



Home of  
District Governor:  
Jim Squire  
&

Past District Governors  
Frank Bentley,  
Ralph Thurmond,  
and Barry Smith

## Meetings

October is Economic and  
Community Development Month

## Our Rotary Family BIRTHDAYS

10/9 Ashley Napier  
10/14 Billy Lovett  
10/15 Barton Lowrey  
10/28 Morris Moore

## WEDDING ANNIVERSARIES

10/12 Eugene Jordan (17)  
10/24 Todd Lawrimore (21)

## Rotary Online

<https://sandyspringsrotary.org>  
<https://rotary6900.org/>  
<https://rotary.org/>

## ROTARY CLUB OF SANDY SPRINGS

Mondays, 12:15 pm  
Hilton Suites  
6120 Peachtree Dunwoody  
Road, NE

Sandy Springs, GA 30328



## PRESIDENT'S CORNER

### President Nancy Schroeder's Welcome Message

On behalf of the Rotary Club of Sandy Springs, I welcome you to visit our club and experience the Rotary Club of Sandy Springs' hospitality and energy. We meet on Monday for lunch at 12:15 p.m. to 1:15 p.m. at the Hilton Perimeter Suites, 6120 Peachtree Dunwoody Road, Sandy Springs, GA 30328. You can reserve a spot by going to our website at [www.sandyspringsrotary.org](http://www.sandyspringsrotary.org). Join your fellow professionals, and community and business leaders, and learn how Rotary can fit in your future. Experience Rotary Making A Difference!



## Upcoming Program

### President & COO of Snap Tech IT will be speaking at the Rotary Club of Sandy Springs



On Monday, October 21st

Shawn Brown is a passionate entrepreneur, executive, and leader that focuses on teamwork, culture, vision and strategic thinking. He has a passion for working with organizations and helping them achieve their goals while providing excellent customer service.

Shawn joined Snap Tech IT in 2007 and currently serves as the President & COO. He is a visionary and helped transform Snap Tech IT from a break fix technology provider to one of the fastest growing security focused Managed Service Providers (MSP) in the world. He brings over 25 years of technology and management experience in working with fortune 500 companies as well as companies in the Small and Medium (SMB) market.

Shawn Brown has helped expand Snap Tech IT nationwide with offices in Atlanta, Phoenix, and San Francisco. He also serves as the company Chief Information Security Officer (CISO) and oversees the company's SOC 2 Type 2 annual audit.

Shawn has a Bachelor of Business Administration in Business Information Systems from the University of West Georgia in Carrollton Georgia. Shawn is also an active Rotarian and Past-President of the Lanier-Forsyth Rotary Club.

When Shawn is not at work, you will find him with his wife Shelly and his two kids, Jake and Haley. His weekends are filled with kid's soccer games or rounds of golf with his son.

Please come visit the Rotary Club of Sandy Springs Monday afternoon, enjoy lunch on us and bring all your computer security questions.

More information about Snaptech IT can be found here: <https://www.snaptechit.com/>



## LEADERSHIP

|              |                 |
|--------------|-----------------|
| President    | Nancy Schroeder |
| Treasurer    | John Neill      |
| Secretary    | Mike Stacy      |
| Foundation   | Rick Doyle, III |
| Membership   | Adam Bowling    |
| Public Image | Todd Lawrimore  |

### Previous Program

## Fact or Fiction? Dr. Laura Szymanski offered expert advice in dealing with Alzheimer's Disease and more

On Monday, October 14, Dr. Laura Szymanski, Research Coordinator at NeuroStudies quizzed the Sandy Springs Rotarians on many questions pertaining to the health of our brains. One question she asked was about risk factors: "Fact or Fiction? - by age 85, people have a nearly 50/50 chance of developing Alzheimer's Disease." She proclaimed the last statement to be a fact and went on to explain their findings through studies and data accumulation. A second quiz question she offered was: "Fact or Fiction? - If a mom had Alzheimer's, that means I am going to get it too." This, she told us, was fiction and again showed data which supported her answer. One of her last questions was this: "Factor or Fiction? - There are health supplements which have been proven to improve memory." That statement is fiction, she says. She noted that there have been absolutely no supplements that have been proven to help improve our memory, but she also stipulates there are perhaps substances that do work, but no one has been actually able to prove it.

Dr. Szymanski, explained how NeuroStudies conducts it's research as well asked each of us if we were willing participate. NeuroStudies does research on a variety of brain related subjects including, Alzheimer's disease, Dementia, ADHD, Migraine, Parkinson's disease, Neuropathy, Neuralgia and Mild cognitive impairment.



*Dr. Laura Szymanski addressing the Sandy Springs Rotary Club.*



*Dr. Laura Szymanski presenting a slide show to the Sandy Springs Rotary Club.*



Pictured above: Nancy Schroeder, 2019-2020 President of the Sandy Springs Rotary Club and Dr. Laura Szymanski

The Rotary Club of Sandy Springs would like thank Dr. Szymanski for visiting and sharing a little of she has learned through the years of research studies conducted by NeuroStudies.

More information about NeuroStudies can be found here: <http://neurostudies.net/>

A quick biographical look at Dr. Laura Szymanski's work can be found here: <https://sandyspringsrotary.org/v2/story/3295>

These photos in their original resolution and more can be found here: <https://zenfolio.page.link/Lh13R>



### Upcoming Event

## Sandy Springs Oktoberfest Returns October 26

 **YOU DON'T WANT TO MISS IT!**



**A Look Ahead**

**Here's an easy and quick glimpse of our Rotary meetings to come**



**Is your name mentioned below?**

**Greeters and Invocation Leader for October 21, 2019**



Rotary Club of Sandy Springs Greeters & Invocation leader for next meeting.  
(10/21/2019)

Invocators, as per the "Make it fun and they will come." theme, have a joke ready!

**Greeter A:**

*Todd Lawrimore*

**Greeter B:**

*Phil Farias*

**Invocation Leader:**

*Gene Jordan*