

Seneca Falls Rotary



Spokes

Tuesday, May 24 & 31, 2016 Volume 132, Issue 122

5/24/2016—Guide to Help with Memory -Dr. Rev. Cynthia Huling-Hummel

Club Officers: (2015-16)

PresidentJolene Lanphear
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Seneca Falls Rotary Service Foundation, Inc.

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.....Lynne Tyler
.....Wendy Kolsin

Guests:

Jim Shrey
Ted Novak

Visiting Rotarian:

Karen Macier

Junior Rotarians:

Catherine Porter
Nick Shaffer
Lauren Major-CCC
Medical Bio Tech

50/50-

Bernie/Jr. Rotarians
Karen M/Wendy

Cynthia Huling Hummel, volunteer with Alzheimer's Association spoke to us about *Your Guide to Help in Rochester, NY and the Finger Lakes Region*

Previously she was a minister in Lyons and Waverly while living with diagnosis of Alzheimer's for several years. One of her greatest fears is speaking to others, yet here she was sharing with us.

When she was Peace Corps worker, the Rotarians built the school she worked in. So she has always had a fondness for Rotary.

In April 2014, her mom died - great reader, cultured and Alzheimer's took her away. Cynthia was diagnosed with mild cognitive Alzheimer's several years ago but as of two months ago she is now clinical.

She went to the Alzheimer Association to see if she could help. They asked her to speak to groups. Their mission is to eliminate Alzheimer's.

She visited headquarters in Chicago, IL last year as advocate living with dementia. Alzheimer's has stigma just like AIDS and breast cancer and alcoholism. She puts a face on it. AA is national association with 78 chapters providing education, support and advocacy.

In our area 24K live with Alzheimer's and that is just those over 65+ and does not cover those under that age like Cynthia.

AA's core services cover support groups, I & R, counseling, respite, care consultation, advocacy.

She was studying for her doctorate at age 50 and she was having difficulty remembering even the books of the Bible. She resorted back to songs to try to remember and still couldn't. Once she forgot how to get to the cemetery. Doctor explained she was so stressed from

trying to hide her memory loss she was making it worse so she left the ministry and found doing so improved her memory. While working she didn't remember her parishioners from one day to the next.

AA now also provides programs for care partners and as well as those diagnosed. They help families navigate as it progresses and provide social programs and outings for partners and diagnosed.

Early Stage Group is an eight week orientation to living with Alzheimer's and other dementias. No matter what or who we are, we have to go through the *Why Me to What are the Next Steps* process.

Research is key to a cure so she has been in clinical trials from the beginning. She goes every year for testing, spinal tap every other year. Cognitive are more difficult than spinal. Can't read book because she can't remember what she has read. Many are life studies not chemical studies.

5 million people with Alzheimer's, by 2050 estimated 16 million. Cost of care is currently at least \$100 billion.

June is Brain Awareness month please wear purple. Alzheimer's starts 10-20 years before symptoms really affect life. She asks that we become ambassadors for the Association. Cynthia can be reached at 607.742.5247.

Prognosis not good - no cure but life is fatal. We all face challenges -go beyond *Why Me to What Next* so she can make a difference for her family. She will be donating her brain to Uof R for studies. She is not taking medicines, others find it helpful but is a proponent of exercise - good for the heart, good for the brain. Can't control genetics.

Congrats to Dana's team for winning the Family Feud game on the 31st!
Great fun and we all learned something new. Thanks, Jolene!

Seneca Falls
Rotary

PO Box 242
Seneca Falls, NY 13148



Service Above Self

District Dates-

5/29-6/1—International
Convention, Seoul, Korea

Upcoming Programs:

June 7: Jr. Rotarians &
Interact

June 28: Club Assembly

July 19—Karolyn Grimes-It's
A Wonderful Life at Age 70

Club Dates of Note:

- 6/3 BBQ Relay for Life
- 6/21 Changeover
Dinner/Meeting
- 8/9-8-11 Empire Farm
Days
- 9/11 Music Fest at
Goosewatch

www.senecafallsrotary.org

AND

www.rotarymusicfest.com

Announcements/Happy \$:

Announcements:

- ⇒ Cooking hots and burgers at Relay for Life on June 3 evening
- ⇒ Change Over Dinner, June 21st at HI, no lunch just evening meeting. More info to come...
- ⇒ Dr. Tim making progress on Foundation donations—11 paid, 21 not paid, 16 will be a "sure". Stuff in this week, please!! Next week will start listing names of those who need to be called. IF close to PH, please get in ASAP.
- ⇒ Thanks to Herb, Audie, Liz, Stephen & Karen for cleaning up ECS Park

Trips/Happy \$:

- ◇ Happy Birthday - 90th Al Johnson
- ◇ Wendy - 2 trips - NYC, then Niagara Falls for Natasha's birthday - waterpark, movie. Her 102 yr old grandmother had emergency hernia operation with 2 days in recovery since wasn't a room available
- ◇ Bob McK - Thanks for positive school budget vote. Last night MA lacrosse had greatest come back in the last minute, they were behind by three then tied game and won all with Nick Shaffer's expertise at work.
- ◇ Lynne - trip to midwest to visit with her other daughter.
- ◇ Bill C - back from FL
- ◇ Bernie - back from FL
- ◇ Jamie - small trips and picked up goat, rabbits. Then Jamie had to deliver the animals because his daughter was sick
- ◇ Bert - in last issue of Rotarian was an article on Rotarian Fellowships. He recommends Ski Fellowship so check it out. This past weekend was Band Pageant which was started by SF Rotary Club then we turned over to Music Boosters
- ◇ Rich - in honor of sponsor - 22 yrs ago today - Al Johnson.
- ◇ Linda was desk clerk Saturday, hostess Sunday. Are the scratches on Audie's arm from fighting with Liz at the ECS Park?
- ◇ Audie - survived the garden work. Linda was supposed to ride on Sunday with 100 bikers. Linda's husband won grand prize, size medium leather jacket
- ◇ Al - he also sponsored JT and Karen.
- ◇ JT - Thanked Al for bringing him to Rotary 25 yrs ago in September
- ◇ Liz - trip to Saratoga - granddaughter baptized.
- ◇ Tammy - marriage in 17 days, fiancé clear scan results after treatment
- ◇ Stephen & Karen - grandson potty trained
- ◇ Wendy - no trips, Scott went to LI, flew to Boston for mini family reunion and Wendy and Natasha met him there.
- ◇ Dave S - Memorial Day—30th anniversary Turtle Swenson Carp Derby. Caught carp which was unusual 3 bigger than grandson. Great time had by all. But only one net when two caught at once. All there except wife and daughter who are in Punta Cana to see Pit Bull - daughter happy because mom has laryngitis.
- ◇ Jolene - trip Adirondacks
- ◇ Liz - Relay for Life 3pm-12am this Friday. Something for everyone including kids with food by Rotary
- ◇ Stephen - Karen's brother & wife returned from northern Europe
- ◇ Jim S - beautiful day Monday and he took wife to Crow's Nest with fabulous food - first time in 14 yrs.