



LIVING WITH AN ALZHEIMERS DIAGNOSIS

PRESENTED BY: CYNTHIA HULING-HUMMEL

HOSTED BY: KEN WILSON

Meeting Date: May 31, 2018 –

Rev. Dr. Cynthia Huling-Hummel was diagnosed with Alzheimer's mild cognitive impairment in 2016. Cynthia has served on the Advisory Council on Alzheimer's Research, Care, and Services through the U.S. Department of Health and Human Services and is a member of several Alzheimer's Association chapters as well as the Southern Tier Advisory Council's Speaker's Bureau.

About 5.6 million Americans are living with Alzheimer's Disease. Cynthia reviewed the 10 Warning Signs of Alzheimer's.

1. Memory loss that disrupts daily life (Cynthia noticed these symptoms at age 49 when she couldn't remember people's faces or details of books she was reading, and found she was repeating herself. These are signs that warrant a visit to the doctor.)
2. Challenges in planning/problem-solving (This may occur with something that you used to be good at doing, but now struggle with.)
3. Difficulty completing familiar tasks at home, school, leisure, or work
4. Confusion with time or place
5. Trouble understanding visual images and special relationships (Cynthia experiences trouble reading because she can't recall what she's read. While she can read words, she can no longer read full books.)

NEXT MEETING: JUNE 14

PROGRAM: Peter Pan preview

SPEAKER:

HOST: Michelle Benjamin

GREETER: Jim Bacalles



6. New problems with words and in speaking and writing (Those with Alzheimer's may "invent" words, because names and words do not come to mind as easily or quickly. For example, a "watch," may become a "clock hand." People with this symptom may feel embarrassed and drop out of social gatherings and events like church or clubs.)
7. Misplacing things and losing ability to retrace steps
8. Decreased or poor judgment (People living with Alzheimer's often lose their filter when speaking, may make bawdy jokes or use inappropriate language, and may be more suspicious of others.)
9. Withdrawing from work or social activities (People may experience difficulty feeling social and the sounds and crowd may be daunting.)
10. Change in mood or personality

Cynthia's advice to those who are diagnosed is to make the best of life and continue to live, love, learn, and help others.

Cynthia is also an artist/author. Her book "UnMasking Alzheimer's: The Memories Behind the Masks" is a collection of photographs of the thirty masks Cynthia created in reflection of the challenges and hopes of people living with an Alzheimer's diagnosis. It is available on lulu.com.

PROPOSED NEW MEMBER: Sarah Agan, Consultant

Proposed by: Judy Cherry

NEWS FROM MAY 31

GUESTS: Our Speaker, Dr. Cynthia Huling-Hummel, Diane Edwards, and Louie Perazzini, guests of Ken Wilson

RAFFLE WINNER: Cynthia Huling

AUCTION: June Auction: Tom Gifford, Jim Guild, and Doug Hagin

ANNOUNCEMENTS:

MEETING LOCATION: Meetings will be held at Seneca Lodge starting June 7. Lunch price still \$12. Thanks to Rob Phenex at Upper Deck for hosting us.

CHANGEOVER DINNER: At Watkins Glen Harbor Hotel on June 28 at 6 PM. A sign up sheet will be going around.

DISTRICT CHANGEOVER DINNER: At Watkins Glen Harbor Hotel on July 2. A sign up sheet will be coming out soon.

COMMUNITY GRANTS: The Club will award \$5,000 in community grant awards to 14 different organizations this year.

YOUTH EXCHANGE WEEKEND: Area 1 Inbound Exchange Weeknd is June 9. Seeking donations for lunch or dinner. Picnic lunch at the State Park South Entrance. Please contact Nancy Loughlin if you can help with cooking and set up for the picnic or to make donations.

FUNDRAISING RESULTS:

RIBS & REISLING SUCCESS: Rebekah announced the event raised \$4,550 for the Montour Falls Library childhood literacy program. The donation was matched by Carl Blowers! Rebekah thanks to the event committee – Ken Wilson, Bridgette Stewart, and Meredith Williams – and all who attended. Roxanne will give a program in the near future.

MAKEUPS:

Mike Learn (Florida); Nancy Loughlin (Pittsford); Jim Guild and Jennifer Sweet (Rotary Readers)

THOSE WE MISSED:

Carl Blowers, Beth DeCaro, Dominck Franzese, Glenda Gephart, Tom Gifford, Rich Greeberger, Matt Hayden, Dean Hillyard, Jim Howell, Brian Kenney, John King, Debbie MacDonald, Gary Mead, Dennis Morris, Emily Peckham, Jim Preston, Nancy Ruda, Jeff Schultz, Kristine Somerville, Bridgette Stewart, Don Stocum, Jennifer Sweet, Lindsay Wickaham, Nan Woodworth, Ken Bell, Jim Chedzoy, Tom Clifford, Ginny Eaton, Dave Ryan, Dave Sidle

CELEBRATIONS AND CONFESSIONS:

Ken Wilson: Winner of the Jefferson Award

Tony Fraboni: Congratulations Ken; Attended Cavaliers vs. Celtics game

Michael Learn: Congratulations Ken

Judy Cherry: Congratulations Ken, Missed meeting; Picture in paper

Tom Weidemann: Congratulations Ken

Michelle Benjamin: Congratulations Ken; Missed Ribs & Reisling

Judy Phillips: Missed meeting; Congratulations Ken

Bill Phoenix: Missed meeting; Congratulations Ken; Surprise visit from son

Mark Rondinaro: Missed a few meetings; Congratulations Ken; Traveled to India

Nancy Peters: Congratulations Ken

Rebekah Carroll: Picture in paper; Missed meeting; Rayanna Top Drawer 24 and Schuyler Scholar – thanks to Charlie H.

ROTARY AND ASHOKA COLLABORATE TO IMPROVE COMMUNITIES GLOBALLY FROM ROTARY.ORG

Rotary and Ashoka today announced a new partnership that will promote opportunities for networking and collaboration between Rotary entities and Ashoka in countries around the world where they both have a presence and where collaboration is necessary to help address critical social and economic challenges.

The collaboration may include Rotary members support of Ashoka fellows social entrepreneurship endeavors, development and implementation of Rotary Club or district sponsored projects and training or knowledge exchange between Ashoka Fellows and Rotary members with relevant expertise or country knowledge. During the one-year partnership pilot, Ashoka Fellows may also help Rotary members develop innovative ideas to enhance Rotary club projects. Rotary members may, in turn, introduce Ashoka Fellows to pivotal community members and provide support for social ventures through hands-on volunteerism and community empowerment.

“Rotary empowers people who want to change the world for the better, by giving them the autonomy, vision, and resources to act on their goodwill,” said Rotary International General Secretary John Hewko. “Once you empower strong citizens, it is remarkable what they can accomplish. We look forward to the increased impact we can make alongside Ashoka in communities that need it most.”

“Ashoka Fellows tackle complex challenges and create systems changing solutions,” globally,” said Diana Wells, President of Ashoka. “This partnership will support the integration of Ashoka fellows into the fabric of communities in which they live and work and Rotary members who live in these communities can provide knowledge and unmatched resources to support their efforts to provide lasting positive change.”

Rotary members develop and implement sustainable projects that fight disease, promote peace, provide clean water, support education, save mothers and children and grow local economies. More than \$221 million awarded over the past several years through The Rotary Foundation, support these programs.

Ashoka joins a list of Rotary service partners including, Habitat for Humanity the International Agency for the Prevention of Blindness, and the Peace Corps.