



*One Profits Most Who Serves Best! ● Service Above Self*

# *The Wellesley Rotascope*

Rotary Club Number 6594, Chartered March 26, 1946

Volume XXV-5

[www.WellesleyRotary.org](http://www.WellesleyRotary.org)

March 4, 2025

**Wednesday, March 19, 2025**— Judge Diane Freniere, Assoc. Justice of the MA Superior Court at the Wellesley Country Club at 6:30 PM—Dinner meeting

**Tuesday, April 8, 2025**—TBA

**Tuesday, April 22, 2025**—Annual tree bagging at Wellesley DPW

**Tuesday, May 6, 2025**—TBA

**Saturday, May 17, 2025** Pups in the Park—Hunnewell Field—PM

**Wednesday, May 21, 2025** - Annual fundraiser, *Taste of Wellesley*, at the Wellesley Country Club.



## **Judge Diane Freniere** 3/19—dinner meeting at WCC

### The Rotary Club of Wellesley **Mission Statement**

*“To serve others with a focus on strengthening communities in the areas of health, education and sustainable living.”*

#### **PLEASE NOTE**

Our *Service and Friendship* meeting is usually held on the **first Tuesday of the month** and a *Rotary speaker* meeting on the **third Tuesday**.

See upcoming **Programs & Events** (left) or check the Club website for more information

*To see if the upcoming meeting is held in person or via ZOOM visit the Club’s website (Calendar):*  
**[www.wellesleyrotary.org](http://www.wellesleyrotary.org)**

**Keep Up-to-date on District Happenings**  
Visit the District website—**[rotary7910.org](http://rotary7910.org)**

We had a good crowd of Rotarians and visitors at our first March meeting held at the Wellesley Free Library. **Patrick Hayden** stood in for our President Amelia who was unable to attend. He welcomed all and reminded everyone of the upcoming *Taste of Wellesley* on Wednesday, May 21st at the Wellesley Country Club. He then introduced **Cynthia Westerman**, wife of Rotarian **Bill Westerman** who introduced our guest speaker, **Julia Ragland**, wife of Needham Rotarian **Bill Paulson**. Cynthia volunteers at Newton Wellesley Hospital and knows Dr. Ragland. She made a presentation, *“Your Voice, Your Choice”* (YVYC) which is part of a campaign of N-W Hospital’s outreach to persons coping with serious illness and how to align personal priorities. In an informative presentation Dr. Ragland opened with “Theresa’s Story” whose mental condition affected personal health and became a quandary for the family...Theresa died in her sleep. Citing 4 objectives YVYC recommends: choose a surrogate decision maker; complete a health proxy, and talk to your loved ones ahead of time; She reviewed the benefits of values and goals. Do the planning when you are healthy! Don’t wait. Serious illness can limit the conversation. She encouraged making the best possible decisions ahead of time; focus on outcomes rather than ....continued



The Rotary Club of Wellesley, Inc., P.O. Box 81206  
Wellesley Hills, MA 02481

**MEETINGS: 1st & 3rd Tuesday Evenings at 6:30 P.M.**  
(See our calendar on page one)

**www.WellesleyRotary.org**

*continued...*

on medical procedure, and document no matter the limitation. She presented some tools to accomplish the above and recommended we view the *What Matters To Me* workbook ([theconversationproject.org](http://theconversationproject.org)). Start with thinking about the future. She gave an example of health care and how to be prepared. It can provide great relief to the patient and the family. She made suggestions on what to discuss. It can be very personal...all with the help of understanding aging. The benefits can reduce the emotion burden; keep a sense of control, and may reduce family conflict. She listed examples of serious illness and described a very ill veteran and his suffering.

Bringing in the family is important. Are they aware of the prognosis? Do they wish they had been informed earlier? Did they feel unprepared for the decision? Did they regret there was not enough time to bring closure and improve the quality of life? She urged, "Try to avoid missed opportunities". She covered "suboptimal conditions". Then she summarized the "guiding principles". She gave us tips for her Clinician's group (provide info/ explore, summarize & respond) and gave us the benefits for early values and conversation. She also covered tips to speaking with the clinician and how to prepare for visits. She concluded with discussing Palliative Care.

***"Palliative Care is about living as well as you can as long as you can and helping to live under the burden of living with an illness."***

**Diane Meier, MD**

(Founder of the Center to Advance Palliative Care)

### ***This 'n That***

- On March 3rd there was a webinar entitled **"The Continuity Challenge"**. Rotarians shared strategies to keep a club growing. The goal of every club is to grow, grow, and grow some more. However, that is easier said than done. Go to the D7910 website for more information.
- District 7910 is offering a one-time \$30,000 **Morley Global Grant** in 2025 to graduate students researching or studying abroad in one of the seven Rotary focus areas. The applicant must be accepted at a university or college outside the U.S. and begin their program by Fall 2025. Check with **Joyce Fukami** [jmfuami@gmail.com](mailto:jmfuami@gmail.com)
- District 7910 is past the half-year mark for our **Rotary Year Foundation fundraising** goal. So far D7910 has raised \$89,033. It's a good start but not nearly enough to fund the many great projects our clubs put together every year. NOW is the time to give. Wellesley Rotary has a goal of \$6K and we need to hear from more Rotarians.
- **Doing Good in the World:** The Rotary Foundation's Virtual Speaker Series is a webinar for Rotary's strongest supporters. It highlights the difference you make through your generosity. Join Rotary leaders and subject matter experts as they share stories of impact and discuss the Rotary programs and initiatives.

### **BIRTHDAYS**

***Kip Doyle—3/1***

***Bill Westerman—3/23***

### **ANNIVERSARIES'**