



# RIB

January 31, 2006

**The Rotary Club of Bloomington Noon**

## Weekly Meetings

**12 noon  
Tuesdays  
Thunderbird  
Hotel**

## Mission

An organization of leaders working together to make a difference in our community and the world.

## The Rotary Club of Bloomington Noon

President: John Swaney  
Pres Elect: Diann Kirby  
Vice Pres: Don Stiles  
Secretary: Karyn Arazi  
Treasurer: Brett McMahon  
Past Pres: Larry Lee  
Dist Gov: Dan Barnett  
Sgt in Arms: Rick Sitek  
Exec Sec: Kathy Koehler  
Directors: Marcia Gerdin,  
Carol Hoeft, Adam  
Johnston, Carolyn Pratt,  
Dave Senness, Laura  
Bjorgo, Dave Walock

## Next Week's Program

**Speak Softly and Carry a Big Stick**  
**Guest: Teddy Roosevelt**  
**As portrayed by: Chuck Chalberg**

Theodore Roosevelt, the nation's 26<sup>th</sup> President, became the youngest President in the nation's history at age 43. He took the view that the President as a "steward of the people" should take whatever action necessary for the public good unless expressly forbidden by law or the Constitution, a point that is being debated even today. He vigorously led Congress and the American public toward progressive reforms and a strong foreign policy. He served as President from 1901 to 1909.

During the Spanish-American War, Roosevelt was lieutenant colonel of the Rough Rider Regiment, which he led on a charge at the Battle of San Juan. He was one of the most conspicuous heroes of the war. In 1898, Roosevelt was sponsored as a candidate for Governor of the state of New York by Boss Tom Platt. Roosevelt won and served with distinction. Other highlights of his life are the construction of the Panama Canal, winner of the Nobel Peace Prize, making another run for Presidency in 1912 under the Bull Moose party; and surviving an assassination attempt. He died in 1919.

**Our guest, Chuck Chalberg**, an historian and a Bloomington resident, was born and raised in Brainerd. He is a graduate of Brainerd Junior College, of Regis College (BA), Denver, and the University of Minnesota (MA and PhD). He has been a professor at Normandale Community College since 1970, or as he puts it..."for life".

Chuck is the author of a biography of Emma Goldman and a dual biography of Jackie Robinson and Branch Rickey. He is widely published in magazines including: *Commentary*, *National Review*, the *Weekly Standard*, and the *Elysian Fields Quarterly*. His repertoire of characters currently includes President Theodore Roosevelt, H.L. Mencken, G.K. Chesterton, Branch Rickey, Bobby Jones, and George Orwell. Join us for this great historical program.



### February Birthdays

- 1 Abul Sharah
- 14 Terry Stirewalt
- 20 Dick Herberger
- 21 Susan Freeman

### February Anniversaries

- 4 Susan Freeman, 3 yrs
- 5 Dave Getsch, 3 yrs
- 9 Tom Arnold, 24 yrs
- 10 Krishna Ramalingam, 2 yrs
- 11 Dave Pederson, 14 yrs
- 11 Skipp Saaf, 9 yrs
- 12 Sharon VanWinkel, 3 yrs
- 17 Ken Nordlie, 2 yrs
- 18 Dave Senness, 20 yrs

### Greeter Schedule

- Feb 7: Mark Bosch
- Feb 14: Dave Senness
- Feb 21: Adam Johnston
- Feb 28: Jim Truax
- Mar 7: Vocational Visit
- Mar 14: David Pederson

# This Week's Program

## Alzheimer's Disease and Dementia

**Guest: Jayne Clairmont**

Jayne Clairmont, co-owner of English Rose Suites, believes successful business operations and successful care practices go hand in hand. Jayne is a nationally recognized expert on assisted living and dementia care and provides consulting services to providers and caregivers around the country. Her presentation was extremely informative.



Alzheimer's Disease and Dementia affect between 4 and 5 Million people in the United States today. There are a variety of forms of these diseases, each exhibiting its own set of symptoms and behaviors. Because treatment is most effective if tailored to the specific type of disease, it is important to get an accurate diagnosis. A neurologist is the best type of physician to determine a diagnosis.

Symptoms include impaired memory and thinking, disorientation and confusion, personality and behavior changes, poor judgment, problems with language, loss of motivation, misplacing things, and difficulty performing familiar tasks. Dementia is a progressive illness that has no cure. Autopsy is the only form of accurate diagnosis of the type of disease one has. The symptoms that one exhibits are the best way to diagnose the type.

There are a number of medications that can assist in inhibiting the progress of the disease, and/or controlling or managing the symptoms. Inhibitors can help a patient achieve between six months to two years of improved cognition. Antidepressants can help the patient to bridge the sense of loss created by the disease. Anti-psychotics can assist with certain symptoms, but are often prescribed unnecessarily. Doctors and staff working with patients need to be properly trained in all the forms of treatment for the disease.

By 2050, it is estimated that there might be as many as 14 million people with these diseases. Your chances of having the disease increase as you age. 10% of people over 65, 25% over 75, and 50% of people over 85 show signs of the disease. One can live up to 20 years after onset of initial symptoms, and an average of 8 years after diagnosis. These statistics show the significant impact on family who serve as caregivers. As many as 75% of patients live with family. Only 25% live in long term care settings.

