

Rotary



Club of Mt. Shasta

Club Leaders



Doug Carter
President



Thomas F. Stienstra
President-Elect



Gary L. Bostwick
Secretary



Lorinda Forrest Meyer
Secretary



Donna Boyd
Treasurer



Audra Beylik
Public Relations Chair



Mark Foster
Rotary Foundation
Chair



Kathy L. Morter
Club Programs Chair



Heather Maria Solus
iPast President



Heather Maria Solus
Assistant Governor

Mt Shasta Rotary Meeting 12-16-2020

Wednesday, December 16, 2020

Call to Order & Welcome

Pledge of Allegiance

Guests/Visiting Rotarians: Morgan Miller, Dortehea Schoenstein, Ana Pringles

Thought of the Day:

 Shayna Cassidy

The New Yorker: What if you could do it all over. The uncanny allure of our un-lived lives. One of the most significant facts about us may finally be that we all begin with the natural equipment to live a thousand kinds of life but end in the end having lived only one. There is more in the child than any man has been able to keep. We have un-lived lives for all sorts of reasons: because we make choices; because society constrains us; because events force our hand; most of all, because we are singular individuals, becoming more so with time. While growth realizes, it narrows, Plural possibilities simmer down. This is painful, but it's an odd kind of pain—hypothetical, paradoxical. Even as we regret who we haven't become, we value who we are. We seem to find meaning in what's never happened.

Reports:

- Membership Committee formed and met today. Ken, Mike, Doug, Tom and Al are on the committee. The group is committed to increasing membership and looking for club support ♦ as all members are part of recruiting new members. Hope to see membership grow substantially. Doug says they are looking for a couple of other committee members. Molly asked how often the committee will meet. Tom S said once a month. Molly offered to join. Linda said to let her know what they need as she is available. Kathy Suvia said she would love to join the committee and would help as much as she can, given her responsibilities in Rotary as incoming District Governor.
- Tom S wants to make sure as we move forward that Audra and Lorinda don't view their Rotary jobs as work. We need someone to do the Facebook posts of Rotary Corner articles. Audra and Alisa both volunteered to take care of this.
- Merle reported gifts from Foundation ♦\$5000 to Boys & Girls Club to help with COVID related trauma training, and \$5000 to Mt Shasta Community Resource Center to help with food storage and senior nutrition program. Audra will write this info into a press release and send to the paper.

Announcements:

Doug said we have already voted to change the once monthly night meeting to a daytime meeting and brought it up again to make sure everyone is on board with making this change. Kathy Morter asked that we re-evaluate once we begin meeting in person again. Wine was mentioned as a factor. Kathy Suvia suggested that if we decide to go back to evening meetings that they aren't regular meetings, but more of a social gathering to converse and connect. Wine could be included.

Molly said maybe the membership committee can go down the member list and see people who aren't participating to call and remind them that zoom meetings are easy and fun.

Program:

Program 1: Morgan Miller

Gary Bostwick introduced Morgan Miller. Gary said he has hired a lot of college-aged students in his law firm 50-60 over the years. There are three words which define what Gary sees in Morgan: Community, Family and Enthusiasm. This is a kid anyone could be proud of ♦ his parents are, ad someone he ♦d gladly hire.

Morgan won a Rotary scholarship last year and is currently attending Cal Poly San Luis Obispo. Morgan thanked Gary for the stirring introduction. He is honored to thank the Rotary club for the scholarship awarded him. He had hoped to give the thank you, in person last Spring, but with the lockdown was unable.

He graduated from McCloud High school and is a second year architecture student. He ♦s sadly been home since March, doing school remotely via Zoom. He was very excited to enjoy campus life

◆ lived on campus, made friends, experienced studio culture for the first time. He talked about hot seats studios in his program ◆ seat is considered hot as multiple students use the seat throughout the day. Getting into that studio culture, he felt he was somewhat blind. He wasn't aware the supplies weren't included. He assumed it was more like a high school art class. The cost of equipment, printing, paper, pens surprised him. There is a rising cost of tuition and university housing which puts a strain on his family. Thanks to Rotary and other organizations, he has been able to afford these financial obligations without going into college debt.

Morgan shared two of his projects from school. One is an architectural precedent. He selected a project called Wild Bird by Mark Mills. It is an A-frame house off Hwy 1. They can look into what works with the house design and what doesn't. Morgan chose circulation, and analyzed public versus private space and programmatic elements which are the different aspects of a home. His second project is a five-story building which he also discussed.

Doug thanked Morgan on behalf of the club.

Al S said he had the honor of presenting the scholarship to Morgan. It was the first scholarship presented to a McCloud student from Mt. Shasta Rotary.

Program 2: Ken Brummel-Smith ◆ Advanced Care Planning

Link to Slide Presentation: <https://drive.google.com/file/d/18FkwwgDJK--o7hY7SAaWemFnxxQNSbx39/view?usp=sharing>

Ken is the Chair of the Ethics Committee at Mercy Medical Center and the former Chair of the Department of Geriatrics at FSU College of Medicine.

Reasons to plan ahead ◆ we are not in control of the future, the ultimate outcome is known (death) and these decisions are something everyone should talk about more. The last person you want to be scared is your doctor. Advanced Care Planning is a way you can control the future and the doctor is informed.

