



The Serving Tray

Rotary Club of Kirksville -- Charter 371 -- District 6040

www.kvrotary.org



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SOUP SOCIAL 1/31/23: Ralph Cupelli said a signup sheet was circulated today.

FOOD DRIVE 1/18/23: President Marie said the food item is peanut butter.



CHRIS COTTLE ON ALZHEIMER'S: In Dan Waxman's introduction, we learned that Chris Cottle is the Walk Manager for the Columbia Walk to End Alzheimer's. His experience with Alzheimer's began in April 2012 when his father was diagnosed with early-onset Alzheimer's at the age of 52. (His father succumbed to the disease five years later.) Following his father's diagnosis, Chris started volunteering with the Alzheimer's Association as a community educator, support group moderator, and member of the Columbia Walk committee. Two years later he became the Volunteer Event Chair for the Columbia Walk and continued to serve in that

position for the next five years. In the fall of 2019, Chris officially became a staff member for the Alzheimer's Association as the Walk Manager in Columbia, Macon and Kirksville. (A Kirksville Walk to End Alzheimer's will probably be held in October this year.)

Chris, pictured above with President Marie, spoke about the 10 warning signs of Alzheimer's and how they are distinguished from age-related memory loss. This and other information can be viewed at alz.com. This site reports 44 million people worldwide are living with Alzheimer's and other dementias. A 24/7 helpline has been set up: 800.272.3900. Information about Alzheimer's is also available at adrag.org, a Rotary Action Group, to which President Marie belongs. Although there is no cure for the disease, a new drug, Lecanemab, has just been approved by the FDA which may slow its progress.

The Alzheimer's Association would like to have a support group in Kirksville. Currently the closest one is in Macon, staffed by volunteer Community Educator Amelia Cottle, Chris's mother. If you are interested in a support group here, contact Chris at 573.673.4292 or email ccottle@alz.org.

50-50 Drawing: David Nichols did not pull the ace of spades; pot now up to \$1,922.

Guests:

- Elsie Gaber** (Thousand Hills club)
- Charles McAdams** (guest of Ernie Hughes)
- Katie Buck** (Program Guest/Kirksville Event Chair)

Upcoming Programs/Events:

- Jan 18:** Sharon Swelha/Kirksville Tourism Update
- Jan. 25:** Ralph Cupelli/Rotary Information
- Jan. 31:** Soup Social, DuKum Inn, 5:30 pm
- Feb. 1:** Jeff Romine & President Marie/ClubRunner
- Feb. 8:** Vincent Papenheim/Exchange Student from