



## THURSDAY, AUGUST 3, 2023 YAKIMA CONVENTION & EVENT CENTER

*Create Hope  
in the World*

### MARIA LUCERO ROTARY BACKPACKS & MLK JR. ELEMENTARY SCHOOL



Mrs. Maria Lucero has spent the last 20 years working in school settings with diverse student populations. For the past ten years, she proudly served Martin Luther King, Jr. Elementary students, staff, and community as assistant principal and principal in the Yakima School District. She loves the passion and heart of her "MLK Jr. Staff" and respects and admires their continued support of children and families.

Maria graduated from Wapato High School and started her professional career in education there, returning to give back to her community. Maria's experience as a paraeducator, bilingual teacher, general education teacher, instructional coach, assistant principal, and principal has prepared her for this new professional opportunity as a team member in teaching and learning.

Maria is in the third year of her doctoral program at the University of Washington through the Doctorate in Educational Leadership and Policy Studies: Leadership for Learning Program. Maria earned her master's degree in Teaching, specializing in Bilingual Education, from Central Washington University, where she completed her undergraduate work. Maria's passion centers on building systems that create equitable access and improve outcomes for all children. She has been committed as a principal to supporting her staff with ongoing, job-embedded professional development and time to collaborate and determine how to respond to the needs of students so that all children can reach their maximum potential.

Beginning July 1, 2023, Maria Lucero began serving as the Executive Director of Leadership and Accountability in the Teaching and Learning Department. She will continue to wholeheartedly serve the staff and students of the Yakima School District.

Outside of her work in education, Maria's hobbies include running, cycling, and traveling with her family. Many of these travels (some might say "excessive visits") to her favorite place on earth...Disneyland! Maria is the proud mother to Andy, Crystal, Kyoko, and Janelle. Her husband, Andy, is a financial advisor in Yakima and a retired Marine. He provides unwavering support as she balances her life as a mother, doctoral student, and administrator.

**ROTARY BACKPACKS:** This week's meeting will also feature a hands-on project. With 550 backpacks donated by Costco and school supplies purchased by you, we will be filling every pack with pencils, crayons, dry erase markers, glue, scissors, a special note from Yakima Rotary, and much more.

#### FOR THURSDAY'S MEETING

Greeters – Stan Martinkus, Brad Hansen  
Invocation – Kurt Labberton  
Program – Kelly Gasseling  
Attendance – Jennifer Bliesner  
Marble Draw – Sheri Bissell, Lila Mowatt

#### FUTURE PROGRAMS

August 10th – Alfredo Orozco, Isaiah Munguia & Carolyn Thurston, WAY Program  
August 17th – District Governor Marjolein Lloyd  
August 24th – Michael Kane, Sustaining an Aging Body with Physical Fitness  
August 31st – Dan Newhouse, Legislative Update

#### **SECOND CHANCE WEDNESDAY**

Last Wednesday we brought back one of our most popular social events with a visit to Single Hill Brewery. The next one is scheduled for Wednesday, August 30th from 5pm to 6pm. Location to be determined. Mark your calendar!



## MARBLE DRAW

The Ways & Means Committee has been hard at work coming up with fun ideas to raise funds for Yakima Rotary Charities in this non-auction year. The first activity is the Marble Raffle Draw.

Starting next week tickets will be sold prior to every meeting – one for \$5, three for \$10, and seven for \$20. At the end of the meeting one ticket from the day's sales will be drawn. The ticket holder will pick a marble out of a bucket that contains 9 blue marbles and one clear marble. If the clear marble is drawn, the ticket holder wins half the money in the pot. The other half goes to Yakima Rotary Charities. If a blue marble is drawn, the money carries over to the next week with one marble removed. This continues until there is a winner. Once there is a winner, the game starts over again with zero and all the marbles.

It's fun, it's easy, and it's a great way to support Yakima Rotary Charities. Don't forget to bring some extra money. We will also have a Square ready to charge a card for a small fee.

## REVIEW

With a great team of members and great speaker, last week's meeting was full of energy and fun. It all started with Joel Ylvisaker welcoming us as we entered the room. David Rogers led us in the singing of America the Beautiful followed by David Lynx with a message reflecting on the impact that dementia has on those who suffer from it and those that care for them. President Erin's shared three announcements. The first was a well done to Yakima Rotary Trust for a great celebration on the 18th. Downtown Rotary had 71 members attend; that did not even include spouses or guests. It was a great turnout! Just as impressive was our members' response to sponsoring school supplies for the students at MLK Jr. Elementary School. At a cost of \$10 a student and one more chance to sign-up to give, we reached and exceeded our goal. THANK YOU! The last announcement was a volunteer opportunity with a community health screening fair on Saturday, August 5th at the Rotary Marketplace. Called Fiesta de Salud, volunteers are needed to help with set-up, welcoming vendors, distributing water bottles, lunch, and taking tables down at the end. Contact the Rotary office if you are interested in participating.

