



SERVE TO CHANGE LIVES

Rotary Club of Martinsburg Grapevine – October 21, 2021

Greeter – Gail Moxley was our greeter and led us in the Pledge of Allegiance, Four-Way Test, and invocation.

Guests – Bob Williams, guest of Jen Smith
Michael Boyd, guest of Steve Truax

Our Sergeant-at-Arms, Manuel Washington introducing guest and new Executive Director of the Berkeley County Parks and Rec., Bob Williams.



Club Business/Announcements:

- Shelter box initiative: right now, Rotary clubs are sending Shelter Boxes to Haiti. We set sponsoring one Shelter Box as a goal for this year, Pete is our Shelter Box point person.
- The Board voted to keep our Board meeting on November 2nd, even though that is Election Day, and on Thanksgiving week, we voted to move the meeting to Wednesday, November 24th, submitted that request to Sandie at the Holiday Inn, and she has approved it. The Christmas dinner is scheduled for Dec 16th.
- Pete has put together a Nominating Committee in accordance with our bylaws. They will be looking for two people to get in line to train to become President, and three to become Board members. Please think of people to nominate and talk to the, talk to the committee if you are willing to serve, or be receptive to be approached if the committee approaches you.
- If you are not getting dues notices and emails with the Grapevine: see Darrell for dues and Steve for emails. You may need to enter Mailservice@DACdb.net into your contact list.
- Rob Lowe is seeking volunteers to join the new Pickleball Tournament Fundraising Committee. Please consider this and get with him for more information.

Student Guests



Our student guests this week were Kendall Holben, Jadon Thurston, and Grace Martin from Martinsburg High School and were introduced by Mrs. Katie Schramm.

Go Bulldogs!!!!





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Program



Dr. Shanojan Thiyagalingam (Dr. T) is a geriatrician and assistant professor of medicine at the West Virginia University Martinsburg campus. He was born and raised in Canada. He completed his training at Saint George's University School of Medicine. He did his internal medicine training at Rutgers University. He then completed subspecialty geriatric medicine training at the Mayo Clinic. He has given many public lectures in geriatrics, he has also published many research papers, most recently in the prestigious Mayo Clinic Proceedings on swallowing disorders in older adults. He recently earned the West Virginia University Vice President Award.



Dr. T's program was on sleep disorders in older adults and how they can be treated.

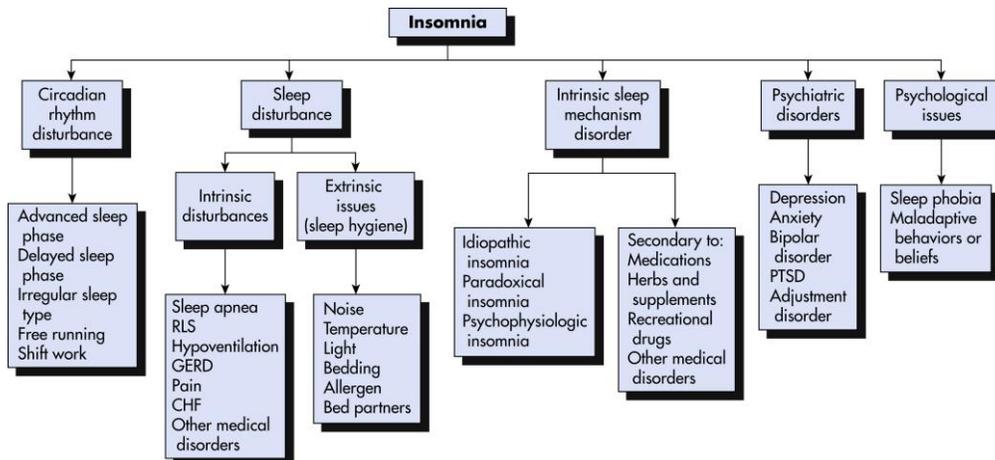
What is it? Insomnia – dissatisfaction with sleep quality or quantity

Why does it matter? If untreated there is an increased risk for; Depression, heart disease, diabetes, hypertension, cognitive impairment, and falls to name some.

Sleep characteristic	Age-related change
Total sleep time	Decreased
Sleep latency (time to fall asleep)	Increased or no change
Sleep efficiency (time asleep over time in bed)	Decreased
Daytime napping	Increased
Stages N1 and N2	Increased
Slow-wave sleep (stage N3)	Decreased
Percent rapid eye movement (REM)	Decreased
Nighttime awakenings	Increased

Management of Insomnia

- keep sleep and wake time consistent, stay active, daytime exercises, avoid fluids before sleep, avoid or limit naps (to less than 30 minutes; avoid nap after 3pm), avoid or limit caffeine, alcohol, don't use nicotine, avoid personal electronic devices, only use bed for sleep or sex, bedtime relaxing (ie: meditation, relax music, warm shower, reading), treat pain, sleep only when tired, medications depending on needs and Dr recommendations, and various behavioural therapies.





