



# the CLARifier

CLAREMONT ROTARY NEWSLETTER

SERVICE ABOVE SELF

Claremont Rotary Year 91 | Week 26 | June 26, 2020

## Program: AgingNext, Bea Kirkman, Director

*submitted by Harry Sparrow*



Ron Coleman introduced our speaker, Bea Kirkman, the Director of the AgingNext Village. Bea came to AgingNext in 2015 after caring for her father with Alzheimer's and her mother with macular degeneration. After retiring from work as a school administrator,

she began her encore career serving seniors. Bea serves on the Leadership Team of Village Movement California, is a member of the Woman's Club of Claremont, served as co-chair of the Inland Empire Walk to End Alzheimer's, has volunteered with Aging Next Memory Care Center and facilitated support groups for caregivers. She has a Master of Education in School Administration.

Bea began her presentation by thanking our club for its support. AgingNext received a grant from the club this year that enabled them to offer subsidized memberships in the organization.

So, we have all heard of the Global Village (McLuhan) and It Takes a Village (African proverb quoted by Hillary Clinton to title her 1996 book), but what is the AgingNext Village? To answer that Bea read Aging Next's mission: "Support and educate older adults and their families to maintain independence and to age well at home and in the community." AgingNext is part of the national village movement. There are over 300 villages in the United States and there

are over 50 villages in California. Bea noted that ours is a middle income program filling a gap not fulfilled by public dollars.

The mission is driven by the fact 95% of Americans want to remain in their homes for as long as possible. She showed two maps, one from 2010 and one from 2020 showing the areas where 21% of the population was 65 years or older. There was a significant increase in the number of those communities in the ten-year period. The models predict that by 2030 there will be 83 million Americans who are 65 or older. The challenge to people to fulfill the desire to stay in their homes and communities as long as possible is impacted by the fact that moderate to middle income Californians have very few options for aging with self-determination.

The good news is that AgingNext is a village. She described the village as "an intentional community, led by older adults who share their skills, support and expertise with each other to navigate the challenges and opportunities of aging." Those in the village are dedicated to helping one another age in their own homes and communities while continuing lives of purpose and promise.

AgingNext provides a broad array of programs, services, and support for older adults, caregivers, and others interested in enhancing aging services in our community. Working in concert with community leaders, social services, healthcare providers and city and county organizations, the organization plays a unique role as a convener,

*Continued p. 4*

### LAST WEEK'S MEETING ONLINE *submitted by Cameron Troxell*

[Here is the link](#) to the recording of the meeting of Friday, June 26. It seems appropriate to end my presidency with a talk on aging. As always, thanks to those who participated, brought guests, and shared in virtual fellowship.

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## ROTARY: THE VIRTUAL MEETING *by Lark Gerry*



Outgoing president **Cameron Troxell** welcomed and thanked everyone in attendance for their continued support of The Rotary Club of Claremont. President Cameron has mastered the zoom

meeting just in time for his last meeting. Zoom meetings have become quite the norm for keeping our Rotary Club members connected in times of Covid 19. Missing is the music, the singing, the lunch, now replaced with 15 minute break-out sessions of about 6 people chatting and getting to know one another on a personal level about day to day interests and announcements. The Four Way Test was ever present!



## INSPIRATION OF THE DAY *by Harry Sparrow*

Since this is President **Cameron Troxell's** last official meeting, I thought we would go with something from a mathematician, so I'm going to Bertrand Russell, a British philosopher, logician, essayist and social critic best known for his work in mathematical logic and analytic philosophy. The quote I thought was apropos for this environment with all the Coronavirus controversy with masks and public gatherings:



"The fundamental cause of the trouble is in the modern world, the stupid are cocksure while the intelligent are full of doubt."

On a more upbeat note Yeats said: "The world is full of magical things waiting patiently for our wits to grow sharper."

## WELCOME GUESTS AND VISITING ROTARIANS

Welcome **John Bifone**, a former member of the West Covina Sunrise Rotary Club and Associate member of our Club under the corporate membership of John Allen's office.



