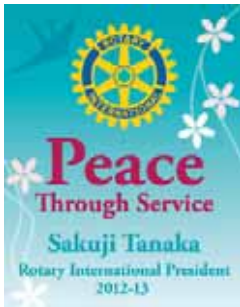


FALL
Weekly

Reader

Volume 9, Issue 61, November 1, 2012

The Plano Rotary Club
www.PlanoRotary.com



UPCOMING MEETINGS

November 1:

Alex Vispoli, Frisco Roughriders
Baseball "A Look at Life in the Minors"

November 8:

Dr. V. Lane Rawlins, President,
University of North Texas

November 15:

Betty Murray, Living Well Health
& Wellness Center
"Banish Body Fat: The Secrets
to Fat Loss the Experts Haven't Told You"

November 22:

Thanksgiving - No meeting

November 29:

Snowball Express

NOVEMBER BIRTHDAYS

Lissa Smith	Nov 03
Olin Jaye	Nov 05
Martin Jackson	Nov 12
James Youngblood	Nov 22
Patti Schwartz	Nov 29

Geriatric Club of Plano Redux

APPARENTLY, six excused absences from editorial duties are insufficient. Sainted Editor's Sainted Spouse had to bribe the Club for a seventh. (Due to leaving for South America the Saturday after Rotary. She's under the impression that we need to prepare, somewhat, for the journey. *Women!*) **Pat** offered a \$75



wheelchair donation if the Club found a substitute for the next Bulletin, and **Lori Phantom Crotcheter Roberts** stepped up. So now she'll do ALL of November's newsletters while **Hubert** will be responsible for December and the first half of January.

LENNY THE LAMPLIGHTER gave us all the "What's all this, Gov'nor" at 12:16 quoting the Preamble to the U.S. Constitution:



We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

It was all to encourage us to get to our Early Voting Stations and record our Lesser of Two Evils ballots. Having accomplished that, **HE** practiced

his proselytizing on LB the Good and **Howard Shapiro** for the Prayer and Pledge. **HE** also thanked **Earnest Burke** for greeting.



Kelly Palmer interrupted the staid proceedings to present **LENNY** with a Longhorn "prognosticator" of future UT football games. He'd recreated **Bevo** with a *PostIt*® mouth that could be affixed in a smile or a frown depending on the odds of winning the next game. Kelly left it in a frown and retired from the **Field of Harassment**.



John Parker played the role of **SERGEANT-AT-ARMS** (badly, because the actual one continues to be absent; John couldn't very well duplicate that), welcoming **Steve Vitasek** from Metro. Steve returned the favor by introducing his guest,



M'Lou Hyttinen, the Executive Director of the *Heritage Farmstead*. She, in turn, stumped for a campfire ghost story called **Murder and Mayhem: True Crimes of Collin County** at 7:00 and 8:30 pm on (last) Friday, October 26 for a \$20 entrance fee.

Chris Parr introduced his two guests, wife **Pat** ("blushing bride of 27 years") and a UT-Dallas





student of **CHEMISTRY**, **Mintra Loetrat**, who brought her *résumé* today in hopes of a work-study job. But he hadn't used the *Wright Protocol* to make the introductions, so **LENNY** bade **Randy** lecture him on giving the name last so that the **Geriatric Club of Plano** had no time to flush its short-term memory before responding, "*Hi, Mintra!*" Randy concluded that we all should get into the **Hallowe'en Spirit** as soon as we've done voting. Clearly he'd already voted.



Alan Feigenbaum welcomed candidate member **Larry Bisno**. **Nancy Humphrey** introduced us to **Karen Thunert**. **Olin Jaye** bade us welcome the next President of the Chamber, CPA **Joe Dwyer**.



Finally, **Joe Foor**, the day's speaker, introduced us to the CEO, **Karen Whitehead**, and the Executive Director, **Kathi Bales**, of **Villagio of Plano**, a facility caring for those with memory disorders.

LENNY apologized for being "*heavily sedated*." I didn't think it possible to drink your lunch at the **Pitchfork**.



HE presented **Skip Jenkins** with his (sort of perfect) Attendance pin for **17 years!** Skip wanted to know what **Mack Brown** and **BIG TEX** had in common: they'd both torched the State Fair.

LENNY wished **Debbie Watson** and **Casey Stewart** **Happy Birthdays**, and **HE** said that **Jessica Jackson's** Birthday

Check was the lowest value **HE'D** seen!

Bill Wray gave his Classification Talk, mentioning that his Classification was Attorney (which earned him the obligatory **BOOs**). His specialty was the lawsuit, but he promised not to sue Rotarians (unless it's billable). He said he was born in Buffalo, NY, (more **BOOs**) and had

attended both the *University of Rochester* (one cheer) and *Georgetown Law School*. He came to Plano in 1996, leaving the first legal sweatshop he'd hired into for another which had a lady lawyer who, feeling incensed over some perceived slight, ensured that his office was a clothes closet. He and she held that grudge until they became engaged, and Bill's been "*getting revenge*" for 10 years now.



