

Chartered October 26, 1925
Wednesday 12:00 noon
La Mesa Community Center
4975 Memorial Drive
La Mesa, CA 91942

Board Members

President Becki Schwartz
President-elect
Bonnie Welch
Past President Jen Flynn
Secretary Kathy Olsen
Treasurer Ryan Barnhill

Board Members

Directors

Dale Bailey
Marsha Darling
Mary Elington
Louise Herr-Marshall
Gabiella Misirioglu
Kimberly Schafer

Membership

Mark Matthews

Youth Service

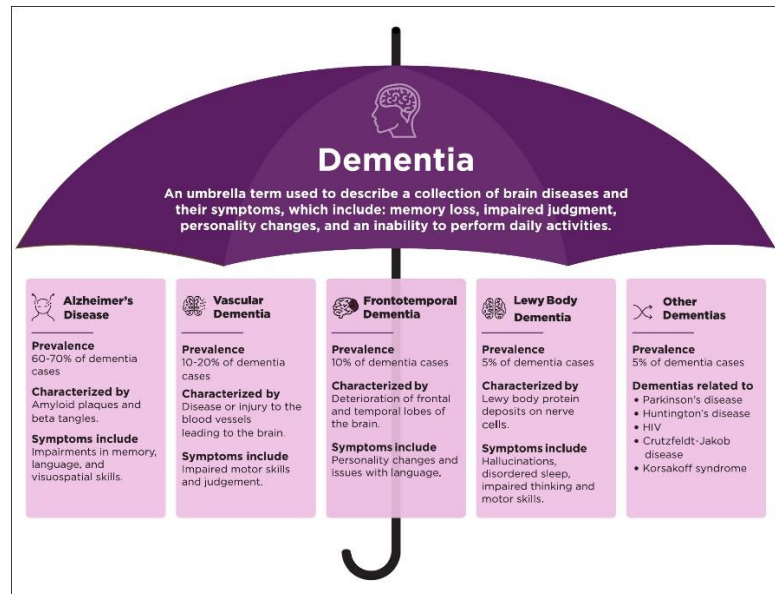
Mark Matthews

Speaker Chair

Bill Ashman



Alzheimer's Disease - One Form of Dementia



Mandy Shefman, San Diego Walk4 ALZ, Walk Manager started her talk by telling us that dementia isn't the normal part of aging. While Alzheimer's, is one of five types of dementia, is the most prevalent type and the one we hear the most about.

While there is no cure for Alzheimer's, there are treatments that can manage symptoms. Several new medications have shown to moderately slow cognitive and functional decline in early-stage cases of the disease.

The ten warning signs of dementia are:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusions with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood or personality

Join the Rotary Team at the Walk this Saturday, October 5th.

World Polio Day



President Becki asks that we all wear red on Wednesday, October 23rd in honor of World Polio Day.

Our goal for the World Polio Day is October 24th. Our goal for this year is to exceed \$3000. Remember to drop your change in the jar and or see Mike Fellows to donate.

President Becki asks that we all wear red on Wednesday, October 23rd in honor of World Polio Day.

District 5340 End to Polio Walk

Our End Polio Walk will be a 3.5 mile stroll through Balboa Park and 5 of San Diego's bridges.

Balboa Park

Saturday, October 26, 2024

Check In - 7 AM

Walk Begins - 8 AM

Registration Rate \$25

Upcoming Programs

October 9, 2024

Gary Humora

La Mesa Tax - November Ballot

October 16, 2024

Monica Montgomery Steppe

SD County Board of Supervisors

Lunch Time Service

Please trade with someone if you are unable to perform your assignment.

October 9, 2024

Greeter Mike Fellows

Pledge Guy Elam

Thought Scott Elam

4 Way Maggie Eggers

October 16, 2024

Greeter Mary Elington

Pledge Mike Fellows

Thought Guy Elam

4 Way Scott Elam

October 23, 2024

Greeter Louise Herr-Marshall

Pledge Mary Elington

Thought Mike Fellows

4 Way Guy Elam

October 30, 2024

Greeter Don Jenkinson

Pledge Louise Herr-Marshall

Thought Bill Ashman

4 Way Mike Fellows

October Birthdays

10/11 Louise Herr-Marshall
10/11 Ryan Barnhill
10/17 Mary Elington
10/31 Jay Thompson

Walk 4 ALZ 2024

The Walk to End Alzheimer's Association is on **Saturday, October 5th, 8 AM** at Liberty Station. Ryan Barnhill is coordinating our team including a La Mesa Rotary tent at the event.

Check in starts at 8 AM and Walk starts at 9 AM. Look for the tent that Ryan is setting up. We need several folks to man the tent about Rotary.

Please sign up to walk and or donate by highlighting the link, right on the Ctrl key and then click on it.

<http://act.alz.org/goto/RotaryClubofLaMesa>

Scanning this QR code will take you directly to the La Mesa Rotary page.



October 2024

Community Economic Development

10/5 WALK4ALZ 2025 – 8AM Liberty Station
10/24 District 5340 End Polio Walk – Balboa Park
10/24 World Polio Day – Club Polio Plus Goal - ≥ \$3000
10/12-10/13 8th Grade LEAD Conference

November 2024

Rotary Foundation

11/13 District Governor Visit
Thanksgiving Fill A Bag
Feed the Homeless with Legacy Church
11/27 Club Dark
11/28 Thanksgiving

Celebration of Life for John Fistere



Sunday, October 6th, at 4 pm
Unity San Diego
3770 Altadena, San Diego

Annual Fundraiser for Mary's House



The 12th Annual Fundraiser for Mary's House a home for foster girls in Viet Nam will be held on Wednesday, November 13th at the Kettner Exchange.

Right click on the link below to open the hyperlink. The link is for tickets, to sponsor the event or donate:

<https://fundraiser.support/MARYSHOUSE2024>

Rotary In Action



Keep Mark Matthews in your thoughts and prayers as he prepares to go to North Carolina with Disaster Aid USA. Mark's current plans are to fly out next Tuesday for two weeks to help with Helena's destruction.

Thank You

Thank you to everyone who contributed to our September Homeless Project. Below are photos of a few of the items you brought. The items were distributed at the monthly Legacy Church Homeless Outreach program.

