



THURSDAY, JULY 15, 2021 YAKIMA CONVENTION CENTER & ZOOM

*Serve to
Change Lives*

CARMEN BEST FORMER SEATTLE CHIEF OF POLICE



The first African-American woman to hold the top policing job in Seattle, Washington, Chief Carmen Best (Ret.) served with the Seattle Police Department for 28 years. In 2018, Best was promoted to Chief of Police, a job she called “a dream of a lifetime,” managing approximately 2,000 sworn and civilian employees. Best quickly began efforts to diversify the police force, which had long been less diverse than the city, recruiting more than 40 new officers of color.

As communities throughout America grappled with how to better serve and protect their citizens while addressing racism and revamping policing procedures, Chief Best was seen as a champion and leader of reforms. She regularly met with community leaders and achieved a decreased major crime rate in 2019. In the same year, Chief Best received the “Vision from the Mountaintop” award from Urban Impact for her commitment to justice and community. Among her many accomplishments as Chief of Police was her creation of the Collaborative Police Bureau, which encourages community partnerships; creating the first in the nation first-responder COVID-19 onsite testing; and record-breaking women and diversity hiring and recruitment. In August of 2020, she announced her resignation as a result of the City Council’s decision to downsize the department by almost 100 officers. At Best’s retirement, Seattle Mayor Jenny Durkan said, “We had the chief that not only believes in the importance of reimagining policing, she was the person, and probably still will be the person, that helps lead the way for our nation.”

Exclusively represented by Leading Authorities speakers bureau, Chief Best speaks on diversity, inclusion, and leadership lessons learned guiding a police department during times of crisis. “In many ways, I represent what the future can hold, so I’m very proud of that,” said Best, “the challenge of being a police chief in America is great no matter who you are.”

A U.S. Army veteran and graduate of Western Illinois University and Northeastern University, Chief Best furthered her education completing the Senior Management Institute for Police, the FBI National Executive Institute, the FBI National Academy, the Criminal Justice Executive Leadership Academy, and the Major Cities Chiefs Association Police Executive Leadership Institute. Prior to becoming Chief of Police, she served as Deputy Chief, overseeing the Patrol Operations, Investigations, and Special Operations Bureaus, as well as the Community Outreach section.

Chief Best has been recognized with dozens of awards for her contributions to community engagement, public safety, gender equity, diversity, and inclusion. Most notable, she received the “Newsmaker of the Year” award from the Seattle Black Press and was awarded the prestigious Ellis Island Medal of Honor, dedicated to recognizing individuals who selflessly contribute to society and uphold the ideals of America. She was also nominated for an Emmy Award for her work on public safety announcements “Safe in the Sound.”

After nearly 30 years of service, Chief Best is currently an NBC News and MSNBC contributor and a law enforcement analyst for NBC’s Seattle affiliate KING 5. She serves on the Leadership Council Chair for the United Negro College Fund Seattle and is a member of the National Organization of Black Law Enforcement Executives and the National Latino Police Officers Association. Additionally, Chief Best is a board member for United Way of King County, a member of the St. Jude Advisory Council for Seattle, Vice-Chair of Exploring for the Learning for Life National Executive Board and serves on the National Law Enforcement Exploring Committee and the Seattle University Criminal Justice Advisory Committee. She recently served as the Chair of the Human and Civil Rights Committee for the International Association of Chiefs of Police, the IACP Board of Directors, and co-chair of the Law Enforcement Immigration Task Force – all groups she remains affiliated with.

FOR THURSDAY’S MEETING

Greeters – Jan Luring, Bill Douglas
Music – Rick Fairbrook
Invocation – David Lynx
Sergeant-at-Arms – Sheri Bissell
Program – Casey Corr

FUTURE PROGRAMS

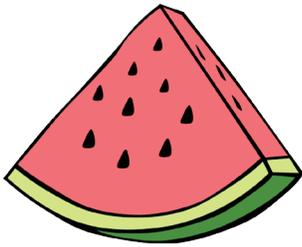
July 22nd – Dr. Mirna Ramos-Diaz, Graduating Latinx Doctors
July 29th – Paul Shoemaker, Activating Social Change Agents
August 5th – Judge Ruth Reukauf, Yakima Valley Juvenile Court
August 12th – Tyrone Campbell, De-Escalation Strategies for Police

MOLLIE DAVIS GOLF TOURNAMENT

The annual Mollie Davis Memorial Golf Tournament to benefit the Yakima Rotary Trust is set for Friday, July 23rd at the Yakima Country Club with lunch and registration at 11:30am and a shotgun start at 1pm.

