

Winter  
Weekly

# Reader

Volume 6, Issue 111, January 7, 2010

The Plano Rotary Club  
www.PlanoRotary.com



## UPCOMING MEETINGS

Jan 7	Earnest Burke Martin Luther King Celebration
Jan 14	David Allison & Earl Simpkins Celebration of Rotary Foundation
Jan 21	District Attorney John Roach
Jan 28	TBD

## JANUARY BIRTHDAYS

1/1.....	David Hammel
1/5.....	Jo Via
1/8.....	James Anderson
1/12.....	Brad Shanklin
1/12.....	James Smith
1/17.....	L.B. Showalter
1/17.....	Jerry Aris
1/19.....	Sherman Millender
1/20.....	John Brodhead
1/21.....	Alan Feigenbaum
1/30.....	David Ellis



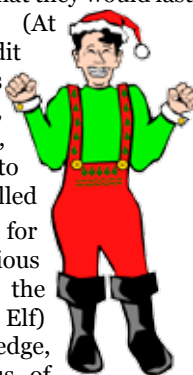
EVERY  
ROTARIAN  
EVERY  
YEAR

**TH**ANKS are due to **Lenny Schwartz** and **Rick Maucieri** for editing last Bulletin's text and taking its photos, respectively. **BRICKBATS** are due to **Ean** for failing to bring his camera for this week's photos, but he's educable. He swears blind that he'll not drop the ball again. (The etymology of "swear blind" is interesting. Some think it refers to "blind Justice," but it may actually be a perversion of the German to swear by "Stein und Bein," meaning to swear by "stone and relic," the latter being the bone of a saint. That would be **Jan's** *bein*.)



President **Iron butterfly**, in a Mother Hubbard outfit, opened the proceedings at 12:12, unconcerned, at the moment, that they would last until 1:09! (At meeting's end, she wanted credit for having truncated events even at that hour; the speaker, an Alzheimer's Physician, couldn't remember when to wrap things up.) Susan called upon **Reverend Mueller** for the Invocation (who had serious misgivings about sharing the podium with Rick's Christmas Elf) and **Rick Maucieri** for the Pledge, followed by the usual chorus of "Thanks, Bob!" She thanked **Chuck Morgan** for greeting.

Working for Santa gave Rick prerogatives that might never otherwise have come to him. He had the dreaded *Naughty vs. Nice* list. But he was also carrying Santa's sack, to make distributions he thought appropriate from items that didn't move in his garage sale. Referring to the PISD Board's vote on district gerrymandering the previous night, he decided that **Skip Jenkins** was deserving of gifts, so he offered an Advent Calendar that should have come with chocolate truffles, had Rick not already eaten them. **Chris Parr** received *AC/DC, the Electrical Circuit Game*, since "only you would understand it."



(It ended up with the *Memorial Elementary Science* teacher.) Someone cruel asked if *AC/DC* might be a reflection on Chris' sexual orientation, and Rick graciously denied it. **Ken**

**Roberts** scored a Needle Pin Modeler, whatever that might be. Surmising that a bank officer would have time (and mortgages) to kill, Rick presented **Casey Stewart** with a game of Monopoly box top (not, mind you, the game of Monopoly). Ean Sullivan was gifted with a *Guardian Angel* singing "What a Beautiful World" in the voice of **Louis Armstrong**. **Martin Jackson** was offered "your very own scarecrow," missing the Tin Man and the Cowardly Lion.



Someone crueler suggested to Rick that **Randy Wright** had called and wanted his tights back.

Skip Jenkins thanked us all for the "pity clap" as he prepared to discharge his **SERGEANT-AT-ARMS** duties between an Elfed Rick and a Bunned Susan. Among others, he introduced **Harry and Helen Crumpacker**, the parents of today's speaker, **Dr. David Crumpacker**, the titular character.

**Nathan Barbera** traded **Sarah Watkins** her **Red Badge** for a new **Blue** one, noting her "expeditious" retirement of the **Red Badge** obligations. She's produced children more expeditiously.