**Bea Kirkman**, Director for Aging Next, is our speaker.

## ANNOUNCEMENTS

Committee assignment requests are coming from Anita Hughes! Please respond by July 8!

Debunking of President Cameron Troxell was scheduled on July 1 at 6:00 pm on zoom. If you missed it, a video will come soon. It was so much fun!

**The first (free and) virtual Rotary International Convention** streamed live online **June 20-26**, (and is now available recorded on YouTube), **to be followed by more sessions in July. Tune in!** <https://www.riconvention.org/en>

**Steve Schenck** remembered **Sven Olof Lingstrom**, Founder of Gourmet Gourmet and a former member of our Club, who passed away on June 16 in Upland at age 80. Sven was very involved and active with the Club, and was a Paul Harris Fellow.



Courier photo

My last observation: today is 130th anniversary of the Great Seal of the United States.

President Cam to Harry "That's awesome, thank you, now I feel much better about my doubts."



M. DeWees, always at the ready with a background



## A Modern Club Portrait

We paused to smile at the Camera! Our Club meetings are so well attended that we always have at least two screens. Unfortunately, the recording only caught the smiles of the denizens of the first screen!

Even so, it's half a handsome group, all enjoying Rotary club fellowship!

**TIME TO PAY THE ELECTRONIC PIG! (PO BOX 357)**

**SERGEANT NONA TIRRE**

**Don Ralls** called me yesterday or the day before, I don't know, the days are running together with all this Covid stuff, I am thinking he is calling me with dirt. Everyone knows that I'm Sergeant, and he called with nothing...there's a fine for that!



**Frank Hungerford** announced that the youngest great grandfather in our club, **Lee Goldstein** is in the house. Congratulations! Lee responded, "I am not so young, but some of us turn the generations faster." Emily, my daughter is now grandmother to Blair Kate Bolden. Lee, pay the electronic pig for all that joy!



**Randy Prout**, was fined because he has an inspirational daughter. She runs by my house with her kids in tow. She has inspired me (Nona) to get off my little fluffy butt and exercise.



Also, congratulations to your grandson Colin, a new Eagle Scout, a great achievement. Randy says Colin is taking lessons to be a pilot and has 19 hours of flying time... an ambitious young man at only 15 years of age. Randy is a justifiably proud grandpa.

**Juli Minoves Triquell** was fined for purchasing a cool Winnebago RV for awesome family adventures, a way to be socially distanced on weekends away from home.



**We did ask for a big smile!**



**Cameron Troxell** was fined for having a few firewalls that block vicious pmails on his computer.

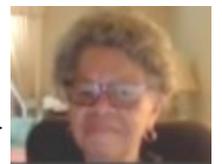
**Steve Schenck** was fined for that awesome background picture of a skateboard. Steve replied, "I was a skater, a surfer, and in my photography classes at Mt Sac, I would teach people how to make motionless still photography, so I scaled it down. It turns out to be illegal on campus, but as a professor, we can do what we want." To wit, Mike DeWees showed why, in a background battle for the ages!



President-elect **Buff Wright** noted that our new Rotary face masks are large for some but fit extra large heads, apparently claimed by **Jerry Tambe** and **Nona Tirre**. Is that **Randy** wearing a mask? And **Kebokile**? Also, Buff, you went over and above serving others in delivering Rotary face masks to members. She told a tale of the delivery to **Jerry Tambe** that included his confusion about drop off time, and almost lost a check left in the mailbox to the USPS. **Mask sale donations brought in over \$2300 for Hope Partners!** THANK YOU ALL!



**Sylvia Whitlock** was fined for being a successful Zoomer, doing five Zoom meetings in one day, including a physical workout! **Also, all members should pay for the great announcement made by Sylvia that Nigeria is now officially certified Polio free.** Two countries remain where work is needed to rid the world of polio, Afghanistan and Pakistan. **PAY THE PIG!!**



**Rotary INTERNATIONAL CONVENTION**

12-16 June 2021 TAIPEI

The 2020 ROTARY VIRTUAL CONVENTION PAST & FUTURE

**FEEL THE ENERGY IN TAIPEI**

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Next year, the 2021 Rotary International Convention will be held in Taipei, June 12-16. We encourage club members to attend this unique (annual) experience. Mark and Kelly Carson, Sylvia Whitlock, and Buff Wright plan to go and would welcome your company. [Register early](#). Hotels go fast! (If the convention has to be cancelled, you'll get your money back.) You can fly direct from Ontario airport!

