

Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

March 15, 2023

Mission of Rotary/Invocation: Dave Havnen
Birthday:

Anniversary: Steve Napier

Visiting Rotarians:

Guests: Beth Smith-Boivin, Executive Director, Andrew Sagarin, Development Manager, Alzheimer's Association of Northeastern NY

Door Prize: Dave Havnen

Powerball: Ken Rose tried for \$84 but was unsuccessful.

Rotarians Present: Brooks, Havnen, Moak, Ries, Rose, Sage, Tremblay, L., Tremblay, E., Van Alstine

Good News/Bad News:

Mike Brooks' son Mike Jr. turned 51. Mike read some words of wisdom.

Byron Moak noted that it was the Ides of March. Byron was happy that the sun was out. Tomorrow he will be attending a Shrine sponsored corned beef and cabbage dinner. Byron will be attending another Shrine event this weekend.

Bob Van Alstine was glad that the sun was out and it was melting the snow in his driveway.

Dave Havnen was not happy that there was ice in his driveway. The good news was that he will be getting a shot on Monday for his lumbar.

Bill Sage was happy that the sun was shining. This latest snowstorm was named Sage.

Andrew Sagarin was not happy that the storm caused a tree limb to fall on his fence. He was happy that the sun was shining today.

Beth Smith-Boivin was happy to welcome Andrew Sagarin as the newest team member at the Alzheimer's Association.

Ed Tremblay sent best wishes from Bill and Barbara Hinrichs to the staff at the Alzheimer's Association.

Linda Tremblay was sorry that her granddaughter Addison was diagnosed with strep throat.

Club Business:

The next 50/50 raffle will be an Easter raffle. Tickets were distributed to members. The winner will receive half the proceeds raised and an Easter basket. Ed and Linda Tremblay will be attending PETS in Syracuse on March 18 and the Grants Management Seminar on April 1. Peggy O'Shea will also attend the Grants Management

Seminar representing the club.

Program:

Beth Smith-Boivin talked about the difference between dementia and Alzheimer's. There are many forms of dementia, the most common of which is Alzheimer's disease. Symptoms begin with changes in memory, particularly with recent events, while being able to recall events from years ago. Today there are 6.7 million people in the United States suffering from Alzheimer's, 410,000 in New York State. Alzheimer's is the most expensive disease to treat. \$325 billion has been spent on treatment. Most people live 12 years or less from diagnosis. Monoclonal antibodies are beginning to be used in the treatment of Alzheimer's with some success. It is not a cure. There needs to be a cocktail of drugs developed to treat Alzheimer's. Modifying lifestyle can help stave off the onset of Alzheimer's. Exercise, consuming moderate amounts of alcohol, and following a Mediterranean diet has proven useful. The Alzheimer's Association of Northeast NY serves 17 counties in New York State. There are 75 other Alzheimer's Association chapters around the country. Events help fund services. The Capital District Walk for Alzheimer's will be October 21, 2023 at Siena College.

Response: Linda Tremblay responded on behalf of the club.



Linda Tremblay, Beth Smith-Boivin, Andrew Sagarin

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 second and third Wednesday of the month is a lunch meeting at 12:00 pm at LifePath at Cohoes Senior Center. The fourth Wednesday of the month is a Zoom meeting at 7:00 pm. There will not be a meeting if there is a fifth Wednesday in the month.

Rotary Club Officers

Tammy Parker – President
Edward Tremblay-President Elect
Roderick Sipe- Past President
Linda Tremblay - Secretary
Michael Brooks – Treasurer
Ed Tremblay – Sergeant at Arms
Denise DiNoto - District Governor

Cohoes Rotary Web Site -
www.rotaryclubofcohoes.org

We conclude the meeting with recitation of The 4 Way Test led by Linda Tremblay.

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

3/15/23-Cohoes Rotary Lunch Meeting, 12:00 pm, LifePath at Cohoes Senior Center, **Guest Speakers Beth Smith Boivin and Andrew Sagarin, The Alzheimer's Association**
3/22/23-Cohoes Rotary Lunch Meeting, 12:00 pm, LifePath at Cohoes Senior Center
3/29/23-Cohoes Rotary Zoom Meeting, 7:00 pm
4/4/23-Cohoes Rotary Board Meeting, 5:45 pm, The Century House, Latham
4/12/23-Cohoes Rotary Lunch Meeting, 12:00 pm, LifePath at Cohoes Senior Center
4/19/23-Cohoes Rotary Lunch Meeting, 12:00 pm, LifePath at Cohoes Senior Center
4/26/23-Cohoes Rotary Zoom Meeting, 7:00 pm

Rotary International President Jennifer Jones imagines a Rotary where members act to make their dreams become reality and make the most of their club experiences. During her year, Jones will focus on four presidential initiatives that Imagine Rotary: advancing our commitment to Diversity, Equity, and Inclusion (DEI); creating a welcoming club experience; empowering girls; and expanding our reach.

