

# CORTLAND BREAKFAST ROTARY NEWS

*We Have Fun, And We Get Things Done!*



CORTLANDBREAKFASTROTARY.ORG



EDITED BY SOPHIE WELBURN



**President Mark Roberts**

**Front Desk:**

Dianne Higgins  
Chrissie Allen

**Thought for the Day:**

Jessie Farrell

**Raffle Winner:** Jim Place

**Attendance: 16**

**Zoom: 4**

**Guests:**

Fred Loder  
Stephanie D'Amico  
Jim Place  
Frank Kelly

## UPCOMING EVENTS

**Area 17 Social Gathering**

\* April 2, 2026 @ 5:30pm

Join us at Vespar Hills Golf Club in Tully for an evening of fun and fellowship!

**Ride for Rotary**

\* May 31, 2026

**McGruff Tournament**

\* June 18, 2026

## “I’d Much Rather Know Than Not” Fred Loder on living with an Alzheimer’s diagnosis



Fred Loder joined the Cortland Breakfast Rotary Club via Zoom this week to share about his journey since receiving an Alzheimer’s diagnosis in the Fall of 2025. After his wife noticed subtle changes, Loder went in for a physical in 2024 and took the MoCA test, at the time receiving a borderline passing result of 26/30. A year later, his result of 24/30 was under the passing score and further tests confirmed an Alzheimer’s diagnosis.

“It’s a tough thing to be told, but I’d rather know than not, because you have a chance to do something.” While there is currently no cure for Alzheimer’s, which is ultimately fatal, there are treatments to delay progression and prolong quality of life. Loder has already started a regimen of infusions of Leqembi which is administered every two weeks for eighteen months. In April of 2027, Loder will know more about the progression of his diagnosis.

In the meantime, Loder emphasized the importance of staying active, and being social- “If you isolate, you’ll deteriorate much faster.” He finds himself in a community in Greensboro, GA that he describes like being in college again for the amount of social interaction, but he’s been upfront about his diagnosis with his friends, and encourages feedback on changes they might notice. He also has plans to travel out to San Diego to meet his first grandchild, Grace.

Finally, Loder once again expressed the importance of pursuing an early diagnosis- “Don’t be afraid to find out. The earlier you know, the more likely you are to prolong and improve your outcome.”

Loder’s personal perspective on Alzheimer’s was accompanied by remarks and a chance to ask questions of Stephanie D’Amico, Program Manager for Cortland, Tioga & Tompkins Counties in the Alzheimer’s Association Central New York Chapter.

## Warning Signs of Alzheimer's

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty in completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spacial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgement
- Withdrawal from work or social activities
- Changes in mood or personality

LEARN MORE AT [WWW.ALZ.ORG](http://WWW.ALZ.ORG)

## Anniversaries

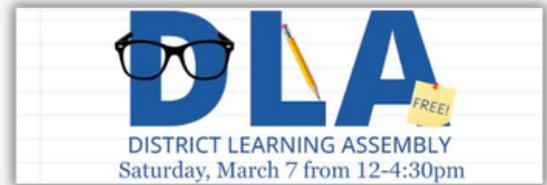
Conrad Janke (2/26/2020)  
Mike Catalano (3/2/2011)

## Rotary Leadership Institute

**When:** March 7<sup>th</sup>, 8am-1pm  
**Where:** Johnson City High School  
**What:** Courses are designed to provide Rotary knowledge and to develop leadership skills for voluntary organizations.  
**Cost:** \$25



LEARN MORE AND REGISTER HERE



**When:** March 7<sup>th</sup>, 12pm-4:30pm  
**Where:** Johnson City High School  
**What:** This event is designed to prepare all club leaders with topics that will support administrative activities, membership growth, Foundation participation, better public image and more. We cannot stress this enough though –you do not have to be a leader to attend and all are welcome to come enjoy the fellowship and learning!  
**Cost:** Free!

LEARN MORE AND REGISTER HERE

# 10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.

Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early. Start now!

**Challenge your mind**

Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.

**Stay in school**

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.

**Protect your head**

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

**Control your blood pressure**

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.

