



WINTER
Weekly

Reader

Volume 301, Issue 365, February 13th, 2020

The Plano Rotary Club
www.PlanoRotary.com

Well, Weller, Wellest

UPCOMING PROGRAMS

February 13th
Nancy Humphrey
Executive Director
Hendrick Scholarship
Foundation

February 20th
Tony Keane
CAE & President
EarthX Dallas TX

February 27th
Jasmine Greeson
CASA of Collin County



FEBRUARY BIRTHDAYS

Hayden Padgett	Feb 01
Jason Kramer	Feb 07
Roy Reeves	Feb 09
Randy Langford	Feb 11
Karla Oliver	Feb 13
Sam Greif	Feb 14
Rick Grady	Feb 27
Carrolyn Moebius	Feb 27



Sainted Editor was hoist on his own petard. He included the Group Hug photo to force **Pat** to contribute another \$29 to *Bubba's Bucket*, and he learned just how far force works on a spouse. So he put \$30 into the kitty on his own dime. But Misfortune wasn't done with him; his iPad® malfunctioned on its external battery, causing him to miss everything up through the 3 Minutes of Torture. So **Pradeep Samudra** gets a pass.

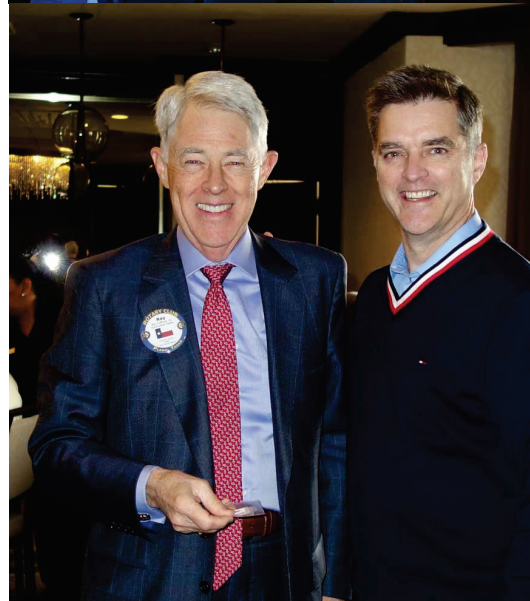
JOEFFREY THE COMMANDING opened the proceedings at 12:17, assigning **Larry FLASH Flannery** to give the Invocation and **Janelle Twyford-Silvis** to lead us in the Pledge. Someone was undoubtedly credited with Greeting, and **Rick Horne** acted as **SERGEANT-AT-ARMS**. (Emma Smith was today's photographer.)

No Visiting Rotarians darkened our door this day, but 1/10 of a Visiting Rotarian was present, in the person of our speaker, **Shelia James**, whose office has an organizational membership at *Plano West*! So they take turns attending. In addition, **Maria Mott** reiterated the introduction of **Marco Solano** and **Mark Johnson** fed son, and soon to be a full-fledged dentist, **Kyle**.



Rotary Service Pins went to **Joe Camarena** (2), **Chris Parr** (15), and **Ray Huffines** (35 ever-lovin' years)!

JOEFF announced the next two meetings would be bounced to Wednesdays at 11:30 here in *Gleneagles* for the Candidate Fora (look it up) sponsored by *Plano Metro*.



It was confirmed that **Scott Sams** will again be the moderator of the fora, so even if the presentations are dull, the MC won't be.

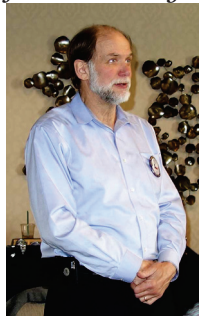
Carrolyn invited us to *Chez Moebius* for our social (four) hour(s), starting at 6 pm on Thursday 6 February: the day after the final Candidate Forum. She'll be leaving the

continued on page 2



party at 10 pm in preparation for a trip to New York the next day, so she's eager for the house to be empty by that hour. The address is **1412 Parkview Lane, Murphy, TX**, not far from Southfork. We are to bring appetizers; she'll provide the adult beverages.

