

# Rotary



# IMAGINE ROTARY

## Events

- November 23rd  
[Dark for Thanksgiving](#)
- November 30th  
[Evening Social and Meeting at the Angry Horse](#)
- December 7th  
[Chief's Toy Drive at the Ark](#)
- December 14th  
[Family Holiday Christmas Party](#)

## Club Leaders



[David H. Hornback ARM, CPEI](#)  
President



[Edward L. Franco](#)  
Treasurer  
Past President  
President-Elect



[Lester Fujimoto](#)  
Past President



[Nathaniel McCusker](#)  
Secretary



[Carlos M. Haro](#)  
Sergeant-at-Arms



[Brad Keller](#)  
Sergeant-at-Arms



[Kathy Schlotz](#)  
Social Media/Bulletin Editor



[Barbara Risher Welch](#)  
Club Director



[Richard R. Reyes](#)  
Community Service Chair



[George B. Pacheco](#)  
International Service Chair



[Rene Bobadilla](#)  
Membership Chair



[Edgar A. Morales](#)  
Projects Chair



[Martin V. Castro](#)  
Rotary Foundation Chair



[Richard L. Adams II](#)  
Vocational Service Chair



[Manuel L. Franco](#)  
Assistant Governor

## Kevin Kwok's Music and Mental Health



The Prescription Shop's Kevin Kwok created a presentation for Wednesday's Rotary Program. "Music and Mental Health" was presented by Kevin's colleague, Shushma's employee, and Rotary's friend Dr. Jaemelene Rodrigo, PharmD. Kevin is a PharmD Candidate Class of 2026 and had to go to class today.

### The Psychology Behind Music

Music activates parts of the brain through many musical activities.

- Playing vs. listening (physical vs. mental stimulation)
- Active listening of music (understanding lyrics)
- Memories (active cognition)

Kevin offered three reasons why people listen to music.

- Mood regulation
- Self-awareness
- Social relatedness

Music can be a supplemental treatment to drug therapy and other treatments for many conditions.

- Sleep aid
- Stress relief
- Therapeutics, physical and mental
- Neuroplasticity

Kevin noted that music may be especially therapeutic during and following the pandemic. Music therapists use music in a specific way to better patient health outcomes.

Practitioners need a BA degree and exam to be Board certified.

Music therapists use a variety of music related therapy strategies to treat a plethora of symptoms, including anxiety and stress:

- Lyrics analysis
- Playing music
- Active music listening
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Song writing  
*So, add a little music to your life! It's good for you...*

**Birthdays**



[Jelani Winslow](#)  
November 23rd



[Barbara Risher Welch](#)  
November 25th



[Sarkis Sandukhtyan](#)  
December 13th