**Eat right**

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.

**Be smoke-free**

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.

**Manage diabetes**

Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.

**Maintain a healthy weight**

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, physical activity and sleep — can help with maintaining a healthy weight.

**Get moving**

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

**Sleep well**

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

Learn more at [alz.org/healthyhabits](http://alz.org/healthyhabits).  
**ALZHEIMER'S ASSOCIATION**

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## Happy Dollars

**Jim Place:** Was president of the Rotary Club of Cortland at the time Cortland Breakfast was formed, but Bill Cadwallader was the inspiration and mover. Congrats to CBR for surviving and thriving.

**Conrad Janke:** For Fred, our speaker; for Stephanie D'Amico, who he met at yesterday's Noon Rotary Club meeting; for the mention of Corrine Hayes in the Cortland Standard with the quote that she has "too big of a heart."

**Frank Kelly:** Thank you for the sponsoring of his granddaughter who is going on exchange, maybe to Switzerland; re-certified as a counselor for the Noon Club Exchange.

**Bob Martin:** For Nick Renzi one year after his passing, for everything he contributed and continues to contribute.

**Mike May:** For Steve Cinquanti, enjoyed the history he presented last week.

**Mike Catalano:** Daughter-in-law gave birth to his new grandson!

**Kim Cameron:** Is heading to Syracuse this week for a naturalization ceremony, is an amazing experience.

**Jessie Farrell:** Woke up above the dirt!

**Laurie Comfort:** Daughter is settled in the new space for the mental health office.

**Mark Roberts:** Thank you Steve; seconds Jim's sentiments about Bill Cadwallader, his enthusiasm was a bit scary, and he was an impressive man.

**Chrissie Allen:** For last week; for Jackie filling in for her, and Dianne helping out today.

**Don Richards:** Thank you for Steve's presentation, it was awesome to see all those on Zoom; going to Sarasota for a month this Friday.

**Mike Shafer:** Steve did a remarkable job; for Sophie on the newsletter, doing a terrific job.

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## District 7180, Area 17 Social Gathering



The Loft at Vesper Hills



4589 Octagon Rd. Tully,

THE ROTARY CLUBS OF:  
TULLY, THE ROTARY CLUB OF CORTLAND, CORTLAND BREAKFAST,  
WHITNEY POINT

**April 2, 2026; 530pm—730pm**  
**Cost. \$15 per person, includes our d'oeuvres. (Let us know if you prefer gluten free)**

**The first 55 people to reply to Conrad Janke are in!**  
**Text: 315-460-0258**  
**Email: [conradjanke@mac.com](mailto:conradjanke@mac.com)**

**Venmo: @Conrad-Janke, or pay your Club Treasurer**

A chance to meet and socialize with Rotarians from our area, guests are welcome;  
Featuring each Club explaining their Service Projects;  
A District Outline from District 7180 President **Bob Balk**.

**KIWANIS CLUB OF CORTLAND**

# CORNHOLE TOURNAMENT

**SATURDAY, FEBRUARY 28**  
 AT MCGRAW BOX BREWING CO.  
 1 SPRING ST. MCGRAW NY  
 REGISTRATION AT 11:00  
 BAGS FLY AT 12:00

No partner needed!  
 4 games – Round Robin.  
 4 Bagger Challenge  
 Dice Game

Cash prizes for top 3 teams!  
 Food & drinks available

Registration Fee:  
**\$20**  
 per person

**50/50 & RAFFLE BASKETS**





**Women's History Dinner & Discussion**

**Monday, March 2nd, CNY Living History Center**

"Remembering History: Why and How, with insights from the 1850s and 1920s"  
 A discussion with Sara Catterall, author of Amelia Bloomer: Journalist, Suffragist, Anti-Fashion Icon  
**PLEASE JOIN US!**

**Dinner (\$18/person) at 4:45 p.m.  
 and/or a discussion (free) at 6 p.m.**




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**STANDING TOGETHER  
 DEFENDING DEMOCRACY**

**LWV** LEAGUE OF WOMEN VOTERS OF CORTLAND/COUNTY