

Rota-Briefs

Mission of Rotary: Roderick Sipe

Song:

Birthday: Dave Mitola

Anniversary:

Visiting Rotarians:

Guests: Beth Boivin, Nicolle Beaury, The Alzheimer's Association of Northeastern NY

Door Prize: Ed Tremblay

Powerball: Linda Tremblay tried for \$183 but was unsuccessful.

Rotarians Present: Brooks, Moak, Parker, Ries, Sage, Sipe, Tremblay, E., Tremblay L., Van Alstine

Good News/Bad News:

Mike Brooks was sorry to hear that a former classmate from CBA, Bill Robinson, passed away. Mike read some words of wisdom.

Byron Moak was happy about the springlike weather. He reminded everyone that the clocks go ahead this weekend. Snowman ice cream is preparing for their spring opening. Spring is only a week and a half away. Byron was sorry about the fire that happened in Troy.

Chuck Ries was sorry that his granddaughter got sick with a stomach bug and became dehydrated. He was sad that Siena got beaten in the first game of the tournament.

Bill Sage had no bad news. He was happy for the good weather. Bill has his second Covid vaccination scheduled at the VA. He was happy that he won another raffle. Because of his streak of good luck, he bought some Lottery tickets.

Tammy Parker is enjoying the good weather. She has a Covid vaccine scheduled for April.

Bob Van Alstine was happy that he and his wife Karen have received both Covid vaccine shots. He had been walking a mile each day but now that the nice weather is here, he is back to walking two miles.

Beth Boivin was happy to join our meeting tonight. She was happy that her grandson turned one yesterday.

Nicolle Beaury was happy to join the meeting. She was happy that her husband's concussion is now healed.

Ed Tremblay was sad to hear about the passing of Bill Robinson. Ed had a good Bridges meeting this morning. Linda's cousin Theresa bought Ed a Cohoes Manufacturing tie at an estate sale.

Linda Tremblay was sad to hear about the passing of Bill Robinson. She is happy for the good weather and for the fact that her grandchildren are doing well.

Roderick Sipe is looking forward to March Madness. He is happy for the nice weather. But now that the snow is melted it reminded him that he needs a new lawnmower.

Program: Beth Boivin, Executive Director, and Nicolle Beaury, Walk Manager, from the Alzheimer's Association of Northeastern New York, gave a presentation on Alzheimer's disease. More than 6 million Americans are living with Alzheimer's. One in three seniors with Alzheimer's or another dementia will die from the disease. It kills more people than breast cancer and prostate cancer combined. Alzheimer's and dementia deaths have increased 25% during the Covid 19 pandemic. Over 11 million Americans provide unpaid care for people with Alzheimer's or other dementias. Between 2000 and 2019 deaths from Alzheimer's disease have increased 145%. In 2021 Alzheimer's and other dementias will cost the nation \$355 Billion. Alzheimer's is a three-stage disease. It is a backwards aging process. The Covid 19 Pandemic has complicated providing services to families in the community and complicated fundraising efforts for the Alzheimer's Association. The Alzheimer's Association is conducting research into the positive long-term effects of lifestyle changes on individuals with Alzheimer's. The long-term effects of Covid 19 also need to be studied in individuals with Alzheimer's.

Response:

Roderick Sipe responded on behalf of the club. Edward Jones is a corporate sponsor of the Alzheimer's Association.

When and Where Other Rotary Clubs Meet:

To view when and where other Rotary Clubs in District 7190 meet go to:

<http://www.rotary7190.org/>, click on When/Where Clubs Meet in the upper left corner of the home page.

Cohoes Rotary Club Meeting Schedule

Until further notice all Cohoes Rotary meetings will be Zoom meetings.

Meeting Schedule

The schedule format is the first Tuesday of the month, a Board dinner meeting at 5:45 pm at the Century House. All club members are invited to attend. The fourth Tuesday of the month, Rotary dinner meeting at 5:45 pm at the Century House. The second and third Wednesday of the month will be a lunch meeting at 12:15 pm at LifePath Living Center at Cohoes (Cohoes Senior Center). There will not be a meeting if there is a fifth Wednesday in the month.

Rotary Club Officers

Roderick Sipe – President
Linda Tremblay - Secretary
Michael Brooks – Treasurer
Ed Tremblay – Sergeant at Arms
Rich Griesche - District Governor

Cohoes Rotary Web Site -
www.rotaryclubofcohoes.org

We conclude the meeting with recitation of The 4 Way Test led by Roderick Sipe.

The 4-Way Test

The 4-Way Test "Of the things we think, say or

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?"

From [ABC's of Rotary](#)

Upcoming Meetings & Events

ALL FUTURE COHOES ROTARY MEETINGS WILL BE ZOOM MEETINGS UNTIL FURTHER NOTICE DUE TO THE CORONAVIRUS PANDEMIC.

RI President Holger Knaack's theme for 2020-21, *Rotary Opens Opportunities*, asks Rotarians to create opportunities that strengthen their leadership, help put service ideas into action, and improve the lives of those in need.

Rotary   **Rotary Opens Opportunities**