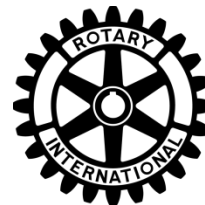




The Peal

Rotary Club of Canandaigua



Meeting Thursdays 12:15 p.m.
American Legion Post #256
454 North Main Street

www.canandaiguarotary.org
Club # 4765, District 7120
Organized Apr. 24, 1919

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Official Newsletter of the Canandaigua Rotary Service Foundation

Today's Program: Sarah Brown – Disaster Recovery – Canandaigua Plan

Next Week: Bill Martin – Happy Tails – Ontario Co. Humane Society

Special Note: We have one off-site meeting scheduled for October 8th at Sonnenberg Gardens – further details to follow.

Notes from September 3rd meeting:

Pledge: President Kent Gilges

Prayer: Jody Wilbur

Song Leader: Kim Tenreiro “All Bowl-a-Lot” to celebrate US Bowling League Day

Moment of Silence in honor of Past President **Tom Mees** who passed away this week. Our sympathies go out to **Mary Lou Mees**. The memorial service will be later this fall. We also send our sympathies to **Chris Hubler's** family on the recent passing of his dad.

Visiting Rotarians: Elliott Houghtelling from the Elmira Rotary club.

Visitors: Father Brian from St. John's Church was a guest of **Jody Wilbur**. **Jill Peek** brought her husband Chad Peek as her guest. Welcome to all and visit us anytime!

Pit Pass: No one seemed to want to bid.

Happy \$\$: Kim Tenreiro was happy to pay for Kim and Janet's 40th wedding anniversary. **Paul Harvey** was also happy to pay for the day being his sister's birthday and for **Bill Namestnik's** anniversary. **Clark Kurtz** had sad dollars in regards to Tom Mee's passing.

Jeff Anthony paid for club members filling in for him at the Camp Onseyawa teardown.

Announcements:

RLI – Rotary Leadership Institute will be held on Saturday, October 17th at Victor Junior High School from 8:30 a.m. – 3:30 p.m. Our club pays for any member that wishes to attend – you'll learn lots about Rotary. See **Janet Tenreiro** for further information.

Camp Onseyawa – Bob Palumbo, Tom Rogers and Rick Hawks (aka The Three Stooges) did the tear down at Camp Whitman last weekend. It's the 70th Anniversary of Camp Onseyawa.

Jackpot Drawing Tickets – Rick Hawks reported that 526 tickets have been sold. There were 10 new winners of bonus tickets today. If you have tickets to sell, either get them sold this week – or turn them in to Rick and the committee NOW; as they have people looking to purchase tickets.

Polio Plus Jug – collected \$102 today.

District 7120 Golf Tournament is this week – Friday, September 11th at Reservoir Creek Golf Club in Naples. \$100 per person for golf, dinner & prizes or attend the dinner only for \$35 per person. See the District website to register for either. **Serenity Garden at VA Hospital** – help is needed to work on the garden on Thursday, October 1st at 1:30 p.m.; immediately following our regular meeting.

Program: Thera Blasio, Program Manager for the local 9 county Alzheimer's Association and Elliott Houghtelling, Development Manager talked about dementia and Alzheimer's stating that 60 - 80% of

people with dementia have Alzheimer's. Their annual Walk to End Alzheimer's will be Sept. 26th at FLCC. Their fundraising goal for this year's walk is \$130,000. Registration is at 9 a.m. and opening ceremony follows at 10 a.m. Our club will have a team walking – **Janet Tenreiro** is the team captain; so contact Janet if you are willing to raise funds and join the team. There is no registration fee to walk. However, they ask each participant to make a personal donation and commit to raising funds in the fight against Alzheimer's. Rotary International has a national partnership with their association. The average donation is around \$35 per person and that the donations go to direct services for patients and their families. In the USA more than 7 million people are living with Alzheimer's and nearly 13 million people are providing unpaid care for people. There is a new blood test available to determine if someone has Alzheimer's. If diagnosed early, the individual can get medication to help slow the progression of the disease. Medicare doesn't currently cover the blood test, but there is a bill before Congress to have Medicare cover the cost of the bill.

10 Warning Signs of Alzheimer's:

- ~memory loss that disrupts daily life
- ~challenges in planning or solving problems
- ~difficulty completing familiar tasks
- ~confusion with time or place
- ~trouble understanding visual images and spatial relationships
- ~new problems with words in speaking or writing
- ~misplacing things & losing the ability to retrace steps
- ~decreased or poor judgment
- ~withdrawal from work or social activities
- ~changes in mood or personality

The science on brain health shows that certain healthy behaviors can reduce the risk of cognitive decline and possibly dementia. You can take positive steps now to protect your memory and thinking. This is true even if you have a history of dementia in your family. Adopting healthy habits at any age is good for your brain and overall well-being. It is never too early or too late to start protecting your brain health.

10 Healthy Habits for Your Brain:

- ~Protect your head (bike helmet, etc.)
- ~Stay in School
- ~Manage Diabetes
- ~Maintain a Healthy Weight
- ~Sleep Well
- ~Challenge Your Mind
- ~Eat Right
- ~Be Smoke-Free
- ~Control Your Blood Pressure
- ~Keep Moving

These healthy habits can lower the risk of developing cognitive decline & possibly dementia.

Joker Draw: Ed O'Connor walked away with \$15. **Phil Esce** drew the 6 of hearts. **Don Collins and President Paul Harvey** took home bouquets of gladiolus.

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