

June 6, 2022

Meeting Minutes

President Shanda Vaughn rang the bell and called the meeting to order.

Jeff Flowers gave the pledge and invocation.

Brad Means gave the Sunshine Report today.

Club members introduced their guests in attendance today.

Announcements

- Please continue to sign in each week so that we have a record of attendance.
- **Anna Reeves** gave the Club a report of the Literacy Committee's activities. Anna encouraged anyone wishing to help by donating financial support or time to read to children to reach out to her.
- **DG Ed Presnell** introduced **2nd Lieutenant Caleb Gordon** to the club. Lieutenant Gordon is a Lakeside High School Graduate who received a scholarship from the St. Simons Island Rotary Club to attend West Point. Having recently completed his undergraduate education, he is using the scholarship funds to attend the University of Amsterdam to continue his education in religious studies with specific emphasis on how soldiers from various denominations can better understand each other, as well as, the citizens of other countries they may encounter.
- **Haskell Toporek** reported on the activities of the Hull Fund which include providing loans to students and paying half of the expenses of the GRSP Student each year. Haskell recognized the current Board of Trustees comprised of **Ashley Duren, TR Reddy, Ann Katherine Murray, Richard Rogers, Aimee Hall, and Eddie Booth**.
- **Duren** and **Reddy** have completed their terms on the Board and will be replaced by **Jennifer Pennington** and **Bob Evans**.
- Haskell also recognized **Steve Hobbs** for his lengthy service to the Board of Trustees as the Secretary Treasurer.

CART: President Shanda asked everyone to please continue to contribute to the blue buckets on the table or online at mycartfund.org using the same login credentials you use with DACDB.

New Member Induction

No new members were introduced, but **Jerry Woods** asked all Club members to consider recruiting new members to join the club. Membership brochures were on our tables and this information is also on the Club's website.

SAVE THE DATES

Passing of the Gavel will take place on Monday June 27

Guest Speaker/Program

Dr. Paul Dainer introduced today's speaker, **Dr. John Morgan**, who is a neurologist with Augusta University. Among his many accomplishments, Dr. Morgan was named the 2022 Outstanding Faculty Member of the Year with AU.

Dr. Morgan spoke to the group about dementia and Alzheimer's. To clarify the distinction between the two, Dr. Morgan compared dementia to cancer in a very broad sense and then Alzheimer's is the most common type of dementia much like lung or breast are types of cancer.

He explained that as we all age we begin to forget things, but it is not until our forgetfulness begins to interfere with our daily life that it might be more than just aging. As an example, if you lose your keys because you placed them in the refrigerator when you put the milk up that is not the same as you put the keys in the refrigerator and you have no idea why.

When a person's forgetfulness begins to impact their daily activities, they need to talk to their primary care physician. Their doctor can discuss options including cognitive tests, scans, and a soon to be available blood test to look for proteins indicating dementia.

In response to a question from the group, Dr. Morgan indicated there are literally hundreds of supplements on the market to help with cognitive function, however, there is no research data proving any of them work.

President Shanda led us in reciting the four-way test and then adjourned the meeting.