



THE HUB

The Rotary Club
of Park Cities

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January 28, 2022

Serving to Make a Difference Since 1948

Club of the Year, 2020-2021

TODAY'S PROGRAM



Leslie Clay

The Warren Center

Program Chair of the Day: Happy Franklin

Leslie Clay is a native born Dallasite who was raised in Southeastern New Mexico. She returned to the metroplex in the mid 60's and then again in the late 1970's. She holds a Bachelor of Arts from Stephens College and her Masters in Liberal Arts from SMU. She has been working in the nonprofit arena since 2000 and has experience in both nonprofit programming and fundraising with such organizations as the Crohn's and Colitis Foundation of North Texas, National Kidney Foundation, Literacy Instruction for Texas and Hope Cottage.

She joined The Warren Center in June 2019 as their Chief Development Officer. She was a founding member of the Rotary Club of Dallas-Uptown and also served as club Secretary, Treasurer, Program Chair, Vice President, President and Immediate Past President. She has also served as an Assistant Governor for Rotary. She volunteers with children's choirs at her church (Park Cities Baptist Church) and has been a member of their Sanctuary Choir and Chapel Chorale for many years. She also serves on the Board of the Children's Chorus of Collin County.

She and her husband have two grown sons, a wonderful daughter in law and two of the cutest grandchildren you will ever see.

The Warren Center: Our Story For children with developmental differences

Fifty years ago, very few resources existed for parents of disabled children in Dallas County. With nowhere to turn for community-based services or help, families lacked support and their children had limited options in life. The Warren Center was created in 1968 and for decades, we have provided much-needed resources and care to children with disabilities and their families. Grassroots efforts and proven successes paved the way for an increase in community and parental awareness. As our organization experienced growth, we began adapting our programs to meet the changing needs of families. Over the years, The Warren Center has given parents access to the resources their children needed, and more importantly, hope and support.

RCPC IN ACTION



It's Official!
from Sarah Oliai

The 2022 RCPC Fourth of July Parade Theme Is . . .

"Together We Serve"

Thank you to everyone who participated in this process, it was fun to see all the suggestions and votes.

"Together We Serve" was suggested by PP Richard Stanford.

Thanks, Richard!

Last Day! Donations for Homeless Veterans of Dallas

from Evan Altemus

Thank you to everyone who has donated items, money, and/or time to the Homeless Veterans Services of Dallas.

- Amazon Wish List Link with specific items that they identified and will be sent directly to HVSD after purchased from your Amazon account: https://www.amazon.com/hz/wishlist/lr/3TP4G0QT9LEZO?ref=_wl_share
- PayPal link to make a monetary donation: https://www.paypal.com/donate/?cmd=_sxc
- Current items most needed (all must be new due to COVID safety measures): Spring and summer clothing items such as short sleeve shirts, shorts, socks, under-garments, zip lock bags, sunscreen, insect repellent. PP Doug Means will collect them at Friday meetings.

RCPC Visits the Dallas Museum of Art's Van Gogh & the Olive Groves Exhibit!

from Happy Franklin

Friday, February 4th, 4pm

Dallas Museum of Art

1717 N. Harwood, Dallas 75201

DMA garage parking is free for members. Garage parking for non-members is \$15. Metered street parking is a few dollars.

Ticket price:

- Tickets are \$24 for non-DMA members
- Free for DMA members.
- Free for children under the age of 11
- \$22 for non-DMA members who are 65+.
- \$20 for non-DMA members who are students.

Tickets are available on the RCPC website > Member Center > Store

Please let President Happy know if you are a member, so she can let them know you are attending. No charge for members. Members can bring one guest, Let Happy know if you do.

LAST WEEK

Presiding: **Happy Franklin**
 Invocation/Pledge: **Ley Waggoner**
 Marketplace Adv: **Shawn Foster**
 Photographer: **Patsy Watson**
 Chair of Day: **Rob Levy**
 Speaker: **Samantha Elandary, CCC-SLP**
 Program: **The Parkinson Voice Project**

President **Happy Franklin** called the meeting to order. **Ley Waggoner** gave the invocation and led the Pledge of Allegiance and the Star Spangled Banner. President **Happy** introduced our visitors and guests. **Shawn Foster** introduced our Marketplace Advertiser of the Week, **Richard Stanford** and Highland Park United Methodist Church.

