



ROSSMOOR ROTARY NEWS



President: Sue A **Address:** PO Box 2177, Walnut Creek CA 94595 D5160 Club 461

Notes: Teddi S **Photos:** Paul W, Bill B, John R April 3, 2024

Club Website: www.rossmoorrotary.org

District Website: www.rotary5160.org

MEETING NOTES: 04/03/2024

Call to Order: President Sue rang the meeting to order at 12:29. David B. led the flag salute. The Patriotic song was the U.S. Army Service Song

Guests and Visiting Rotarians: Bonnie P

Thought for the Day: Alison L - an old quote about how individuals can make small changes to their communities and if others do the same thing, then greater changes can be achieved in the world.

Sunshine Report: Norm is on hospice at home and Ann is out with Covid

Happy Dollars: Peter has a new dog, Patrice is going to the district conference, Stan went to the district meeting and the driver would not take money for gas, Mieko for her birthday and completing her taxes, David for the new aprons which he made and donated for use at our events, Paul has a new car and Mitzi's grandson is off to college.

ANNOUNCEMENTS

Introductions/Awards: Norm A welcomed as a new member.

Here's your chance to rub elbows with Rotary or at least District Royalty and enrich our club at the same time. Cars 2nd Chance would like volunteers to work the Kernitz Magic at both PETS and the boot camp for presidents-elect, the District Conference in Sacramento (April 26-28). Our president will be glad to help you get to at least one of these.

Raffle -Eddy F. won a lunch and Bill B. won a bottle of wine.

PROGRAM

The speaker was Lynn Welch, Rossmoor Counseling Services, who has earned her Master's of Counseling Psychology from the institute of Integral Studies in 2006 and was licensed as a marriage and family therapist in 2009. Her early training and work were in medical and Alzheimer's residential settings. More recently, she

worked at Women's Therapy Center in Berkeley and received advanced clinical training in couples' work. She has also worked in private practice. She has a movement and Expressive Arts Therapy background and currently lives in the East Bay with her family. Lynn is excited to be part of the Counseling Services team at Rossmoor. There are three full time therapists in the Rossmoor Counseling Office. There are no fees for Rossmoor residents and they offer individual services to refer to longer term care giving help support and grief support as well as couples counseling. They have many support groups; of which there is an autobiography group, bereavement support group, caregiver support groups which are either dementia focused or medical non-dementia as well as a stress management group and transition support groups. They have special events: optimum wellness lectures, avoiding scams and skin cancer awareness. The Rossmoor Fund helps residents in need and offers respite for caregivers as well as sponsoring optimum wellness speakers and support residents in crisis support resources.

UPCOMING EVENTS

April 10	10:30 Club Board of Directors Meeting
April 10	Dawn Manley – Walnut Creek Service Day – Food Banks
April 17	10:30 RRF Trustee Meeting
April 17	Tom Carroll, St. Mary's College – Updating College Athletics

PHOTOS





New member Norm and Jim



John K last week's speaker



President Sue and John K



President Sue and Lynn Welch

