



Rotary ROSSMOOR ROTARY NEWS



President: Carolyn H **Address:** PO Box 2177, Walnut Creek CA 94595 D5160 Club 461

Notes: Kathy and Pete S **Photos:** Paul W June 26, 2025

Club Website: www.rossmoorrotary.org

District Website: www.rotary5160.org

MEETING NOTES: 06/25/2025

Call to Order: President Carolyn H at 11:50 p.m. David B led the Pledge of Allegiance. "The Star-Spangled Banner" was presented by an Armed Forces band.

Four-way Test:

- a. Is it the TRUTH?
- b. Is it FAIR to all concerned?
- c. Will it build GOODWILL & BETTER FRIENDSHIPS?
- d. Will it be BENEFICIAL to all concerned?

Guests and Visiting Rotarians: Martha S and Jock E, Lee and Dana S from the Sarasota Rotary Club

Thought for the Day: presented by Ed F.

Sunshine Report: Welcome back to the chair of that committee: Jean D who is doing better!
Report on Connie P – she is still ailing and our best wishes to her.

Happy Dollars: Carolyn H – for a wonderful trip with her grandsons to Europe.

Jeff K – for his son who just got married.

David B – for getting closer to getting his car.

Ed F – for a wonderful trip to Yosemite.

Jim D – for the graduation of his grandson.

Sue A – for her news that she will be a great grandma

Birthdays: Carolyn H, Peter V, Ignazio (Nave) R

Raffle: Ann H – yogurt, Alison L – free lunch

ANNOUNCEMENTS

4th of July: Sharon L reported on the volunteer sign-up sheets and time expected. She will also send this information electronically. Jim O reports that the food is ordered and volunteers are working on getting there early to set up. Everyone is asked to stay and help clean up.

Annual Dues: \$260 are the annual dues and expected to be sent into the club as soon as possible.

New Members and Member Recognition:

Jaya S – new member to our club; she had been a member of Rotary in India.

Richard H – recipient of his blue badge for steps taken as a new member over the past year.

PROGRAM

Dr. Jim Greenberg: After medical school, Dr. Greenberg received training both as a pediatrician and as an anesthesiologist and enjoyed a long career as a pediatric anesthesiologist at the University of Pittsburgh. His personal life was changed in the late 1990's when his wife developed a rare form of multiple sclerosis which led to total paralysis and her eventual death in 2018. During this journey, he and his wife learned to navigate the complex and multifaceted journey toward disability and death first hand. Dr. Greenberg has strong beliefs favoring one's autonomy at the end of life and the green (natural) burial movement. He moved to Rossmoor in 2020 to join lives with Bess Chosak.

Dr. Greenberg leads the End of Life Concerns Club at Rossmoor (EOLCC.org). This club has a variety of meetings that address in depth topics related to this issue. *The Rossmoor News* frequently promotes the various meeting topics and time and place.

The theme that is of most interest to those at Rossmoor is having autonomy at the end of life. The topic for this Rotary Club presentation was whether one wants to be resuscitated at the end of life after a heart attack.

Dr. Greenberg showed slides of famous young sportsmen who survived heart attacks, making the point that these men were young and that makes a difference. He then described an example of a relatively active man who was 84, who at 62 had a triple bypass. While he had early stage colon cancer, he was in church when he had a heart attack and was resuscitated.

Dr. Greenberg said a heart attack occurs when blood flow to the heart is blocked, usually by a clot, and causes damage to the heart muscle. Cardiac arrest, on the other hand, is when the heart malfunctions and stops beating unexpectedly, often due to an electrical issue like [ventricular fibrillation](#). While a heart attack can sometimes lead to cardiac arrest, they are distinct events with different causes and treatments.

When one has cardiac arrest, permanent damage begins in six minutes or less. The odds of surviving cardiac arrest are that fewer than 10 percent survive, with slightly better odds if it happens in the hospital. The odds are only 5 percent for chronically ill elderly.

Even when CPR is administered, there are complication including stroke, seizures, dementia, persistent vegetative state and varying degrees of disability. Because CPR is often done with limited skills, other complications can include broken ribs, punctured lungs, bruising heart, electrical burns from defibrillation, etc.

All this information leads to the important decision making we can make when of sound mind about DNR (Do Not Resuscitate) and (Allow Natural Death).

One item to consider is the pink POLST form, or Physician Orders for Life-Sustaining Treatment form, a document that outlines a patient's wishes for end-of-life medical treatment. This document serves as a portable medical order that can travel with the patient. It is particularly useful for individuals with serious illnesses or frailty, and it complements, but does not replace, an [advance directive](#). The POLST form is typically completed by the patient in consultation with their physician or other qualified healthcare professional and signed by both.

It is suggested we keep it on the refrigerator to be handy for the ENT if they come into our homes in the case of such an emergency. The other option is to contact the California EMSA.CA.Gov – Publication #311 to get something to wear that shows our decision and is visible to emergency workers.

The meeting adjourned at 1:20.

UPCOMING EVENTS

July 2	No Rossmoor Meeting: Dark
July 4	Hotdog Sales
July 9	10:30 Board of Directors Meeting 11:30 a.m. President Demotion and Promotion
July 16	11:30 a.m. Speaker: Adam Cleary and Jackie Carlisle: Fitness and Aging
July 23	10:30 RRF Trustee Meeting 11:30 a.m. Speaker: Craig Lazzeretti: Trials and Tribulations of Getting Out the Rossmoor News
July 30	11:30 a.m. Speaker: Dr. Bryna Siegel: Autism

PHOTOS



