



Home of four  
Past District Governors  
**Jim Squire**  
**Frank Bentley,**  
**Ralph Thurmond,**  
**and Barry Smith**

## Meetings

March is Water and Sanitation  
Month

## Our Rotary Family BIRTHDAYS

3/10 Zac Boswell  
3/11 Joe Jones

## WEDDING ANNIVERSARIES

3/8 Jack Willis, III (36)  
3/29 Jim Squire (14)

## Rotary Online

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

## ROTARY CLUB OF SANDY SPRINGS

Mondays, 12:15 pm  
Sandy Springs, Georgia  
Hilton Perimeter Suites  
6120 Peachtree Dunwoody  
Road, NE

Sandy Springs, GA 30328



## LEADERSHIP

### 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. Enjoy Rotary and Serve to Change Lives!



### Past Program

## Eric Levitan- Founder and CEO Vivo

March 7th, 2022 Founder and CEO of Vivo, Eric Levitan spoke to the Sandy Springs Rotary Club about the benefits of strength training for life's journey.

Eric explained how Sarcopenia—The loss of muscle mass, muscle, muscle strength, and function— can be the catalyst to many of the hurdles we all will face as we begin to age including loss of mobility, malnutrition, and increased risk of falls. Nearly 25% of those age 65 and older are affected by Sarcopenia and nearly 60% of those age 80 and older are affected by Sarcopenia. The great news is there is something you can do about it!

The answer to preventing Sarcopenia is is strength training. It is scientifically proven

|                 |                 |
|-----------------|-----------------|
| President       | Nancy Schroeder |
| President-Elect | Scott Einfeldt  |
| Treasurer       | John Neill      |
| Secretary       | Scott Einfeldt  |
| Membership      | Bill Snellings  |
| Foundation      | Will MacArthur  |

that, no matter what your age or fitness level, strength training can reverse age-related muscle loss, build bone, and restore strength and functional abilities. Strength training has been proven to be a critical factor in maintaining a high quality of life and independence as you age.



"If it is not challenging you, you wont see progress" - Eric Levitan

Thank you for coming to speak to the Club Eric!

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To learn more about Vivo visit: <https://teamvivo.com/>



#### **Next Meeting**

### **Ann Honious - Superintendent of CRNRA**



Ann Honious will be visiting the Sandy Springs Rotary Club at our next meeting on March 14th.

The National Park Service announced the selection of Ann Honious as the new superintendent of the Chattahoochee River National Recreational Area(CRNRA) in Sandy Springs, Georgia. Honious, who previously served as the park's acting superintendent for eight months in 2020, began the permanent role on August 1, 2021.

Honious has served as the deputy superintendent for National Capital Parks - East since 2015 where she was responsible for operations and leadership for multiple park units including the Capitol Hill Parks, Anacostia Park, Frederick Douglass National Historic Site, wetlands and aquatic gardens, and other prominent landmarks. Throughout her career, Honious has worked extensively with partners and local communities to enhance stewardship and connections to parks.

### **A GLIMPSE AHEAD**

