



ROSSMOOR ROTARY NEWS



SERVE TO CHANGE LIVES

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Notes: Anne Hetlund

Photos: Paul Wilson

April 13, 2022

Club Website: www.rossmoorrotary.org

District Website: www.rotary5160.org

MEETING NOTES: April 6, 2022

Call to Order: President Bill opened the meeting. The Pledge of Allegiance was led and the "Star Spangled Banner" was sung by Macy Gray.

Guests and Visiting Rotarians: Jerry F. and several friends of our speaker.

Sunshine: Jean D. had nothing to report.

Thought for the Day: Patrice gave us definitions of teen slang words.

Happy Dollars: Joy was glad the new Food Court at Peacock Plaza on Tuesday evening was crowded but fun. John R for a first in a golf tournament. Tilly, glad that Jerry who she knew from dominoes was visiting, and Eddie for his second booster shot.

ANNOUNCEMENTS

Happy Birthday to David B.

Three minute life bio was given by Anne Hetland.

Raffle: Marlene won white wine; John K won the money, going right into his young daughter's college fund.

St. Patrick's Day dinner will be held on May 27th.

The Lawn bowling club is accepting donation of good for Ukrainian refugee relief. The Rossmoor Billiards club is having a fundraiser for Ukrainian refugee relief on April 8 from 11-2 at Peacock Plaza. Please donate at least \$20 and get brats, hotdogs, beer, soft drinks, and entertainment.

PROGRAM

In conclusion, Rossmoor had been a sanctuary for many in this crisis. But Covid has changed all of us. Bill Leary a *Rossmoor News* columnist presented "A Story of Trauma and Growth, The Pandemic." The pandemic has changed us, and we need to talk about these changes. The pandemic has been one of the most profound events in recent times. Our history of this time is our memories, and what we share. Having dinner outdoors in Walnut Creek last October, a group of anti-vaxxers passed by shouting "Give us freedom to choose." His

guests shouted back, "You have the freedom to die." The point being we are all losing our compassion for others. The causes are fear of the unknown and anger that others may be putting us at risk.

Sunday March 15, 2020, our state governor ordered that all over age 65 should isolate indefinitely, and ordered every bar and tavern in the state to be closed. This told all of us over 65 that we were vulnerable. This was scary, and fear of the unknown causes anxiety. We hunkered down fearfully. We were afraid that we could get Covid by being close to someone, even if they had no symptoms. We could be hospitalized, we wouldn't be able to breath, and our loved ones wouldn't be near us. We would die alone, without a proper funeral. Our hospitals were overwhelmed. There was triage (let the older patients die, save the younger ones). 16% of us are over 65 and we accounted for 83% of deaths.

We had restrictions. We lost activities with others, and travel. We lost in-person access and support. Our sleep was affected. Covid did change some personalities, which is a reaction to trauma, we saw more depression, some were more cautious, and some became less outgoing.

We as a country were already divided. But after Covid, there was more anger, attacks n Asians, media misinformation, calling Covid a hoax, or that vaccines had tracking devices. We even lost staff at Rossmoor because of the way they were treated by anxious residents.

Then came the vaccines. In June 2021, the governor opened up the state. You would see grandparents hugging their grandchildren, but 30 days later the Delta variant appeared and the state closed again. The vaccinated became more impatient with the unvaccinated. There was more depression and people felt in a fog. Late November 2021 a new variant arrived and up until 3 months ago, 2,000 Americans were dying every day.

We have now accepted that Covid is a part or our lives. It turns out that those over 65 have used their experience to deal with uncertainty better than younger ones. We fared better overall because we had come through uncertain times before.

We know what matters are family, close friends, and our support groups. We are also resilient; we try new things, acting to make a difference, improving our health, and appreciating simple things. We are stronger than we thought.

By the end of this month, about 1 million Americans will have died from Covid.

UPCOMING EVENTS

April 13	10:30 Club Board of Directors meeting
April 13	Dr. Eddie Fisher - Rotoplast
April 27	Susan Grossman – Peace Fellowship
May 4	Mark Myers – The Music Never Died



PHOTOS



