

Oct. 24, 2013 Meeting Assignments

Greeters	Alan Mogck & Sonja Tengdin
Front Desk	Bob Solheim
Invocation	Dan Hallberg
Guest Introduction	Matt Boockmeier
Barker	Dean Gabbert
Program Host	Brad Hepp
Thank the Speaker	Jennifer Bennerotte
Program: Jeanne Crain, President and CEO of Bremer Bank, "Bremer Bank in the New World of Community Banking"	

**Area 3 Veterans Day Luncheon Nov. 11**

The annual Rotary Veterans Day luncheon for Area 3 will be held on Monday, Nov. 11, at the Minnesota Valley Country Club starting at 11:30 a.m. KARE 11 Reporter Boyd Huppert will serve as the emcee. Keynote speaker will be Brigadier General Dennis Schulstad.

Edina Rotarians' lunches are paid for by the club, since the luncheon serves as the club's regular meeting for the week. Club members are invited to bring up to two veterans as their guests at no charge. Other guests will be charged for the meal.

Register online at [www.EdinaRotary.org](http://www.EdinaRotary.org).

In ReviewOct. 17, 2013**By Robert Gubrud**

Greeters: **Jon Barnett, Mike Stanzak** and new member **Sonja Tengdin**  
 Front Desk: **Audri Schwarz** and **Mary Hustad**  
 Invocation: **Mike Stanzak**  
 Guest Introductions: **Keith Benson**

President **Steve Slyce** opened the meeting.

**Brad Hepp** introduced prospective new member John Buttolph. Sonja Tengdin introduced her father, Rolf Henz, visiting from Oceanside, Calif. Also joining us was visiting Rotarian Chris Dahlberg of Duluth Harbortown Rotary, who introduced his guest, Tony Odegard.

**John Flynn**, event Chair, reminded Rotarians of Camp Enterprise the weekend of Oct. 31-Nov. 2, encouraging members to sign up for open positions.

Steve Slyce informed us that **Rick Carlson's** father had died and asked Rotarians to keep Rick and his family in our thoughts and prayer. He requested that we review the directory proof on the tables for accuracy.

**Will Steinke**, Rotary Foundation Director, presented Paul Harris Fellow awards to **Jack Kennefick**, PHF; **Mike Opitz**, PHF +4; **Dan Mott**, PHF +5; **Gerry Norton**, PHF + 5; and **San Asato**, PHF +7.

**Les Wanninger** introduced our speaker, Julie Steen, Executive Director of the National Parkinson Foundation, Minnesota (NPFM), and provided a brief bio:

Prior to joining NPFM in 2012, Julie Steen assisted technology companies in building marketing strategies to penetrate new market segments. Once her children were on their own, she looked for a role in a non-profit where she could give back. Julie said she is thrilled to be putting her expertise and skills to work in the Parkinson's community. When Julie started her work with NPFM, she had one friend with Parkinson's disease; now she has many!

**4801 W. 50th St • Edina, MN 55424**  
**Jennifer Garske, Club Administrator**

Following are excerpts from Julie's presentation:

Parkinson's disease is a progressive brain disorder that affects people's ability to move. It is caused when nerve cells in the brain that make dopamine, an essential neurotransmitter that controls muscle function, are slowly destroyed. What causes this to happen in the brain is still unknown. What causes some families to experience multiple incidences of Parkinson's disease is also unknown. The vast majority of families impacted by Parkinson's disease will have only one family member who is inflicted.

Common symptoms of Parkinson's include tremors or shaking, stiff muscles, slow movement and trouble with balance or walking. Specific therapies are available to reduce these symptoms, assist with posture, balance and walking. Everyone living with Parkinson's disease is challenged to carve out multiple times during the day to vigorously exercise and complete therapy guided movements to have the best quality of life.

Facial masking is also common, reducing the ability to display emotions and can cause miscommunication in the workplace and with families. Many young people with a grandparent who has Parkinson's disease never get to see their grandparent smile.

The disease can limit people's ability to carry out even simple tasks like eating, writing, using a computer or getting dressed. Symptoms can worsen over time, affecting muscles throughout the body and causing serous pain and difficulty with speech and digestion, as well as depression and cognition issues.

A family impacted by Parkinson's disease experiences significant lost earnings potential and their health care costs rise by 2.5 times. Absenteeism from work for caretakers is a significant issue for Human Resources executives.

More than 25,000 people are living in Minnesota today and the number is expected to double by 2030. Parkinson's is the second more prevalent neurodegenerative disease in the world and has more incidence than MS, MD, ALS and all the other neurodegenerative diseases put together. Yet, this fact is not well known. Proudful Minnesotans hide their symptoms due to embarrassment and the lack of community awareness.

The Minnesota chapter of the National Parkinson Foundation's mission is to raise awareness, educate communities, refer the best medical care and provide resources so families can live well until there is a cure.

Financial support of NPFM is by private donations. There are also many opportunities to be involved in the mission to improve care and improve lives.

Ms. Steen left ample time for Q&A, discovering that a number of Rotarian knew and/or had known someone with Parkinson's. She then took a number of questions and comments about the characteristics and treatment of the disease.

Julie emphasized the importance of early diagnosis and forming a care team of physicians, physical therapists, nurses, financial and legal counselors. She mentioned the importance of physical activity and social involvement. In that regard, Julie told us about people with Parkinson's participating in an art and fashion show at the Galleria and a fund raiser, Dancing with Parkinson's.

Julie noted that each incidence of Parkinson's is different and while a number of pharmaceutical companies are doing research, there is not yet a "silver bullet" medication available. When asked about Michael Fox, she indicated the Michael J. Fox Foundation is the second largest fund raiser in the United States for education and research on Parkinson's.

**Sam Cote** thanked the speaker, commenting on Polio Plus and that a contribution to Polio Plus was being made in her name.

President Steve Slyce closed the meeting with this year's Rotary theme: Engage Rotary, Change Lives.

## We're on TV!

The program portion of the Rotary Club of Edina's weekly meetings are being televised and air on Edina Community Channel 16 (EDINA 16) daily at 1 a.m., 9 a.m. and 5 p.m. The programs are also available on YouTube.



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A NIGHT  
AT THE  
*Sands*

Edina Rotary Foundation Fundraiser & Gala  
Oct. 12, 2013  
Hotel Sofitel Bloomington

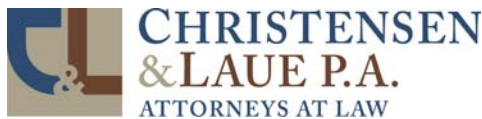
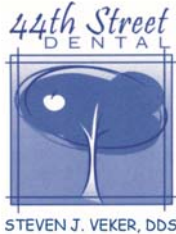
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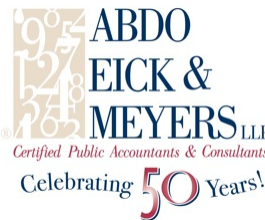
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