



President— Barry

Spoke Newsletter

Wednesday February 14, 2018

Attendance: 22 (49%) Attendance with make ups: 27 (60%)

Program Wednesday, February 21, 2018

Carol Ernst, Exec. Director Eastmont—Volleyball Referee

Program arranged by Dale Lloyd

Program Wednesday, February 14, 2018

Mark Sunderman—Director of Rehabilitation Service, Eastmont

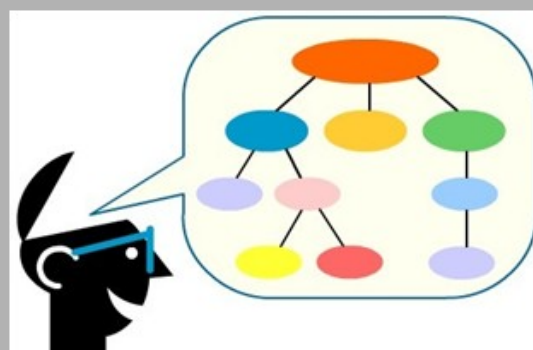
Program arranged by Dale Lloyd



Dale Lloyd, Mark Sunderman, Barry Stelk, Melodie Pointon

"The Older Brain"

Mark Sunderman, Director of Rehabilitation Service Eastmont Communities-January 1997 to present, Physical Therapist, Tabitha Health Care Services, 1990-1996. Education: University of Nebraska Omaha Medical Center, Physical Therapy/Therapist degree, 1984 Bachelor of Arts degree in Science, Doane College, 1982.



What are some aspects of thinking?

- ◆ Numbering
- ◆ Planning
- ◆ Organizing
- ◆ Making Decisions

These cognitive abilities affect

- ◆ Everyday tasks
- ◆ Living independently

Some common changes in thinking as people get older:

- ◆ Increased difficulty finding words
- ◆ Increased difficulty recalling names
- ◆ More problems with multitasking
- ◆ Decreased ability to pay attention

A Rotary Thank You to Mark Sunderman for an excellent, interesting presentation on "The Older Brain"

***Lincoln East Rotary Club
Meetings at Valentino's—70th & Van Dorn
Noon Luncheon starting @ 11:45 a.m.***

February 14, 2018

Positive Cognitive Changes

- ◆ More knowledge and insight
- ◆ Wisdom from a lifetime of experiences

Physical changes in the brain as we age

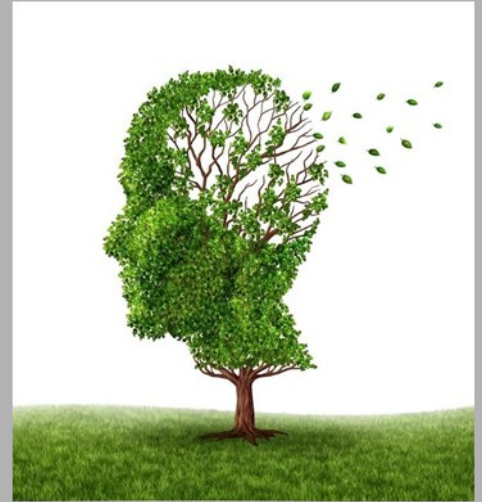
- ◆ Certain parts of brain shrink
- ◆ Less communication between neurons
- ◆ Decreased blood flow
- ◆ *Normal*



All of the above are normal: Alzheimer's is not part of normal aging

What is Normal?

- ◆ Age related forgetfulness
- ◆ Making a bad decision once in awhile
- ◆ Missing a monthly payment
- ◆ Forgetting a day or name but remembering later
- ◆ Losing some things from time to time
- ◆ Sometimes forgetting a name or word



What is NOT Normal?

- ◆ Serious memory problem
- ◆ Getting lost in familiar places
- ◆ Not able to follow instructions
- ◆ Confusion about time, people, places
- ◆ Asking the same questions over and over

Mild Cognitive Impairment

- ◆ MCI
- ◆ Minimal/moderate memory/thinking problems
- ◆ People with MCI can take care of themselves and can do their normal daily activities

Definition of MCI

- ◆ The onset and evolution of cognitive impairments beyond those expected of age and education of the individual, but which are not significant enough to interfere with daily activities.
- ◆ Memory loss is the predominant sign.
- ◆ It may be the transitional stage between normal aging and dementia.

Exercise

- ◆ Be physically active—Strength exercises
- ◆ Balance exercises—Aerobic exercises – brisk walking



MOST IMPORTANT!!