You used to fill out a living will or Advanced Directive. Part of Advanced Care Planning is that this isn't an event, it is a process. Over time people become closer to their doctors and less fearful. It involved goals, desires and wishes with loved ones. It becomes especially important when you can't make your own decisions. Dementia or a stroke or temporary coma is the time when these discussions are so important. Right now in the field of medicine this is seen as a routine part of medical care ◆ not just with a terminal diagnosis.

- Clarify goals and wishes
- Name a decision maker or ◆agent◆
- Identify the care you want and don't want
- Complete an advance directive form
- Doctor completed a POLST (as set of doctors orders based on what you want) form when appropriate

Talking about goals is the biggest change in this sort of care.
Ken carries this list of questions with his patients:

- What is important in your life now?
- What experiences have you had with serious illness?
- Which fits your values?
 - Treat intensively ◆ even if it means suffering ◆ to try to extend life
 - Use medical treatments but stop if you are suffering too much, even if it means a shorter life
 - Use all measures to promote comfort, even if it means a shorter life
- Can you imagine a health situation that would be worse than death?
 - Being stuck in a nursing home
 - Not being able to talk
 - etc
- Have you changed your mind about what is important over time? (as you age)

Then the Advanced Directive form can be completed

- California Form
- Five Wishes
- Online Resources ◆ prepare for your care UCSF

Health Care Proxy or Agent

- Name someone you can trust (decisions made as if they were you)
- Someone who can live without you (those who can't live without you make decisions for themselves, not you)
- Someone available/nearby
- Most important ◆ discuss with them what you want!

Who's the Agent? (chosen if you do not designate)

- Spouse/domestic partner
- Adult child
- Either parent
- Adult sibling

- Grandparent
- Adult aunt/uncle
- Adult niece or nephew

*A surrogate is someone who makes decisions if there is no written advance directive
 PrepareforYourCare.org
 Very high satisfaction rates than filling out a form
 Good in California and prints out a form as well

POLST (Physician Orders for Life-Sustaining Treatment)

- If a person has advanced frailty or less than a year to live
- POLST from which Dr fills out
- Shown to ensure care more than the DNR order does

Study ♦ asking 75 year old patients and their physicians
 What patient wants /What Dr thinks patients want
 Only 17% talked with their doctor
 Only 10% of doctors talked with their patient about it

What Next?

- Get the forms <https://theconversationproject.org/starter-kits/>
- Get the Conversation Starter Kit
- Have the conversation with your family
- Talk it over with your doctor
- Complete an advance directive
- Give copies to your family, doctor, clergy, hospital

Q&A

Dorthea had a scenario where her brother was admitted to the ER for a stroke. The nurse looked into his eyes as he was laying on the gurney and asked, ♦If something happens what do you want? ♦ His partner said we have advanced care directives on file. The nurse said the conversation takes precedence over Advanced Care Directive. She asked Ken if he knows more about this and they were confused.

Ken said many nurses and doctors have not had adequate training about how the process works. He felt she was confusing a DNR order which was the wrong way to approach. Instead have a discussion about what matters. Find out what is important to them. What is their hope for the future, certainties and uncertainties? Can ask if you are interested in learning about what happens after a stroke.

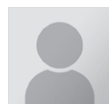
Happy Bucks:

- Mike Mondeau ♦ last day of work is the 23rd in Sonoma and will be starting as production manager for Ovatek in Yreka - \$5
- Molly has \$5 ♦ went to Zach and Crystals and had dinner. Had a wonderful time and enjoyed the grandkids
- Kathy Suvia for the first time in many months, she had to go to two screens to see everyone today - \$10
- Kathy Morter want to wish everyone a wonderful Winter Solstice ♦ view Christmas Star on the 21st with Jupiter and Saturn near each other - \$10
- Ken wanted to congratulate Tim Stearns on his election and swearing in on Tuesday - \$5
- Tim Stearns matched Ken ♦s \$5
- Ted would like to acknowledge and congratulate the club for passing out \$10,000 to the B&G Club and Community Resource Center ♦ worth \$50 to him
- Doug will match Ted ♦s \$50
- Lorinda will give \$5 in Happy Bucks at the January 6 meeting for every Rotarian who tells her they read this bulletin

Upcoming Programs/Speakers

Doug announced the next two meetings are dark ♦ no meetings Dec 23 and 30. Next meeting will be January 6

Birthdays



[Lynn E. Teuscher](#)
December 17th



[Merle Anderson](#)
December 19th



[Alan R. Schoenstein](#)
December 20th



[Greg Juell](#)
December 29th



[Barry Stacy](#)
December 29th

Wedding Anniversaries



[Lynn E. Teuscher](#)
December 17th



[Lorinda Forrest Meyer](#)
December 31st

Years of Service



[Kathleen M. Suvia](#)
11 Years



[Kenneth Brummel-Smith](#)
1 Year

Club Meeting

Mt. Shasta

Meets at Normally, Mt. Shasta Resort. Currently via Zoom. * Please note first meeting of each month is an evening meeting at 5:30PM; same location

1000 Siskiyou Lake Boulevard

Mt. Shasta, CA 96067

Time: Wednesday at 12:15 PM