

## Upcoming Speakers

09/02 - District Governor, Mike Kull  
09/09 - Brandi Harless, Progress Paducah  
09/16 - Allison Lundergan Grimes, Kentucky  
Secretary of State

## Club Leaders



**John A. Williams Jr.**  
President



**Glen Anderson**  
President-Elect



**Phyllis B. Russell**  
Secretary



**Thomas Scott Taylor**  
Treasurer

**Todd Anderson**  
Membership Chair

**Don Barger**  
Sergeant-at-Arms

**Roger Truitt**  
Rotary Foundation Chair



**Jamie B. Futrell**  
iPast President

**Denise A. Chapman**  
Club Executive Secretary

## Birthdays

**Matthew N. Cherry**

August 27

**Carolyn T. Roberts**

August 31

**Jane N. Martin**

September 02

**L. V. McGinty Jr.**

September 04

**Eileen Duobinis-Gray**

September 07

**Lorraine Schramke**

September 07



# GearTeeth

The Rotary Club of Paducah

Website: [www.PaducahRotary.org](http://www.PaducahRotary.org)

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*4th of July, Labor Day, Thanksgiving and Christmas.*

## Why Assisted Living is Better for Seniors

August 26th, 2015



Boomers are retiring at a record pace and many may be struggling with their own changing health needs, and perhaps that of their aging parents, as well. The Lakes of Paducah, a new assisted facility due to open soon on Olivet Church Road, is prepared to provide a better quality of life, wellness and social life for seniors than for those who live alone.

Josh Morehead said the facility is designed to provide access to physical activity and fitness, opportunities for social activities, including field trips, dancing and cultural events. Morehead said residents would also be able to take computer and art classes, as well as hear guest lecturers. "Living alone can lead to isolation and fear for safety," said Morehead, which the staff and activities at The Lakes will alleviate.



Clint Warf, Food Services Director, said most seniors require supervised nutrition since 50% of them don't get adequate nutrition, which is the top factor for a decline in health. "This is not institutional food. This is delicious food prepared with attention to detail and beautifully presented," said Warf.

Although Morehead said assisted living might not be for everyone, many find it a much better alternative to living in an unsafe environment. He said most seniors who have made the move prefer their new homes to their old

ones. These seniors cited less stress, vanquishing boredom, improved family relationships, social life, better food and feeling safe, as some of the reasons they were happy to make the move.

The Lakes of Paducah will open in mid-September with 42 apartments. A grand opening is scheduled for October. Apartments are available for couples and larger villas for the most active seniors will be offered in the future on the 200 acre site.

Contact information is available at <http://www.thelakesofpaducah.com>

## Announcements

August 26th, 2015



Volunteers are needed for Club's annual Third Grade Dictionary Project. Sign up Sheets will be available at weekly meetings, or contact Denise at the Rotary Office.

## Guests

August 26th, 2015

Allan Paul – guest of Mary Hammond;

Cathy Edwards – guest of Julie Hart;

Shannon Livingston – guest of Gloria Meriwether;

Paul Drake-Stockard – guest of Zach Hosman;

Annie Wrye – guest of Victoria Caldwell;

Justin Lewis – guest of Hutch Smith

And Terrance Adams, Rotaract President