**Stay Connected—Social activities and community programs
Visiting family, Visiting friends, making new friends!!!**





Anniversaries & Birthdays

Weeks of —February 15—21

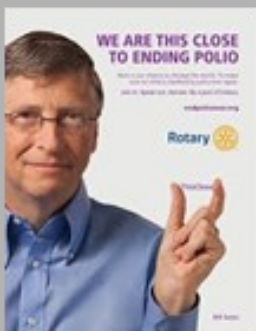
Birthdays:

Nathan Rink—February 18

Chris Klingenberg—February 20

Anniversaries

NONE



Happy Dollars



Minnie Stephens	\$ 1.00
Dale Lloyd	\$ 1.00
Al Burdick	\$ 2.00
Mike Carr	\$ 5.00
Chris Klingenberg	\$ 1.00
Blake Collingsworth	\$10.00
Milt Schmidt	\$ 1.00
Merle Jansen	\$ 1.00
Ben Martin	\$ 2.00
Gene Roth	\$ 1.00
Steve Grosserode	\$ 2.00
Duane Tappe	\$ 5.00
Barry Stelk	\$ 5.00
TOTAL:	\$37.00



**Welcome new member Melodie Pointon
to Lincoln East Rotary Club!**

Make Ups

Greg Schnasse	Board Meeting
Gordon Bair	Social
Dick Cumming	Board Meeting
Dennis Duckworth	Social
Charles Erickson	Camp Kataki

Guests & Visitors

Merrilea Anderson	Steve Grosserode
Merle Jansen	Club #14



Greeter Duty

February	Wayne Casper
March	Ed Stivers
April	John Garrison

*Lincoln East Rotary Club
Spoke Newsletter
Published by Wayne Casper*

Update on Polio eradication in Pakistan and some of the obstacles.

Article provided by Charles Erickson

(This is why we still need those Happy Dollars)

ISLAMABAD — The long struggle to eliminate polio from Pakistan has faced many obstacles — public ignorance about the disease, myths about a Western plot to sterilize Muslims, claims about fake vaccination drives being used to cover up spying. Add to that list: Attacks by anti-government insurgents on teams delivering the polio vaccine, mostly around the lawless northwest tribal areas. Now, just as the campaign was nearing its total eradication goal — with only eight new cases of the crippling virus reported in the past year — a particularly coldblooded assault has left a mother and one of her seven children dead, slain on Thursday as they were distributing polio drops in the violence-plagued southwest city of Quetta.

The mother and her 16-year-old daughter were not accompanied by armed security guards, although they have long been provided for vaccination teams in Pakistan. A police official in Quetta said the local guards had been removed because they were “drawing attention.” Pakistani commentators noted there is an ongoing debate about whether such guards provide safety for vaccinators or endanger them.

The anti-polio campaign is supported by the World Health Organization, UNICEF and other international agencies, which have assisted in successfully eradicating the virus in most of the world. The slain women were participating in a new drive in which hundreds of mobile vaccination teams are providing polio drops in communities across the country.

The killings were carried out by unknown drive-by killers, who shot the mother and daughter in the head as they sped past on motorbikes. There was no warning, no explanation, and no claim of responsibility. But the attack resembled previous ones by militant groups such as the Taliban, which have killed more than 100 Pakistani vaccinators and their police guards in the past five years.

Officials of national anti-polio organizations vowed the latest attack would not deter or slow efforts to end polio in Pakistan, one of the last few countries where the virus remains endemic. Another is Afghanistan.

“The killings are very, very sad, but they will not have any impact on the eradication campaign, because the federal government and all the international partners are fully committed to eradicate polio from Pakistan. We will not be brought down by this,” said Aziz Memon, chairman of the Pakistan Polio Plus Committee, which is affiliated with Rotary International, in Karachi.

Memon said the last known attack on vaccinators in Balochistan Province, a vast desert region where Quetta is located, took place more than two years ago, when organized opposition to the anti-polio drive was high and many families were refusing to allow their children to be vaccinated.

Suspicion was aggravated in 2011 by the arrest of a Pakistani doctor who visited homes in a purported vaccination drive in the northwest region. He was later found to have been part of U.S. intelligence effort to locate al-Qaeda leader Osama bin Laden, who was then killed in a U.S. raid on a compound in Abbottabad, Pakistan, in 2011.

Lincoln East Rotary Club

February /March Speaker Schedule

February 28—Police Chief Bliemeister—Lincoln Police Department—Dale Lloyd

March 7—Anthony Clemons from Genesis—Duane Tappe

March 14—Kiersten Hill, Big Brothers Big Sisters—Rachel Martin

March 21—Todd Ogden, Downtown Lincoln Association—Rachel Martin

March 28—Angela and Teresa, Clinic with a Heart—Rachel Martin