"Together, we see a world where people unite and take action to create lasting change - across the globe, in our communities, and in ourselves."

**Aging Next, continued**

information resource, and collaborator on senior issues in parts of Los Angeles and San Bernardino counties. The specific cities with residents in the local village are Claremont, San Dimas, La Verne, parts of Pomona Upland and Ranch Cucamonga. The organization’s roots were planted in Pomona in 1975; it has evolved through the years, and last year was renamed AgingNext with the tagline “Live Well. Age Well.”

*Our Programs*

*Care Partners*

*Memory Care Center*

*Ride-and-Go*

*Volunteers*

*Resource Specialists*

*AgingNext Village*

Get inspired, visit [agingnext.org](http://agingnext.org)

When a person or couple join(s) the Village, they gain access to social outings, new friendships, educational speakers, local trips, book clubs, discussion groups and much more. In addition, the Village offers services

such as rides, a handyman, tech help, etc. If and when a member needs these services, the Village volunteers provide extra assistance with tasks that are no longer as easy as they once were. Membership dues are affordable (\$400/year/person) and only used to support the day-to-day operation of the Village.

The coronavirus pandemic we are living through is an example of the efficacy of the village concept. Since mid-March villages across the state have been proving that they are an integral part of keeping older adults connected, supplied and safe. Bea stressed that villages are about what is possible. We all need community throughout our lives, stressing the significance of social contact to aging well.

During the pandemic, they have moved as much of the social side of the village concept to Zoom, and adjusted the social calendar to include new and innovative ways to connect with one another while maintaining appropriate distance and keeping healthy. Examples include: prepaid debit cards for services and volunteer services for rides, check-in calls, meal delivery, grocery delivery etc. All of these now involve COVID-sensitive variances on normal services.

Volunteerism is a key part of the village. All members volunteer; the time they invest in this varies with personal circumstances. Younger and physically able seniors typically offer more time as volunteers. Bea said that about 50% of the members avail themselves of the volunteer services and 90% participate in the social programs. The number of volunteer hours in 2019 was quite impressive. Over 400 rides were shared/provided. There were more than 1600 requests for assistance such as light housekeeping, gardening, grocery delivery, etc. In all, over 2300 volunteer hours were offered last year.

Power of the Village

“Villages are more than services, more than programs. They offer the connections that shape our lives and give us meaning.”

--Village Member



In conclusion, Bea said that an underlying theme for the village is that its fluid design supports each member’s aging plan. they help the members as they move through the aging stages (e.g. independent living, social connection, some assistance with living in place, support after the loss of a life’s partner, even memory care assistance). The whole idea is to create an environment of purposeful aging.

This brought the presentation to an extensive Q & A session. **Ron** began by suggesting that club members and their families could be interested in the village and its activities. Is there a village newsletter? Yes! Go to <https://agingnext.org/resources-tools/newsletter-archive/> to sign up for their newsletter.

**Sylvia Whitlock** asked how you volunteer for the organization. Call 909-621-9900 ask for the Volunteer Director. You can do as little or as much as you want and, if you have limited availability times, you can set a specific schedule for when you can help.

**Bernadette Kendall** asked if there is a specific vetting process or any age limitations for being a volunteer and whether Interact could help. Currently volunteers range in age from 13 through 97. She reminded us that all members of the village are volunteers, but there is a specific application process for others. This includes background checks, fingerprints and other due diligence checks. Interact involvement is possible. They already have an alliance with National Charity League (NCL) where in the past girls and moms have assisted with summer events.