A rare bit of actual club business was next transacted: the *Annual Meeting* was called at 12:21 at which the officer nominations for the coming year were rubber-stamped by the Club. Those nominees present were lined up (firing squad fashion) before the members. They were

President.....John Ernst  
President-Elect.....Brad Shanklin  
Vice President.....Lynn Schwartz  
Secretary.....Karla Oliver  
Treasurer.....Kirk Bell  
Past President.....Susan Shuler  
Sergeant-at-Arms.....Skip Jenkins

continued on page 2

## Stand Up, Comic *continued...*

Membership Chair.....	Ben Criste		
Membership Vice-Chair.....	Casey Stewart		
Service Chair.....	LB Showalter		
Service Vice-Chair.....	Alan Feigenbaum		
Public Relations Chair.....	Nathan Barbera		
Public Relations Vice-Chair.....	Kenny Wilson		
Club Administration.....	Octavio Ortiz		
Club Administration Vice-Chair.....	Bob Epstein		
Foundation Chair.....	David Allison		
Foundation Vice-Chair.....	Earnest Burke		
At Large.....			
Ean Sullivan	Chris Parr	Kyle Walters	Camille Ussery
Harry Polly	Earl Simpkins		Hugo Esparza

**Ken Roberts** moved to approve the slate; **Jerry** seconded the motion, and the Club applied the rubber stamp.

**Alice Hobbes** hawked tickets for the Plano Symphony Orchestra's Holiday Extravaganzas.

Someone asked whether **Howard Shapiro's** Christmas Specials on DWI Defense were still in effect, even though it's Hanukkah. Howard wanted to know what specials those might be.

Susan congratulated Rick's team for whatever they might have accomplished with whatever sport they might have played.

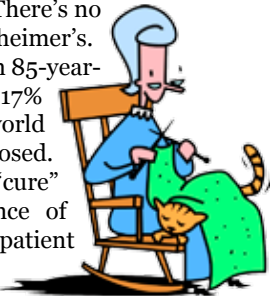
Then **Shawn Foster** stepped up to introduce David Crumpacker, the day's speaker. Dr. Crumpacker is a graduate of Cornell University Medical College. He took his residency at UT Southwestern, staying on there for a two-year



fellowship in Geriatric Psychiatry. He has studied apolipoprotein-E in connection with Alzheimer's Disease. David, a former Assistant Chief of the Department of Psychiatry at *Baylor Dallas*, has been recognized by *D Magazine* and *Texas Monthly* as an outstanding physician. He has taken the Boards in both Adult and Geriatric Psychiatry. He is a linguist with proficiency in Español, Français, Русский, Mandarin Chinese, classical Ελληνικά and **LATIN**.

More significantly, his Grandfather was a Paul Harris Fellowship-packing Rotarian!

Over 5 million Americans are afflicted with Alzheimer's Disease. Dr. Crumpacker estimated that the incidence of the disease will triple at mid-century. (The Alzheimer Association's estimate\* is an only slightly less alarming doubling...due to the aging of the population.) Now that he had our attention, he told us that memory loss is never normal. There's no such disease as Sometime's, it's Alzheimer's. And although it's alarming prevalent (in 85-year-olds, an estimated\* 10% for men and 17% for women; so it becomes a women's world after all), it is sometimes misdiagnosed. David explained that hearing aids can "cure" Alzheimer's by reducing the incidence of inappropriate responses, having the patient actually understand what's being said.



To prove that "*all men are affected*," he asked Shawn to list all the clients he'd seen since 8 am today. On reflection, David thought that an unfair test since Shawn's day "*starts at 10*."

He challenged us to consider that we may say it and even believe it, but it's not necessarily true. He asked us to consider the case of *Weapons of Mass Destruction*. He cited an example of asking a patient, "*Who was John Kennedy?*" The patient thought the name familiar. When told he was assassinated in Dealey Plaza, the patient "remembered" being in the Plaza on the day

of the assassination, but his son reminded him that he was in California on that date.

David told us that you have to both write and read memories; the problems might be with the **RECORD** or the **PLAYBACK** feature. If you can't **REWIND** the tape, it doesn't matter how well you **RECORDED** the event.



Sometimes you are asked questions that don't have answers. He said that wives are particularly good at this. "*Honey, do you want to redecorate the couch with swatch A or swatch B?*" can't be answered without precipitating recrimination. David suggests, "*Leave them both out; I want to see them in the changing light of day before deciding*." So a non-answer is the only right answer.

He gave us a self-test: if you remember that you've forgotten, you're OK. But if you forget that you forget, you are in deep trouble. Writing things down is always a good strategy.



David said that memory loss **ALWAYS** needs to be investigated. At age 60, everyone should have a memory test, he claimed. He mentioned that Alzheimer researchers classify a diagnosis at age 65 to be Late Onset! A collective shudder went up from all the sexagenarians in the audience. The septuagenarians were oblivious.

Alzheimer's (or rather dementia of all kinds) is the only disease that increases linearly with age. It's tough determining "what's normal" for octogenarians, because by age 80, the standard deviations narrow considerably.