Stress is a factor in onset of the disease. Strokes often lead to vascular dementia which leads to Alzheimer's disease. Active, healthy bodies, and active minds are the best way to stave off onset. Get more information on the following sites:

[www.mayoclinic.com](http://www.mayoclinic.com) Mayo Clinic

[www.alzbrain.org](http://www.alzbrain.org) Alzheimer Brain

[www.alzmnndak.org](http://www.alzmnndak.org) Minnesota-North Dakota Alzheimer's Association

[www.alz.org](http://www.alz.org) National Alzheimer's Association

[www.caregiver.org](http://www.caregiver.org) National Center on Caregiving

Bloomington Rotary  
Youth Exchange

Youth Exchange  
Officer: Mark Bellestri  
(612) 481-0406

2005-2006 Student:  
Leonardo Cordeiro  
(Leo)

Host Family:  
Britta & Curtis Nelson  
4515 Sedum Lane  
Edina, MN 55435

Phone:  
952-920-9357

E-mail:

[leocordeiro182@hotmail.com](mailto:leocordeiro182@hotmail.com)



## Rays of Sunshine

**Daymakers Rotary** announced the second annual **Ethics in Business Conference** at the Park Plaza, April 20, 2006, 11:30-1:30; Cost: \$60.00 with \$40 of that going to their foundation. Topic: **Fixing our Health Care System**

**Rick Jacobson's son** was wounded in battle in Iraq. He had body armor which protected him. He is doing fine.

**Arlene Axelson** announced that after 13 years of courting, her daughter is getting married.

**Gene Fuller** announced the birth of his 3rd grandson. Congratulations, Gene!

Welcome back to **Carol Hoeft**, returning from her winter in Colorado...at least she had some snow! And to **Lloyd Bergquist** and Mary, moving back to Bloomington from Sedona, AZ.

**Carolyn Pratt** announced her oldest child turned 21 and survived that initial night safely.

Bloomington Magazine will be a sponsor for the **Taste of Chocolate**, March 19<sup>th</sup>, 1:00 to 5:00 PM. Cost \$20.00 in advance. \$25.00 at the door. Raffle tickets are available for @2.00. Proceeds to the Arts in Bloomington.

---

## Guests and Visitors

**Rotarian Larry Boatman**, Daymakers Club, Clergy

**Rotarian Gary Huusko**, Eagan Club, Attorney

**GiGi Brecht**, Board approved for Membership, Guest of Diann Kirby

**Christine Pulkrabek**, Guest of Adam Johnston, Goodwill/Easter Seals

**Jim Wenthold**, Guest of Jack Bouquet, Commercial Real Estate

**Sharon McCord**, Guest of Tim Culver, Manpower Search

---

## Membership

The Board of Directors at its meeting Tuesday, January 10<sup>th</sup>, approved the following for membership:

**Gigi Brecht**, Sponsor: Diann Kirby, Classification: Commercial Insurance

**Sandhya Gupta**, Sponsor: John Houle, Classification: Electrical Engineer

Who have you invited lately? Remember, the club will host the lunch of a potential member one time per quarter.

**Let's be an inviting club!  
Give the gift of Rotary.**

### The 4-Way Test

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?

RIB Editor:  
Karyn Arazi

### ADDRESS

Bloomington Noon  
Rotary  
P.O. Box 20300  
Bloomington, MN 55420

### PHONE

Kathy Koehler  
952-837-1111

### E-MAIL

kkoebler@usinternet.com

## Upcoming Meetings

February 7: **President Teddy Roosevelt as portrayed by Chuck Chalberg**

February 14: **To be announced**

February 21: **Hazelden**, Guest: Ivy Bernhardson and William Moyers

February 28: **Employer Support for the Guard and Reserve**, Guest: Brigadier General Denny Schulstad

March 7: **Park Nicollet Heart and Vascular Center Vocational Visit**

## Calendar of Events

April 21-22: **District 5950 Conference**, Airport Hilton, Bloomington

April 28: **2<sup>nd</sup> Annual Crown and Wheel Social and New Member Orientation**  
Contact: Skipp Saaf [saafs@msn.com](mailto:saafs@msn.com)

June 11-14: **Rotary International Convention**, Malmo/Copenhagen Register at:  
<http://www.rotary.org/events/conventions/malmo-copenhagen/index.html>  
Housing at: <http://www.congresscopenhagen.dk/>

## Rotary Information

### Bloomington Noon Rotary

[www.bloomingtonrotarymn.org](http://www.bloomingtonrotarymn.org)

### Rotary International

[www.rotary.org](http://www.rotary.org)

**Rotary District 5950 Newly Renovated...visit and watch our progress!**

[www.rotary5950.org](http://www.rotary5950.org)

### Meeting Make-ups

[http://www.rotary5950.org/where\\_meet.html](http://www.rotary5950.org/where_meet.html)

### Rotary on Bloomington Cable, Channel 14:

#### Veterans Day Program

Thursday, February 2, 2006 11:07 PM

Friday, February 3, 2006 5:07 AM, 11:07 AM, 5:07 PM

#### Superintendent of the Year Award: Gary Prest

Thursday, February 2, 2006 1:00 AM, 7:00 AM, 1:00 PM

Sunday, February 5, 2006 7:00 PM

Monday, February 6, 2006 1:00 AM, 7:00 AM, 1:00 PM

#### David Ornstein, Bloomington City Attorney

Tuesday, February 7, 2006 9:52 PM

Wednesday, February 8, 2006 3:52 AM, 9:52 AM, 3:52 PM

Thursday, February 9, 2006 11:21 PM

Friday, February 10, 2006 5:21 AM, 11:21 AM, 5:21 PM