



GREG CINI KEMPER HOUSE CENTRAL OHIO

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For make up locations, check the club web site or call the make-up hotline at (614) 470-1002.



Angela Lancot introduced the speaker, **Greg Cini**. Greg is co-owner of Kemper House Central Ohio, and is described on that organization's website as follows: he has worked with many of the top senior living organizations as a consultant for more than 20 years. His experience with dementia care models around the world helped shape his view on what the industry was missing. However, his most relevant experience came when his family cared for his grandmother-in-law and most recently his mother, making sure they were safe, healthy and living their best life in spite of the disease. As the founder, President and most importantly Culture Curate at Kemper House, Greg aims to change the way the industry cares for those living with dementia by leveraging the

latest in nutrition, fitness, research and technologies bolstered by hiring and leading the right-hearted people with a deep passion for this work.

Greg spoke on the topic of better brain health. He discussed the causes of cognitive decline, including various modifiable risk factors such as the following: Type 2 diabetes, high blood pressure, heart disease, overmedication, morbid obesity, smoking, depression, little or no mental activity or physical exercise, and poor diet. Nonmodifiable risk factors include age, heritage/genetics and gender.

Greg also described the "Bredesen 7" of brain health, which include nutrition, exercise, sleep, stress management, brain stimulation, detox and supplementation.



[CLICK HERE](#) to view this meeting and all previously recorded Rotary meetings

GREETERS

April 18

Brian Bainbridge
Mike Turnbull

April 25

Kelly Marlow
Connie Aschinger

May 2

Cameron Box
Eric Stoll

REGISTRATION DESK

April 18

Ted Foster
Brendan King

April 25

Andy Livingston
Tom Westfall

May 2

Jim Winfree
Rudy Whippis

CALENDAR

April 18- Scioto CC/Zoom

Michael Wilkos, Sr VP of
Community Impact of
United Way

Host: Mary Ann Krauss

April 25- Scioto CC/Zoom

Judge Stephanie Mingo,
The Environmental Court and
cleaning up the abandoned
housing in Franklin County

Host: Brian Bainbridge

May 2- Scioto CC/Zoom

Erin Moody, Natun Guatemala

Host: Steve Sandbo

VOLUNTEER OPPORTUNITIES

Submit your volunteer opportunity
to herb@herbgillen.com for inclusion
in the Rotaryview Newsletter.

SOCIAL EVENTS

Please submit your social event
reminder to herb@herbgillen.com for
inclusion in the Rotaryview Newsletter.

OUR NEXT MEETING

APRIL 18TH
Scioto Country Club/Zoom

Upper Arlington
Rotary
Club



THE MEETING



Milt Lustnauer opened the meeting, which was held in person at Scioto Country Club and also via Zoom.

Dave Hammond provided the invocation and led the pledge of allegiance.

John Trapp introduced his guest Wade Smith.

Matt Rule introduced his guest Susan DiMichele.

There were no visiting Rotarians.

NOTES AND ANNOUNCEMENTS:



Milt Lustnauer announced approval by the Club board of grants for the following organizations: the Furniture Bank of Central Ohio, Habitat for Humanity, SOAP (Save Our Adolescents from Prostitution) Project, and Upper Arlington Special Olympics.

Milt also noted an increase in billing of members due to an increase in the cost of using Scioto Country Club for meetings, but this increase in billing will be partly offset by the end of the special \$10 District fee.

Milt recognized **Mike Brady** as a Paul Harris Fellow +7.

Milt provided a reminder of a pickleball-centric social event, taking place at Pickles & Chill on April 22 from 12-2 pm.

Sandra Cotter thanked Club member **Matt Rule**, of National Church Residences, for an excellent Roundtable presentation that morning on the topic, "Choices as We Age."

Chip Knoop provided a reminder about the upcoming District Conference, on April 28-29, at the National Veterans Memorial and Museum. UA Rotarians can attend for no additional cost, because the Club already paid for attendance, via a special assessment over the last couple of years. The last day to register was April 13.

Angela Lanctot encouraged attendance at the 2023 UA Rotary Fundraiser, on May 23 from 6-7:30 pm, at Scioto Country Club. She also encouraged sponsorships and donation of items for the silent auction.

Joe Valentino introduced new member **Andy Geistfeld**.

Dave Hammond conducted harassment based on Rotary history trivia.

People purporting to be characters from the TV show Yellowstone encouraged gifts to the 125 Club, consisting of \$100 to The Rotary International Foundation's Annual Fund and \$25 to RI's Polio Plus.



SORTING OUT WHERE TO CONTRIBUTE

Where do your contributions go? There are three main organizations where we as Upper Arlington Rotarians direct our Rotary giving. Sometimes it can be confusing, so here is something to hopefully help keep things straight.

| ORGANIZATION | DONATION DESIGNATIONS | ADDRESS | MEMBER CONTACT | EMAIL |
|-----------------------------------|---|--|-----------------|-----------------------------|
| Upper Arlington Rotary Club | Club dues | P.O. Box 12013 Columbus, OH 43212 | Peggy Concilla | plc@columbus.rr.com |
| Upper Arlington Rotary Foundation | Annual \$250 and some other club funding requests | 1704 Sundridge Dr. Columbus, OH 43221 | Andy Livingston | andy.w.livingston@gmail.com |
| Rotary International Foundation | \$125 Club, Paul Harris and Polio Plus | 244 Daniel Burnham Sq. Columbus, OH 43215 | Debbie Johnson | debbiejohnson33@gmail.com |