In autopsies of the brains of spouses of Alzheimer patients, the same markers are discovered. No one knows why that should be so, but David remarked that it means "*job security for me!*"

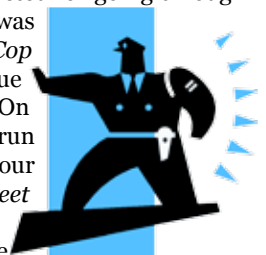
A century ago, the life expectancy wasn't 80 but rather 40. So Alzheimer's wasn't as serious a problem. But a lot of things have changed since then. In 1900, the main source of accidents for females was a kitchen fire; and the main source of kitchen fires was males.



Often it's the case that family members can connect the dots of apparently incoherent statements of Alzheimer patients and understand what they're trying to say. But the patients can't understand nuances of what is said to them.

Alzheimer patients show a failure of executive functioning: the ability to organize, sequence, and arrange. A test, 80% specific in Alzheimer patients, is the Handshake Test. David called upon Shawn to demonstrate, perhaps because it's a good sobriety test as well. In the test, you explain clearly to the target that you're about to offer to shake his/her hand, but (s)he is not to respond! The offer of an outstretch hand, in this society, builds a powerful incentive to respond. Shawn, however, passed the test. Alzheimer patients instinctively accept the handshake even though they understand that it is a test. (It doesn't work with Hassidic or Moslem women who don't shake hands with anyone not their family.) If they fail the handshake test, do you permit them to drive?

David told of a patient who was ticketed for going through a green light. The kicker was that a cop was holding up his hand to stop traffic. "*Cop takes precedence over light*." That's true whether he is directing you to stop or go. On the other hand, if following his lead, you run over a child in the street he doesn't see, your brain is misfiring again. "*Child in street takes precedence over cop*."



Early diagnosis is the key, because

## Stand Up, Comic *continued...*

no treatment reverses the progress of the disease. Some treatments can, however, permit the retention of some functioning for longer, and that is worth the effort. David said it's like 40-year-olds exercising for washboard abs; if they hadn't any at 18, they'll not produce them at 40 (without steroids).



Someone asked a question and threw David off his memorized presentation. He struggled a moment to recover his place in the lecture, much to the amusement of the audience, some of whom must have assumed that it was self-referential. (This lapse was Sainted Editor's fault. David would have recovered his place easily had his PowerPoint presentation worked, but his Mac looked upon our projector, inexplicably, as if it were a keyboard, and refused to feed it video. Sainted Editor should have produced a magical connector that resolved the miscommunication.)

The progress of the disease is roughly a 33% loss of functioning every year, so early treatment is critical. (Of course, that is an exponential  $(1/3)^n$  progression and not a linear  $n/3$  one, so one of his estimates has to be wrong.)

There are a number of treatments available. There are medications that treat concentration and others that treat memory. Still others attempt to keep the brain (nerve cells) alive. Often a combination therapy is called for. The questions overran the hour. The first was about how caregivers can explain things (such as memory loss) to a patient who doesn't remember. David said that it is the caregivers who have to be flexible, not the patient.

Howard wanted to know more about David's assertion that no memory loss is normal. David guessed Howard was "40 or 45?" Howard conceded something in

excess of that. David responded that stress, anxiety, and depression all masquerade as dementia. Relief from those doesn't help Alzheimer patients but it does help with normal REWIND.

In response to Cary, David said that Alzheimer's represents  $1/2$  of all dementia. It rises linearly (or exponentially?) from 10% at age 60 to 50% at age 80. (Alzheimer Association stats\* deny this.)

Ken Roberts wanted to know about any correlation with IQ. David told him that higher IQ correlates with longer schooling which has some protective factors, not clearly understood.

Earnest Burke asked about diet and exercise and was told, "*it can only help.*" But he cautioned that "*it rains more on the just because the unjust take the umbrellas.*"

Patti Schwartz asked whether toxins are implicated. David said that aluminum might be associated but the correlation isn't proven. Things are more complicated than that. He said the prognosis after diagnosis is no better than a decade of life remaining.

Susan shook his hand (successfully) and explained the flashlight ritual. Then she shook his hand again as he departed. Seeing that Howard was still in attendance, she mused that a *Howard-Meter* be used to determine a program's interest. Howard said he couldn't remember when to leave. After the Four-Way Test, Susan gavelled us out at 1:09.



\* [http://www.alz.org/national/documents/report\\_alzfactsfigures2009.pdf](http://www.alz.org/national/documents/report_alzfactsfigures2009.pdf)

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at Rotary!**

### **The 4 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 & better friendships?
4. Will it be beneficial to all concerned?

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## **Member NEWS**

### **AWARDS:**

**Harold Sullivan Award**  
Chris Parr

**Athena Award**  
Alice Hobbs

**Fred Moses Award**  
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**Business Executive  
of the Year**  
Ray Huffines

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Earl Simpkins

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[www.rotaryclubone.org](http://www.rotaryclubone.org)

**New Member Proposals:**



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