John Caldwell said that he found a measly three folk had signed up for the *Habitat for Humanity* house painting



7:45 to 3 pm on Saturday 1 February. (The West McKinney location to be disclosed eventually.) We needn't stay until the last dog is hung. Signing up entails a safety quiz; Carolyn said, "*I passed; so you can pass.*"

John Priest, a little slow on the draw, asked, "*Are couples invited to the social?*" Carolyn assured him that he can bring his significant other as long as the both vacate by 10 pm!

CAPTAIN KIRK announced that he has it all in hand for the **CITIZEN OF THE YEAR** banquets on May 6th and 7th at 6 pm in *Collin College's* Spring Creek Campus. An even dozen schools will be represented, and sponsorship "*opportunities*" will go out "*soon.*"

With **JOEFF's** announcement of a mini-Board Meeting (is that like the Small Council in **KING'S LANDING**?) after our luncheon meeting, he summoned Program Chair Joe Camarena to introduce the speaker.

Shelia James is the Program Director for the wellness center for older adults located at the Senior Center in Plano. She earned a Bachelor of Social Work degree from the *University of Mississippi*, and, for the past 10 years, she has coordinated services for seniors and people with disabilities. Shelia is originally from Mississippi, where she spent four years working with the Area Agency on Aging under the Medicaid Waiver Program. Shelia's hobbies include working out and watching football and basketball. She enjoys being a servant to others, connecting people to appropriate services, and helping to improve their quality of life. (shelia.james@wellctr.org)

Shelia apologized proactively for her charming, country, southern drawl. Even her children have commented, "*You talk different!*" just before losing dessert. The Ole Miss in her caused a spontaneous, "*Hottie Tottie,*" which was answered by "*Gosh Almighty*" from a fellow alum.

Settling down to business, Shelia told us of her social work with *Head Start*, *Child Protective Services*, and for the Senior Homeless. She's been 12 years in Plano, where her son has just graduated from *Plano West* with a **3.7** GPA and is seeking a Football Scholarship to college.

She offers emotional support and counsels senior caregivers. They hold Support Group Meetings every 2nd Wednesday for dementia patients and their caregivers.

Shelia worked for the Dallas Housing Authority for a decade prior to her current position, which she's occupied for only 10 months. So we were to give her a pass if she wasn't yet up to speed, but then how were we to tell? She confessed nervousness, but we took everything she said as gospel. You go, girl!

Her office offers transportation services to get seniors to their hospital or doctor visits. Shelia confessed that's her favorite program. She told of a client with 3 rounds of breast cancer that was cared for by wellness center volunteers. And she put in a plug for more volunteers.

But the Center has other services like wound care, blood pressure screening, diabetes education, and even toenail clipping, although the latter comes at a \$15 charge.

Two social workers are on staff for counseling. A part of their day is spent tutoring senior clients in the intricacies of Medicare!

Shelia is in charge of the Gatekeeper and Transportation Programs aiding at-risk seniors in both Plano and McKinney. The latter is only for part of the city that lies in area code 75069: east of 75 roughly between Stacy Road and University...the Fairview area. Through a coalition of six agencies (wellness center for older adults, **MCKINNEY ROOTS**, LIFEPAATH SYSTEMS, HOPE CLINIC, community life-line center, and **COMMUNITY HEALTH CLINIC**), the **BE-YOND BLUE** program fights depression, isolation, and food insecurity among 75069's senior population. Clients should be referred to (972) 542-0020 ext. 104 for access.





With all that help, there's still a "desperate" need for more volunteers to transport (on their own nickel) clients to community events and to see family members. So, presumably, one can contact the same number to volunteer.

JOEFF asked whether the transport was from door-to-door and was told, no, it is from the Senior Center-to-door. Shelia asked that we refer potential clients to her office.

John Priest asked about paid staff. Shelia told him that there are seven paid staff members in her nonprofit, two nurses, two social workers, two clinicians, and one office manager (herself). Funding comes from City of Plano grants and, of course, donations.

Maria Mott asked if the State of Texas provided funds, and Shelia confirmed that.

Randy Langford, Executive Director of Life Care, said that the wellness center is "a wonderful ministry" to whom he has directed "a gazillion seniors."

John Caldwell reinforced the notion of social isolation saying, "You gotta have people to talk to."