Sean Johnson introduced our January Public Service Honorees. Highland Park Holly Russell, Management Assistant. Previously, she served as the Adult Services Librarian in the HP Library where she was recognized as a 2019 Employee of the Year for her work in developing adult programming and outreach for the Library. The honoree from University Park



was **Gilbert Chavez**, Human Resources Assistant. Gilbert is a true asset to the City and has played a tremendous role in advancing the Human Resources Department to the next level.



VP **Jeff Sheehan** gave his Membership Minute, saying that his father was in Rotary for thirty-seven years. Rotary was always a part of the family. He joined as soon as he was able, and it has given him a lot of opportunities.



Rob Levy introduced our speaker today, **Samantha Elandary, MA, CCC-SLP**, who spoke on the Parkinson Voice Project. She explained that her project empowers people with Parkinson with speech and swallowing. Ninety percent of people with Parkinson are at risk of losing the ability to speak. It takes the same muscle to swallow. Parkinson Disease was first identified in 1817 after identifying six people with

Please remember ...

A joy today: Karen Farris was back!
Please let us know your joys and concerns.



similar symptoms. There are four main symptoms: resting tremors, slowness of movements, impaired balance, rigidity. If you have these symptoms, go to a neurologist. If the medication for Parkinson helps, then it is diagnosed. There is no test for Parkinson; the only physical evidence can be found through an autopsy. The diagnosis is made through the symptoms. There are two nervous systems. The autonomic nervous system is responsible for automatic movements, such as breathing. It works through dopamine. The other nervous system is intentional. So, if a person with Parkinson can compensate with the intentional nervous system, they can do better. Parkinson does not attack the muscles, it interferes with the autonomic nervous system. She helps the person to be consciously aware of what they are saying. Clients are always fighting against the degenerative nature of the disease. If the patient is in therapy and practices, they can get better. Since 2008, she has seen major changes. Before the pandemic she was offering fourteen groups a week. After the pandemic, they had to close. She started offering exercise on Facebook. She began with thirty patients. Now she has 1500 participants all over the world. Now she has exercises on Facebook, Youtube and in her clinic. The pandemic lasted so long that people were forced to become more comfortable with technology. In 2018 she received a grant to train other speech therapists in the techniques. Her goal is to have at least one clinic in every state. To treat people with Parkinson. In December she received a grant for \$5 million so the project will go forward. This is important because even missing practice for several days will result in the symptoms returning. Early diagnosis is better to start remediating when the symptoms are not so advanced. However, everybody can get some treatment, but it must be provided by someone trained to work with Parkinson.

Get Involved

- A=Agape Health Service Days 8 am See Tracy Gomes.
- BD= Board of Dirs. Mtg. 8am
- BF=Bonton Farm-StephanieB
- Cn=PCR Connect Event.
- CP=ChildsPlay Work Mtg.
- D=District 5810 Event
- DH=Dentistry with a Heart
- F=Fellowship Event
- FF=RCPC Foundation Fund Mtg-See Ed Fjordbak
- FH=Fisher House-DougMeans
- FT=NTFB Truck. Stan Wright
- FB=NTFB Event
- In=Interact Special Project
- LL=Legacy of Leadership
- M=Meals on Wheels See Jim Weichel
- Mn=Mentoring at HillcrestH
- Mc=Ronald McDonald House 1x/mo-See Kathleen K.
- NM=New Member Event
- Pr= Program Committee Mtg
- RL=Readers2Leaders-various times. See Ruth Alhilali
- Rct=Rotaract. See Ruth A.
- SP=Strategic Planning Mtg
- SpE=Special Service Event

Our Mission

Building a legacy of good works and fellowship, we strive to:
 REACH those in need in partnership with others
 INSPIRE tomorrow's leaders with high ethical standards
 FOSTER lives of service above self
 - A supporting member of Rotary International

The Hub is the weekly newsletter of the Rotary Club of Park Cities (Dallas)

Betty Dawson, *Editor*

Shutterbug Committee

Ley Waggoner, *Chair*

Bulletin/Internet Advertising

Mark Kashar, *Chair*



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Shekhar Mehta

RC of Calcutta-Mahanagar, India

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February						
S	M	T	W	Th	F	S
6	M	M	M	M	Mtg	BF
13	M	M	M	M	Mtg	BF
20	M	M	M	M	Mtg	BF
28	M					

UPCOMING PROGRAMS

In person at Maggianos or watch on YouTube. NO reservation needed!