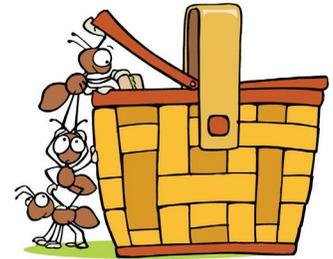
There is room for a few more teams if you are interested in putting together a group of 4 players. The cost is \$700/team and includes lunch, green fees, cart, and drink coupons. Help is also needed in the form of \$25-\$30 restaurant gift cards for a game out on the course. You can donate an unused one you may have, purchase one or two, or donate cash.

If you are interested in playing or helping with restaurant gift cards, contact the Rotary office today at yakimarotary@yakimarotary.org.



SAVE THE DATE YAKIMA ROTARY PICNIC

Thursday, August 19th
Franklin Park



- REVIEW -

Billy Bacon and Andy Lucero were busy as our greeters with a full house coming to hear the program. The meeting began with a music video of Kenny Chesney's "Don't Blink" chosen by Theresa Adkison inspired by our topic and the wisdom of aging. Amy Maib followed suit, sharing the words of Barbra Streisand's "The Way We Were." President John welcomed our guests, presented a president-elect pin to Rick Fairbrook, and made three announcements on upcoming events. We still need volunteers to complete the Rotary Playground at the Greenway this weekend, the date for our Rotary Picnic is August 19th (save the date), and a celebration of life for Yakima Rotarian Bill Wheeler will be held on July 18th from 1pm to 3pm at the Yakima Country Club.

As the Chair of the Allocation and Review Committee last year, Jim DeGrasse came to the podium to present four grant checks that were recently approved by the Board. The Little Hands Big Hearts Foundation was awarded \$2,000 to complete repairs as a result of hurricane damage to the Therapeutic Outdoor Center and Playground we funded and help build in Honduras. Imagine Scholar, a school for gifted students in South Africa was awarded \$2,400 to fund student scholarships. The University Rotary Service Foundation was awarded \$2,000 for a water well project in Ethiopia and Triumph Treatment Services was the recipient of a grant in the amount of \$10,000 to fund a playground for their new Genesis Therapeutic Child Care Center.

It was the largest crowd we've had at an in-person meeting since we started back in the middle of May to hear about Alzheimer's, Dementia, and normal aging. Rick Pinnell had the honor of introducing our speaker, Mandy Ketcham who for the past 15 years, has served as the Community Relations Coordinator at Highgate Senior Living. Her presentation was engaging, interactive, and dynamic. It all started at the beginning of life. Brains are like file cabinets. When we are born our filing cabinets look like a two drawer file cabinet, we don't have a lot in there – mom, dad, what they look like, and what they smell like. As we grow and age our file cabinets increase in number and grow as we learn more things, and

are introduced to new people and surroundings. How many of us have forgotten the name of a person in a store or why we came into a room only to go back to the car and remember the name or back to our chair and remember what we were looking for. Forgetting things such as a name or why we came into a room is normal. The inability to pull it up right away is because our file cabinet is full of information that we have to process through to find what we need. The normal human brain is only able to hold on to 5 to 8 pieces of information at any given time. With normal aging we are slower to think and do; we hesitate more and are more likely to "look before we leap;" we pause to find words; we are reminded of the past; things are harder than before; we use reminders (the more you have written down, the less that you have to remember in your head); and we can learn new things but it may take a little longer.

Not normal means we can't think the same; can't process; can't do like before (can't follow a recipe); can't get started with a task; can't seem to move on; don't think things out at all; can't place a person at all; words won't come – even later; we are confused about past versus the present; for you it's TOTALLY DIFFERENT; reminders don't help; and you can't hold onto new stuff. There are many different types of dementia; Alzheimer's, vascular dementia, lewy body dementia, frontal lobe dementia, and 100's of other forms.

There are 5 ways for people to intake data – visual, verbal, touch, smell and taste. The brain of a person with late Alzheimer's resembles that of a child. Many times, a person with dementia will not hear you – hearing of sound has not changed. They don't have a hearing problem; they have a comprehension problem. It is also common for people with dementia to lose their language filter. The parts of the brain preserved with dementia are rhythm. They can remember songs and devotionals. With time up, she shared that she is always available to help and assess those who are worried. I know I could have listened to her for much longer than we had - we definitely need a part 2.