Rebecca Pennell came to the podium to ask for help with our club's celebration of National Hispanic Heritage Month. There will be a meeting after Rotary next week for those interested in helping secure a program speaker and plan activities to mark the occasion. Dan Sullivan, as our Board Treasurer, followed with an important message about our club's finances. He began by sharing that like all things related to the economy, the cost of running the club has not been immune to inflation that include supplies, rent, food and dues to the district and Rotary International. The last time we raised costs was in 2013 for lunch (10 years ago) and 2019 for dues. Beginning this year, the annual cost of membership will increase to \$1,452, 4.5% from the current cost of \$1,390 - a change of \$5 a month. He shared decisions like this are never easily made. The Board made the decision reluctantly and will continue to discuss and look at what other clubs of the same size are doing. If you have any questions, don't hesitate to ask. Sergeant-at-arms came next. Doug Rich did a great job raising funds for Yakima Rotary Charities.

Ken Marble had the honor of introducing Mandy Ketcham as our featured speaker. The topic of her talk was dementia. With a beautiful ability to share, she talked about the questions of: *Is it Alzheimer's, Sometime's, or something else; What can you do about it; How do you talk to a person with Dementia; and What are housing options?*

*What is normal and what is not normal?* (1) *Memory Loss that affects day to day function.* Forgetting where you put your keys or forgetting an appointment is normal. Not knowing what to do with those keys or not remembering you made the appointment or who the doctor is, is not normal. (2) *Difficulty performing familiar tasks.* This doesn't mean forgetting one little thing like an extra guest or plate needed at the table. What is not normal is forgetting key ingredients for a cake or lasagna or the steps to create. (3) *Confusion about time and place.* It is not normal to take a nap and wake up thinking it is 2am when it's 2pm and not recognizing the difference. It is not recognizing where the bathroom or where a hallway leads. (4) *Problems with language.* Forgetting someone's name is normal. Placing words in the wrong order, not being able

to recognize words, or substituting inappropriate words is not normal. Individuals with Dementia lose nouns. (5) *Problems with abstract thinking.* Managing finances can be difficult, not knowing what the numbers mean is not normal. (6) *Poor or decreased judgment.* People with Dementia are easily targeted for scams. They may also have issues with driving judging distance or direction. They don't recognize that their judgement is off. (7) *Problem misplacing things.* Anyone can misplace something. It is not normal to put things in inappropriate places – under a mattress or in the back of the closet. (8) *Changes in personality and behavior.* Everyone becomes sad or moody. For someone with neurocognitive issues, their behavior can change for no apparent reason. Swearing is also common. (9) *Loss of initiative.* It's normal to tire of some activities. It is easier to sit and do nothing than to try and remember the steps needed to do tasks they used to enjoy.

There may be other reasons for systems associated with Dementia. *If it's not dementia what else can it be?* It can be hearing, stress or being overwhelmed, medication interaction, depression, or due to an infection. If you have a question about your medications take all of them including over the counter drugs to your physician or pharmacist. Being depressed over an extended period of time can affect your brain permanently. If you have a history of dementia and will be going under anesthesia talk to your doctor first.

*What are things you can you do about it?* Stay physically active engaging in both cardio and strength training. Eat healthy foods. Eat less red meat. Include whole grain starchy foods, fruits, and vegetables in your diet, and stay away from processed foods. Don't smoke and limit your alcohol intake to one glass a day (moderation). Stay mentally and socially active. Change up what you do for brain stimulation. For instance, if you are a word person, do numbers. If you are a numbers person, do a word game.

*How do you talk to someone with Dementia?* Talk slowly (they only get about 4 out of 10 words), use visual cues like pointing or motioning them to come to you. Show them how to put toothpaste on a toothbrush. Sing and dance - that part of their brain is preserved. Make it fun. Use less words – use 3-4 words at a time and break it up what you are saying. Offer them the chance to help. If they need to drink more water, ask them to get two glasses of water and say, "I'll drink with you." Approach them from the front and move to the side to talk. It helps make them feel more comfortable.

Mandy ended with a quick review of the many *Housing Options* available. They included 55+ tenants HUD housing based upon household income; 55+ retirement/independent communities with private pay only or a combination of private pay and Medicaid; 65+ independent/assisted living with private pay & Medicaid; memory care; skilled nursing & rehab communities; and adult family homes both private and Medicaid. If using housing with state assistance always look at their DSHS Survey and disclosure of services. Depending on what you choose, the cost can range from \$15,000 to \$1,200 a month.

Mandy's passion for helping others made it easy to understand and learn. It was a great presentation!