



## MEETING NOTES: March 6, 2019



**John King** called the meeting to order.

**Visitors** were Past District Governor Brian Thiesson from the Alamo Club and Nace from the Concord Club. Estelle Andrews also visited.

**Video:** A video illustrating the Rotary motto "Service above Self" was shown. Worldwide, Rotary Club is comprised of 32,000 chapters and 1.2 million members. Therefore, their efforts make a global impression. Clubs have helped two million children and awarded 500 million in scholarships to youth of all races and creeds.

**Sunshine:** **Al Brezinsky** was back.

**Thought of the Day:** **Earl Abbe** quoted several famous authors concerning their beliefs about the importance of truth. Some were Tolstoy, Mark Twain, Bruce Lee, Trudeau, Huxley, O'Connor, George Washington, Abe Lincoln, and Maverick.



**Happy Dollars:** **Bob Sutherland, Sue Adams, John King, and Nace** were happy to be recovering from colds. **Jim Olson** honored his granddaughter. **Ruth Reeves** also joined in the giving spirit. Joy and Merilee also gave.



**Raffle** winners were **Marlene** and **Estelle**.

## ANNOUNCEMENTS

**District Assembly:** **John** encouraged anyone who hadn't been to a District Assembly to go on April 6th. The training and learning about Rotary are well-worth the time. It is being held in Fairfield.

**Rotary 4 Way Fest:** The annual four district conference will be held at the Peppermill in Reno on May 17<sup>th</sup> – 19<sup>th</sup>. The deadline to sign up for the lower price meal package (\$199) has been extended to March 15<sup>th</sup>. After that date the meal

package price will increase to \$229. For those who might be wondering what can I expect if you choose to attend, information at [Rotary4wayfest.com](http://Rotary4wayfest.com) contains the full schedule, including descriptions of breakouts, plenary session speakers, and other activities.

**Interact Club:** We are exploring the possibility of starting an Interact Club at Las Lomas High School. This is a Rotary International service club for young people ages 12 to 18. Interact clubs are sponsored by individual Rotary clubs, which provide support and guidance, but they are self-governing and self-supporting.

## PROGRAM



**Jim** introduced the speaker, Lorna Van Ackeren, from Hillendale Home Care in Walnut Creek. As a leader in care for the elderly, she prefers aging in place over institutionalizing the elderly. The population of prospective need is significant with ten thousand Californians turn sixty-five each week in California. The average life span is 86 for women and 84.3 for men once they turn 65.




The various kinds of assistance are:

- 1) commercial Independent home care,
- 2) state licensed independent home care provided by three main agencies,
- 3) SNFs which cost from \$72,000 per year, and
- 4) intensive board and care where very sick people can live together in groups of four or five and are more intensively cared for. than in SNFs.

Other types of supportive care available to those who are aging in place include: 1) Meals on Wheels, 2) palliative care services provided by doctors, and 3) hospice. One can also seek help from 1) Ombudsmen, 2) Senior Center Without Walls (877 797 7299), 3) free medical counselling, and 4) Ombudsmen where volunteers can handle complaints.



## CALENDAR

Today	 St. Patrick's Day Celebration and Alamo Rotary Club visit
March 20	Suzanne Clemons – Palliative Care and Hospice Care