BEYOND BLUE also transports folk to social events at the Center like the Tuesday Game Day in McKinney.

Janis Allman touted the lunches at the Senior Center, apparently from personal experience. John Caldwell asked if reservations were necessary for lunch and was told, no, he's free to show up and chow down at the *Gazebo Café*.

Kelly Palmer asked if the Center received donations of used equipment and was invited to so provide.

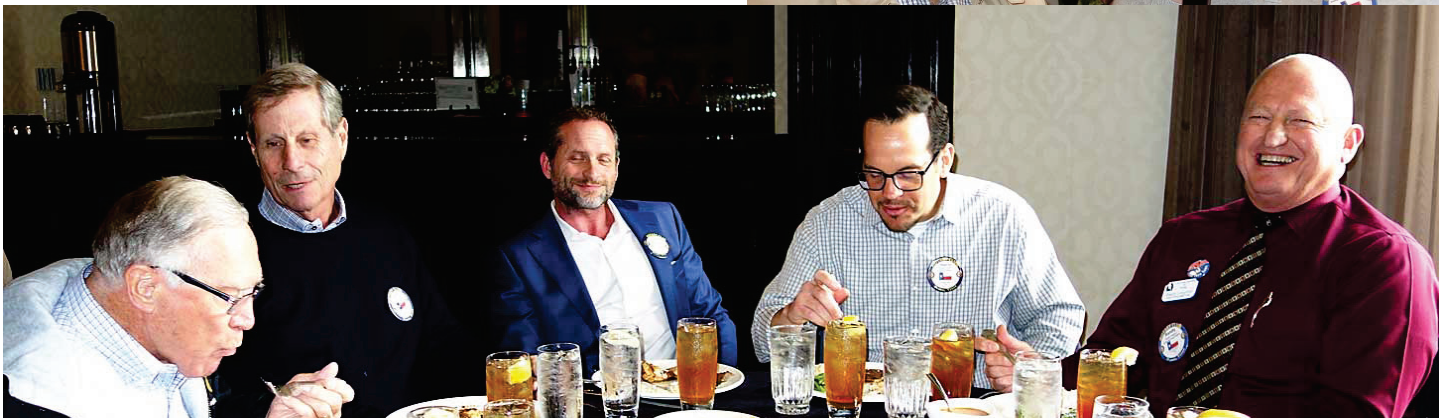
Joe Camarena noted the **BEYOND BLUE** brochures on the tables. Shelia thanked us for inviting her and received thanks in return and a multiport charger from

JOEFF, who told her, "Keep up the good work!" Then he issued "a late nomination" for President-Elect in place of **Roy Reeves**, who had "shirked his duties." **JOEFF** nominated Joe Camarena with the caveat that he must attend PETS, President-Elect Training Seminar, at 5810. In the discussion following his seconding, it was noted by Kelly Palmer that Joe's qualifications were that he had won the Ugly Sweater Contest.

Stumping for the post, Joe told us that, although he had just received his two-year attendance pin, he has been a Rotarian since the 80s. Indeed, *Plano Rotary* is his fourth club, and he has served "a lot of positions" in previous clubs. Surely on the strength of this stump speech, he as elected by acclamation.

Nancy Humphrey announced the MLK program at *Williams High School* that evening at 6:30. (*Williams* is located at 1717 17th Street.) She also touted the Hendrick Scholarship event at *Classic BMW* on 27 February.

JOEFF noted that **SKI PLANO** needs participants on 8 February and that we might buy raffle tickets from him in advance. He then led us in the Five-Way Test and scooted us out the door at 12:53.



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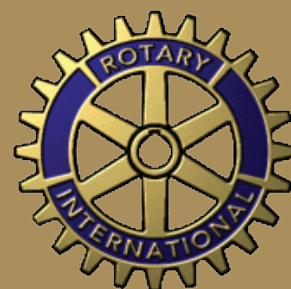
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Thank you Kenny Wilson

The Plano Rotary Club

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Guests

Guest

Marco Solano
Kyle Johnson

Guest of

Maria Mott
Mark Johnson

Visiting Rotarians

Visiting Rotarian

none

Home Club