

# T-G-I-F-I-Y

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## The Main Event

**Guest Speaker Melissa Weidman** – Melissa is the Director of Community Engagement for the Alzheimer’s Family Support Center of Cape Cod. She began by having the club raise their hands if anyone is or has been a caregiver to someone with Alzheimer’s or dementia or know a loved one that has been. It was clear that everyone is impacted by people we care about who are impacted by a memory impairment.

Alzheimer’s disease is a terminal illness that can begin at any age. More and more people are getting it at earlier ages, but it is something we typically associate with getting older. It is the 5th leading cause of death for those over 65. This figure is expected to triple by 2050. On Cape Cod, 10,000 people have been diagnosed and probably double that have not been diagnosed. For every one person diagnosed, there are many more that are touched or impacted by it.

“We recognize that it is not just about the person with the diagnoses, but it involves a tremendous amount of assistance from those who love the individual with the disease,” said Melissa. “Often these patients are in good health otherwise. The challenge can be overwhelming spiritually, financially, mentally, emotionally. The caregiver often suffers as well. It is often overwhelming to navigate ways to move forward as caregivers.” The organization exists as a liaison for support opportunities for the families.

**Savvy Caregiver** – For any company or organization that deals with the public, the Alzheimer’s Family Support Center of Cape Cod offers free training and education. They offer six - 2 hour sessions for caregivers to be able to re-cue the person versus stressing out both sides. For those dealing with the public, this can be vital training to help treat everyone with dignity and respect and is prevalent on Cape Cod.

Yarmouth Senior Center is a leader on the Cape for Dementia friendly community initiatives. By understanding what it is that these people are going through, we can offer better and more appropriate services for these people across the community because we all know there are more people of age here on the Cape than other areas.

**Congratulations to Tammy Glivinski-Saben** – Tammy was appointed as the Chair for the Board at Cape Cod Community College! Kevin recommended a \$50 fine for being in multiple papers and online and for meeting with and being appointed by the Governor!

**Rising Star** – The Cape Tech’s Rising Star, Mark Gorman, was introduced by the electrical engineering shop teacher Mr. Ready. “When I get a student like Mark, it is very inspiring. He is one of the top students I have ever had,” said Ready. Mark is in the running for valedictorian for his class. Mark then spoke to the club. He is currently a junior in the electrical shop at Cape Cod Tech. He attended Skills USA, a national competition, and did well. He is currently working for Bayside Electric where he is learning and earning while in high school. He hopes to pursue his electrical license and study economics in college. Best of luck Mark!

### \$\$\$\$\$Happy Bucks\$\$\$\$\$

Pat Armstrong - Rising Star/Melissa/Shoutout to Yarmouth Senior Center/All town employees to be trained for Alzheimer’s sensitivity and connectivity

Mike Riley - Rising Star/Speaker/Boy Scouts of America launching Scouts USA

Curly Carey - Apology buck for Tom Martin

Jim Seymour - Received well wishes while traveling with Patriot’s gear

Ken Jenks - Rising Star/Guest Speaker/Trophy presentation for Field Hockey

Melissa Weidman - Thank you for support/Go Patriots!

Bob Sanborn - Mark and his mom/Melissa for information

Carol Woodbury - \$20 Happy Bucks/Mark and his mom & Cape Cod Tech

Paul Chatelain - \$57 number of years of experience in Cape COD’s newest real estate brokerage!

Brian Braginton Smith - Was in NYC meeting on global climate crisis/Speaker



**Special Visitor** – Gertie, Yarmouth’s own groundhog, visited the club. While she could not make a prediction because it is a day early, we all hope summer will come soon!



CC Tech Rising Star Mark Gorman

**Captain Parkers Fellowship** – As a thank you to Gerry Manning, we will be having a fellowship at 6pm on February 6. This is our annual thank-you for Gerry and Captain Parker’s 25 years of involvement and donating the entire Children’s Christmas Party dinner for 100 people. For those away for the winter, we will be holding another event in the spring.

**District Training/PrePETS** – On Saturday 2/9 @ 8am at Whites of Westport, Kevin and Curly will be attending the District Training, which includes certification for District Grant writing. Please contact Kevin for more information; we will need more people to attend!

**Committee Signup Sheets** – The Committee Signup sheets are out. Please fill out and return as soon as possible. Either volunteer or be voluntold! If you have been in certain committees for a while, switch it up and try out other parts of the club. When filling out the sheets, please verify all information on the sheet for the directory.



Gertie the Groundhog Visits Yarmouth Rotary

## BROWN BAG

March 1

April 5

May 3

June 7

July 5

August 2

## Calendar

Feb 8 Tim McCarthy—United Way

Feb. 9 - President/PrePets Training Also included is Grant Training Seminar—Whites of Westport All invited

Feb 15—Julie—Amazing Grace

Feb 22—Robert Cody—Community Leadership Institute

Mar 7-9—NEPETS—President Elect Training

Mar 30—RLI Rotary Leadership Institute—AMICA, Lincoln, RI

Apr 1—International Night Whites of Westport 6 PM

Apr 13—District Assembly—Club Secretary, Treasurer, President, President Elect and any other interested Rotarians

May 3-4—District Conference—Double Tree Hotel—Danvers MA

May 17-19 RYLA—Sea Camps—Brewster, MA

June 17—District Officers Installation—Stephen Albright DG—Cape Codder Resort, Hyannis, MA

**Program Committees:** Please notify Curly Carey and Steve Albright of your speakers. You are responsible for providing the write up on the speaker for the following week..

February  
Peace & Conflict Resolution  
Chantel Hayes Rice

**MEALS ON WHEELS**  
2/5 Mike Karras& Steve Albright  
2/12 Bill Lemoine & Phil Morris  
2/19 Ken Jenks & Ann Knell  
2/26 Chantel Rice & Mike Riley  
3/5 K. Livingston & F. Mastromauro  
3/12 Steve & Jill Albright  
3/19 Ken Sheytanian & Scott Vandersall  
3/26 Mike Duffy & Jim Bogle  
4/2 Joe Potzka & Ron Hawes

Substitutes Steve Albright  
Frank Mastromauro  
**MEET**  
at the Yarmouth Senior Ctr.  
528 Forest Rd., South Yarmouth  
9:30 A.M.

## FRONT DESK

2/8 Brian Sullivan & Hollie Handrahan  
2/15 Bob Boucher & Elena Schuck  
2/22 Dave Botting & George Davis  
3/1 Ken Jenks & Ann Knell  
3/8 Chantel Rice & Matt Fitzsimmons  
3/15 Jim Bogle & Jimmy Walker  
3/22 Bill Lemoine & Mary Vilbon  
3/29 Frank Mastromauro & Tom Ulrich

**PLEASE** be available at 6:30 AM on your scheduled Friday. If you cannot attend, please swap with another committee member.

## GUEST POLICY

**Prospective members are the guests of the Club for their first meeting.**

## GREETER

Feb 8 Paul Chatelain  
Feb 15 John Cooke  
Feb 22 Mary Cotoia  
Mar 1 George Davis  
Mar 8 Mike Duffy  
Mar 15 Melissa Farrell  
Mar 22 Matt Fitzsimmons  
Mar 29 Bianca Frazier

March  
Water and Sanitation  
Roby Whitehouse