**Ron Coleman** noted some of our members have not participated or at least have significantly limited their participation in zoom meetings because of discomfort with the technology. How has AgingNext dealt with this? Bea said almost all of their members use email and have smartphones or tablet computers and have some level of IT savvy, but some are not comfortable with Zoom. They make weekly calls that help in this environment, and all members have a copy of the member directory. Plus they are conducting “porch visits” where they have physically distanced conversations.

## AgingNext, continued

**Chuck Cable** asked how many people are in the village. The answer was that village membership is 60 to 70 members with an equal number of outside volunteers.

**Bernadette Kendall** asked how many years the organization has been in existence. The Claremont Village is 8 years old, but the organization has its roots back to 1975. The village concept is 16 years old; it started in Boston where a group of like-minded folks came together over the idea of how best to age in place.

**Harry Sparrow** was a board member for a senior center in northern California, where the idea of becoming part of a village came under consideration and issues of independence arose. Bea said that there are partnerships with other organizations, but no competition with them. She recently heard of a village being formed in Sausalito, a smaller community in northern California, where they successfully partnered with the local senior center.

**Cameron Troxell** asked how AgingNext coordinates with the city and its services for seniors. Bea said the village connects and works with the city, but does not replicate services that are already being provided within the community. *Cameron asked whether people who “age out” of the organization are helped to find an appropriate alternative.* The answer was clearly yes. They connect them with resources that can help including convalescent care facilities, however, most of their members stay as part of the village as long as possible and most say that they were able to live in place longer than they could have without the village.

In the chat space, a number of members commented that Rotary is a Village. Make sure you take advantage of your Rotary Community!

This brought the program to a close. Cameron thanked Bea for her presentation. It's good to know what our community has to offer!

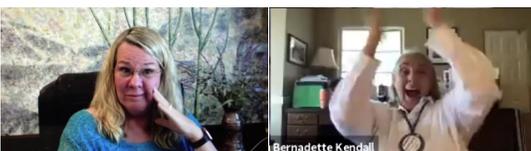
## Past President Ron Coleman on Transition

Given the floor, Ron took it! After touting the high tech dental office and great staff of member **Ned Paniagua**, who recently reopened for business, Ron asked “Why did the Guru decide not to have Novocain at the dentist? He wanted to transcend dental medication!



We all know by now that a fine debunking was held July 1. For those who couldn't attend this traditional roast of outgoing President **Cameron Troxell**, the recording will most likely be worth watching! (See the link in the Debunking edition of the Clarifier to be published soon.)

There are no words, no words for what just happened to Cameron's year. None of us, none of us, nobody in the history of Rotary had to do what Cameron did and he handled it with aplomb, and a pear and a banana. But seriously, we're really fortunate to have had someone of his caliber to navigate this mess because what we're all experiencing is incredible. I'm so glad that we're here together. Cameron has been a great captain, and boy, Buff is in for a challenge! I don't even know how to describe it. But I know we'll make it fun, right? Others joined in congratulating Cameron on a great year, and



Barbara for her support and for helping to keep him calm!



## MORE 2020 VIRTUAL RI CONVENTION

A number of us attended the RI Convention online last week. You can still attend, as the sessions [are posted online](#). Let Buff know if you can't get in.

**Sylvia Whitlock** talked about a really good session on using tech to [make Rotary relevant for millennials](#). That was amazing. Younger people are used to doing things that we're just beginning to do with zoom, including e-Clubs, and they do it every week. The session highlighted clubs in the Silicon Valley among others. All of the convention sessions are recorded and are now accessible online. She also noted that this is the 75th anniversary of the UN. Rotary was there at the first!

**Bernadette Kendall** exclaimed that it was really fun to watch the convention on YouTube and watch it anytime, like one or two in the morning! I loved the presentation on Interact and Rotaract and all the young people who spoke. It was just exceptional and extremely well done. I love that we could be a part of it in some way, since attending a Rotary International Convention is such a privilege.

RI's inspiring (new) breakout sessions — 39! — on a wide range of topics will continue through July, to help us start the Rotary year off right. Register (free) for July breakouts starting July 3 through the end of the month [using the table here](#). Session times will be Central time. *All sessions are in English.*

*Make watching this your new Rotary Year resolution. You'll be glad you did!*

