



Sunriser



The Sunrise Rotary Club of Venice Florida

Tuesday December 11, 2018

Moderator: Dennis Stroer
Invocation: Andy Isaacs
Sergeant-at-Arms: Gary Hughes
Visitors: Michael Fitzgerald, Dave Hadley

CLUB OFFICERS

Dennis Stroer, President
Jim Patterson, President Elect
John Kearney, past President
Mallory Lasorso, Secretary
Gary Hughes, Sgt. at Arms
RJ Nafziger, Treasurer

BOARD OF DIRECTORS

Bogie Korszen
Charlie Lamar
Tony Levering
David Lusty
Doug Jennings

SPEAKER Responsibility

**Dec 18; David Lusty –
Larry Gibbs**

Jan 8; Tom Meyn

Jan 15; Don Moore

Jan 22; RJ Nafziger

Jan 29; Jim Patterson

Coming Events
Wellfield Cleanup
Saturday Dec 15th
8:00am

Oh yes! What a fun week! It's beginning to look and feel a lot like Christmas around Venice. We had a fantastic Christmas Party at Jeff Horvath's home last Saturday – thanks Jeff and Brenda Horvath. The weather was perfect, the food was delicious, and the comradery a delight! The highlight of the evening was a "surprise baby show" for Mallory



SURPRISE Mallory!

Lasorso organized by our Rotary Ladies. Thanks again to all who helped in making the evening so special. This Saturday December 15... Our club is responsible for the Wellfield Park cleanup for the month. Meet at the Croquet Courts on Pineview at 8:00am. Make sure your calendar is marked for February 5th if you would like to make the trip The Southeast Guide Dogs facility in Palmetto. Dave Lusty updated us this morning on progress for our upcoming "HOMETOWN HERO BANQUET" scheduled for February 17th. Tickets may now be purchased with a credit card online using a link on the Venice Sunrise Rotary web site.

Speaker for next week is Larry Gibbs on US economy

Tony Levering introduced our speaker for the morning, Michael Fitzgerald RN, Director of Serenity Place of Doctor's Hospital in Sarasota. Serenity Place is home to the area's only voluntary inpatient senior behavioral health program. Serenity Place offers specialized behavioral health care for those age 50 years and older in a private and spacious environment. Alzheimer's disease is the most prevalent disease – approximately 60% to 80% worldwide – under the mental cognitive disease umbrella. Interestingly, 30% to 50% of Alzheimer patients are found to not have the disease after an autopsy. Positive Alzheimer diagnosis is only via autopsy. Michael suggested that while pharmaceutical drugs are somewhat useful in the treatment of the disease, there was no cure and drugs only tend to slow the progression of the disease. While no one factor can be identified as a prevention, many lifestyle choices and activities contribute to the prevention (or delay) of the disease – such as diet, exercise, stress, weight, and sleep. He suggested our body needs three things for maximum health; hydration, circulation, and hormonal balance. The Keto diet offers some promising results in overall health. Oh, remember to have a nice week!