He and his doting wife have adopted two children via *Hope International* over whose Board he now presides. He invites us to its fundraiser on February 10th. His sons are Jonathan and Thomas, the latter of whom is from "*four time zones east of Moscow*." (Russia is still 11 time zones wide even after the divestment of its satellite states.) Bill said that there are 140M orphans worldwide, 3M of them in Russia. At age 16, they "age out" of the orphanage with a life expectancy of 30! 60% of the girls become prostitutes.

John The President Formerly Known as Prince **Ernst** said that he too had adopted through *Hope International*.



Gary Basham completely flummoxed Pat Storck by presenting her with an entirely unexpected *Paul Harris Fellowship* assigned to her by husband Chris.



Alan Feigenbaum and Scary Bob **Epstein** rose to congratulate the Club for raising \$73K for Hendrick Scholarships. Then Alan reminded the Club of the prizes to be distributed to the Tournament Prep Teams that scored highest on Randy's Arcane Template. He turned to Scary Bob, expecting him to divulge which teams had won,



but those scores hadn't been tallied. So they hastily retired from the podium with *"we'll get back to you on that."*

Since **Chuck Morgan** was again AWOL, **David McWhorter** drew the plum assignment of introducing Joe Foor.

Our program today is presented by fellow Rotarian, Joe Foor, known to his Hispanic friends as Jose Quatro.

Joe is a native of that state north of the Red River, but he's been a resident of Dallas since 1988. Equipped with a Master of Theology degree from *SMU*, Joe served as the University Chaplain at *Southwestern University* in Georgetown and was the assistant Chaplain at *Methodist Hospital* in Dallas. In a relatively new position, Joe is currently the Marketing Director for *Villagio of Plano*, a new memory care/Alzheimer facility here in Plano.

Joe and his wife, **Anne**, have been married a lo-o-o-ng time. They have two daughters and three *"almost perfect"* grandchildren.

Joe's topic is, *"Learning to Speak Alzheimer's."*

Speaking to the Geriatric Club of Plano, Joe really didn't have to *"raise awareness and sensitivity"* to the issue of memory loss. But he did it anyway with three anecdotes.

Anne's aunt **Margie** was a successful businesswoman in 1965, when she began to forget invoices and misplace the car. One day she accosted Uncle **Lacey** with the news that *"someone has stolen the commode!"* She was in the (non-water) closet at the time. Ten years later, she was dead, but before she went, she was institutionalized. Lacey visited her every day, but she didn't recognize him, saying, *"Get out or I'll call the police!"*

Alzheimer's victims may not remember but they *"still have feelings,"* and frustration is certainly one of them. Seeing friends, Joe insisted, is *"very important."*

Professor **Fred Carney** instructed Judge **Sarah Hughes** (swore in LBJ after the Kennedy Assassination) when she was a law student at *SMU*. She returned to present a lecture while

he was in the audience. She referred to his Law & Ethics Seminar, and, although stricken with memory loss, he smiled at being so recognized.

Dr. **Buchon** told Anne that he was due at a lecture and then proceeded to give it to a wall for 10 minutes. Asking Anne what she thought of it, he beamed when he was told it was *"interesting and profound."* Treatment used to insist on confronting patients with reality, but, Joe said, *"They cannot reason."*

Alzheimer's afflicts over 5M Americans; if you count the toll on families, it affects 20M. Today, it costs \$92M per annum, but that will soon rise to \$400 *billion*, more than the entire healthcare budget today.

Odds are 50% for those over 85, and the cause is unknown, but obesity is strongly indicated. Joe himself was 265 pounds and living a sedentary life when struck by blood glucose levels of 650 (life-threatening). He heeded the warnings and now, aided by a *"disciplinarian"* wife, he weighs 184.

He gave us a brain Yoga exercise: make fists with one thumb up and the other pinky extended. Now switch hands rapidly.

Flash told of an Irish patient asked whether he'd rather have Alzheimer's or Parkinson's. He chose the latter on the grounds that *"it's better to spill the beer than lose it."*

Joe invited us to a Health Fair at *Villagio*.

LENNY gave him **OPERATION ONCE IN A LIFETIME** dog tags, led us in the Four-Way Test, and released us at 12:58, paraphrasing Sgt. Esterhaus' dictum, *"Be careful out today."*



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Know someone who would
make a great Rotarian?
Invite them to be your guest
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?

Guests & Visiting Rotarians

Guest

Larry Bisno
Patricia Storck
Karen Thunert
Mintra Loetrat
Joe Dwyer
Kathi Bales
Karen Whitehead
M'Lou Hyttinen

Guest Of

Alan Feigenbaum
Christopher Parr
Nancy Humphrey
Christopher Parr
Olin Jaye
Joe Foor
Joe Foor
Steve Vitasek

New Member Proposal:

Larry Bisno
Classification: Health Care
Proposed by: John Ernst

Member NEWS

AWARDS:

Athena Award:
Camille Ussery
Citizen of the Year:

Jamie Schell
Outstanding Corporate
Citizen of the Year:
The Shops at Willow Bend
(Octavio & his team)

Visiting Rotarian

Steve Vitasek

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