Feb. 4 Erin Chupka, VP of Program Services
Girls Inc.



Feb. 11 Jeff Bednar
Farmer's Market, Microfarms and Hydroponic Gardening



Feb. 18 Sheriff Marion Brown
Update from the Dallas County Sheriff



Feb. 25 Christine Vollmer
Equest

ROTARY CONNECTED



<http://bit.ly/RCPCfacebook>



<http://bit.ly/RCPC/linkedin>



<http://bit.ly/RCPC/twitter>

##parkcitiesrotary



<http://bit.ly/RCPC/youtube>



<http://bit.ly/RCPC/googleplus>

Miss a Meeting? Watch it on YouTube or as an event on Facebook!

<http://bit.ly/RCPC/youtube>

<https://www.facebook.com/events/>

Share Rotary! Make a post on your social media when you're at a club meeting or event and use our hashtags!

Like and Follow us on Social Media:

Website: <https://parkcitiesrotary.org/>

Facebook: www.facebook.com/RotaryClubOfParkCities

YouTube: www.youtube.com/channel/UCf4ZH-2nwLscW8XNTnsbonw

LinkedIn: www.linkedin.com/company/park-cities-rotary-club/?viewAsMember=true

Make a post about or while at Rotary and use these hashtags:

#PeopleOfAction

#district5810proud

#parkcitiesrotary

#goodthingshappenonfridays

CLUB ANNOUNCEMENTS

Please note that RCPC meetings and other events are public events where photos and video are customarily taken. By attending you are consenting to free use of your likeness on RCPC and related websites, social media, streaming video, emails, newsletters and similar methods.

Have a Great Idea for a Speaker? Your ideas are needed! Send your ideas with the details to Jeff Sheehan.

Help Wanted! At ANY RCPC Event or Project. Take a few pictures, include a few sentences (who, what, when, where and WHY) and send to Betty for The Hub

RI Foundation: \$100 (or more) Every Rotarian Every Year! See Greg Pape.

RCPC Foundation: \$100 (or more). See Birthdays below, then Kyle Marmillion.

Attendance Rule Change. For those wanting to maintain Perfect Attendance, make-ups may now be completed within a year.

The Rule of 85. Attendance requirements change for those who are at least 65 years of age and who have been a member of a Rotary club for twenty years

Like Us! <https://www.facebook.com/pages/Rotary-Club-of-Park-Cities/115439238516325>

THOUGHTS ON . . .

Ability

The test of a first-rate intelligence is the ability to hold two opposed ideas in the mind at the same time, and still retain the ability to function. ~ **F. Scott Fitzgerald**

Tact is the ability to describe others as they see themselves.

~ **Abraham Lincoln**

Ability will never catch up with the demand for it. ~ **Malcolm Forbes**

There is something that is much more scarce, something rarer than ability. It is the ability to recognize ability. ~ **Robert Half**

I know of no more encouraging fact than the unquestioned ability of a man to elevate his life by conscious endeavor.

~ **Henry David Thoreau**

Success is the ability to go from one failure to another with no loss of enthusiasm.

~ **Sir Winston Churchill**

That which we persist in doing becomes easier, not that the task itself has become easier, but that our ability to perform it has improved. ~ **Ralph Waldo Emerson**

PEOPLE OF ACTION

Teams List for New Sign Ups *from Happy Franklin*

The entire RCPC Teams list can be found on the RCPC website > Members Center > 2021 Team Descriptions. If you have already signed up for your teams, you do not need to do anything. However, if you would like to sign up for some new teams or would like to contact the team chair, listed below.

We need more people on a number of teams such as

- The Public Image Team- Mark Neace specifically for Facebook, Ian Mudge LinkedIn, Tracy Gomes Instagram, Ian Mudge Twitter
- Military Appreciation Team, Evan Altemus
- Parade Team, Sarah Oliai

HE WHO LAUGHS LAST

As a senior citizen was driving down the freeway, his phone rang. Answering he heard his wife's voice urgently warning him, "Honey, I just heard on the news there's a driver going the wrong way on Highway 401. Please be careful!" "Hon" he answered, "It's not just one car. It's hundreds of them"

We gratefully acknowledge
Odyssey Document Services
for the partial funding of The Hub

Happy Birthday*

Richard Jodry 01.30
Nolan Duck 02.01
Mark Farrell 02.05



*You are our RCPC Foundation Funders for this week-

Rotary Club of Park Cities Market Place

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