



Wilton Rotary Drummer
Wilton, Connecticut USA District 7980
www.wiltonrotaryclub.org



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Editor: Bill Meehan

A marvelous May Friday preceded the Annual Rotary Craft Fair. Eleven Rotarians plus guests Junius Brown and Nancy gathered to hear Mary Ann Genuario report on the impact of the Club's grant to the Wilton Family Y/Riverbrook Regional Y Chronic Disease Management Programs.

Announcements:

- The Joker continues to elude. Bud's pot is still growing. Can no one stop this madness?
- Speaking of Buds, Bob Mills is busy organizing the Rose Sale. Get your orders in now.
- Carol reminded all to make their Annual Rotary Foundation donations by June 30.
- Jay is looking to complete a foursome for the June 13 Trackside Golf Tournament
- Dues are due July 1

Upcoming Events:

6/3 – Coffee With A Cop – Dunkin Donuts 8 to 10 a.m. 6/5 – Wilton Library Assoc. Ann. Meeting, 4:00 pm
6/9 Rotary Rose Sale 6/16 – Installation Dinner @ Rolling Hills 6:00 p.m.
6/18 – 7/1 – Wilton Library – Wilton Reads Circling the Sun by Paula McLain

Program: Mary Ann Genuario – Wilton Family Y/Riverbrook Regional Y

The YMCA is not just for "Gym & Swim". As the Chronic Disease Management Director, Mary Ann oversees programs at the forefront of public health. The Riverbrook Regional Y, formed by the merger of the Wilton Y and Norwalk Y, delivers programs for chronic disease management to Wilton, Norwalk and surrounding communities. Mary Ann returned to thank the club for the grant that helped establish the Parkinson's Exercise Program at the Wilton Y. Sixty thousand people are diagnosed with Parkinson's each year. The 12 week program gives anyone with the disease the opportunity to work with a certified specialist to increase their muscular strength, cardiovascular fitness and flexibility. The program is designed to improve gait, balance speech and motor skills. Junis Brown, a participant in the program, spoke of the tremendous impact the program has had in managing the disease. Mary Ann is also the point person for Diabetes Prevention, the Livestrong Cancer Survivor Program, Freedom From Smoking, the Healthy Heart Program and other healthy lifestyle and disease management programs for children and adults offered by the Y.

NEXT MEETING – Friday, June 3, 2016 – 12:15 at Marly's