



ROSSMOOR ROTARY NEWS



President: Peter V **Address:** PO Box 2177, Walnut Creek CA 94595 Club 461

Notes: Kathy & Pete S **Photos:** Paul W, John R September 10, 2025

Club Website: www.rossmoorrotary.org

District Website: www.rotary5160.org

MEETING NOTES: 09/10/2025

Call to Order:

President Peter Van Slyke opened the meeting. David B led the Pledge of Allegiance.

Four-way Test:

- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOODWILL & BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned?

Guests and Visiting Rotarians: Robin (Ed F's wife).

Thought for the Day: Ed F – memories of what our mothers said then...what mothers would say now.

Happy Dollars: Joy A, Brenda J, Ed F, Norm, John K, Jim D and John S. Ed F for a special remembrance of 9/11

Raffle: Kathy S won bottle of wine/gift card and Ron B won lunch. Note: Raffle dollars are growing (\$359 at this meeting!)

Sunshine Report:

- Norm A welcomed back
- Connie P had an operation and is feeling better
- Ruth R is improving and traveling

Birthdays: Jeff K and Ruth R

ANNOUNCEMENTS

- New Member: Janet C formally inducted into our club and has a temporary red badge
- Brenda J – has completed the tasks for new members and was given a blue badge
- District News from our District Governor Joy A
 - o Learning Day – on October 18 on Zoom
 - o Save the Date for the District Conference – May 1-3, 2026

- District Governor nomination for 2028-29 to be chosen at the end of September by the Nominating Committee
- Sharon L - Gala on October 11th – ticket sales a high priority; give silent auction items to Alison L
- Local Rotary Events:
 - Act II Improv Comedy Show on Friday, September 26 at 7:30 p.m. at the Campbell Theater, 263 Ward Street, Martinez. A benefit for Diablo View Rotary Club – tickets are \$15.
<https://www.campbelltheater.com/event-details/improv-for-good-2025-09-26>

PROGRAM



Behavioral Fitness: A Path to the Life You Want

Presented by Dr. Allyson Mayo, doctor of behavioral health, and Teri DeLaMontanya, a former emergency nurse leader. They are co-founders of Behavioral Fitness and PEACE, a 501 (c) (3) nonprofit dedicated to intentional living and human connection.

The presenters shared eight dimensions of wellness that they focus on:

- Emotional
- Environmental
- Financial
- Intellectual
- Occupational
- Physical
- Social
- Spiritual

The current focus on their organization is older adults (health span and lifespan), LGBTQIA+, and parent support. They provided details of several areas of importance to older adults, including getting into doctors on a timely basis and being proactive to avoid acute care.

Some key points of the presentation include:

1. Multi-generational support including reverse mentorship, updating our conversational skills and staying relevant.
2. A Centenarian Decathlon, Dr. Peter Attia, who wrote “Outlive: The Science and Art of Longevity.” Assuming we live to be 100, a question we want to answer is what do you want to be able to do in the last decade of your life? By answering that question, you can consider those goals and how you are going to get there.
3. Muscle is the new vital sign. After 30, our muscle mass begins to decline 3-5 % per decade and that accelerates after 50. That said, there is a lot we can do to strengthen our muscles as we age.
4. Nutrition: Eat the “rainbow,” including fruits and vegetables.
5. Be of purpose: The Japanese concept of **ikigai** helps us understand what goes through our minds, and is a way of finding purpose and motivation in life. Because we are all Rotarians, we have a shared purpose.

In the handout, they list seven strategies for living longer:

1. Move every day
2. Eat smart, eat for life
3. Protect your brain
4. Manage stress, build resilience
5. Stay connected
6. Check in with your health
7. Purpose fuels longevity

UPCOMING EVENTS

September 17	10:30 RRF Trustee Meeting 12 noon - Annual Picnic at Sportsman Park – Check email for possible weather cancellation
September 24	12 noon Weekly Club Meeting Speaker: Dick Powell, Mindfulness Living as a Way of Life
October 1	12 noon Weekly Club Meeting Speaker: Sandra Banack, Search for New Cures – Alzheimers and Parkinsons
October 8	DARK – No Rossmoor Weekly meeting
October 11	38 th Annual Fundraising Gala at 5:30 p.m.
October 15	10:30 – RRF Trustee Meeting 12 noon: Weekly Club Meeting Speaker: Richard Dupell on Improv for Seniors

PHOTOS

