most notable dish is the papusa which we'll have to have Valeria tell us about some day. They look delicious in the picture at left. Wonder what's in the accompanying dipping sauce? Something spicy?