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Upcoming Programs:

- Oct 28 - Jim Ouellet, Berkeley County Water Supply History and Future
- Nov 2 – Board Meeting
- Nov 4 – Michael Boyd, business coach for our local Small Business Development Center
- Nov 11 – Veterans Day Program

50/50

Bill Wortley and Maria Lorensen sold tickets. Dr. Joe Brookerson's ticket was drawn. He pulled the winning card and immediately handed the winnings over to Maria as a donation to Hospice of the Panhandle.

October Wedding Anniversaries:

Wedding Anniversaries	Anniversary	Years
Whalton, Michael & Susan	6-Oct	?
Phelps, Denise & Mark	7-Oct	3
Pifer, Renee & Chris	10-Oct	13
Jolliff, Brian & Debbie	16-Oct	27
Carpenter, Jim & Diana	19-Oct	?
Hollida, Fred & Denise	20-Oct	?



October Birthdays:

Members	Birthday
Starliper, Kevin L.	3-Oct
Moxley, Gail	5-Oct
Phelps, Denise	6-Oct
Smith, Jennifer	6-Oct
Shull, Darrell	7-Oct
Perks, Ryan	10-Oct
Elliott, Vickie Lynn	11-Oct
Pill, Richard A.	12-Oct
Spencer, Chad	14-Oct
Cogswell, Margaret M.	17-Oct
Parsons, Fred	17-Oct
Janes, Brad	18-Oct
Washington, Manuel	26-Oct
Kelley, Gary	29-Oct
Slonaker, J. Edward	30-Oct

October Member Anniversaries:

Members	Total Yrs
Wadsworth, Joanne	24
Klein, Jim	3
Preston, Charles	45
Weidman, Ernie	48
Moxley, Gail	15
Roach, Steven M.	33
Knowles, Kevin	2
Sink, Amanda	2
Fausey, Lisa	4
Sowell, Robert L. Sr.	16
Wagoner, Pam	13
Starliper, Kevin L.	7
Sadat, Michelle	3
Rodgers, James C.	23



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Club Presentations



Dana Dejarnett, representing the WVU Wellness Center, presented our club with a check for our partnership during the Health Screening last month. The picture is not representative of all the volunteers who stepped up. We thank all of our club members for always going above and beyond!! #ServingToChangeLives

Vicki was finally feeling well enough to join us. This was her first meeting back and everyone was very happy to see her!



Community Announcements:



Sleigh the Holidays

MAINTAIN CHALLENGE

November 14, 2021 - January 8, 2022

November 14th – January 8th is the WVU Medicine sponsored Sleigh the Holiday – Maintain Challenge. Deadline to sign up is Nov 20th.

December 1st from 10-1PM is the BlueRidge CTC Virtual Career Fair. Are you hiring? The deadline to register is Nov 12th and spots are limited to 50 employers. This is a free community event! To register as a participant go to www.blueridgectc.edu/CFregistration Call the Office of Career Services at 304-260-4380 Ext. 3335 with questions.

JOIN US FOR THE FALL 2021
VIRTUAL CAREER FAIR
 Wednesday, December 1, 2021
 10am - 1pm

BlueRidge
 LEWIS & CLARK
 TECHNICAL COLLEGE

NOW ACCEPTING EMPLOYER REGISTRATIONS!
 Are you seeking qualified applicants in a changing job market? Maximize your time and recruitment efforts by joining us for the Virtual Career Fair!

All meeting sessions are private, 10 minute appointments between the job seeker and employer. Participants register in advance for employer time slots.

THIS IS A FREE COMMUNITY EVENT!
 REGISTER TO PARTICIPATE:
www.blueridgectc.edu/CFregistration

MEETING SESSIONS
 10:00 am – 10:10 am
 10:15 am – 10:25 am
 10:30 am – 10:40 am
 10:45 am – 10:55 am

BREAK
 11:00 am – 11:10 am

MEETING SESSIONS
 11:15 am – 11:25 am
 11:30 am – 11:40 am
 11:45 am – 11:55 am
 12:00 pm – 12:10 pm

BREAK
 12:15 pm – 12:25 pm

MEETING SESSIONS
 12:30 pm – 12:40 pm
 12:45 pm – 12:50 pm

REGISTER EARLY
 Space is limited to 50 employers!
 Registration Closes:
 November 12, 2021 or when full.

With love, Tracy



Rotary members distributing dictionaries to a local Elementary School.

Do you know how many letters the longest word is made up of???