



SUMMER
Weekly

Reader

Volume 22, Issue 25, July 14, 2022

The Plano Rotary Club
www.PlanoRotary.com

IMAGINE
ROTARY

UPCOMING PROGRAMS

July 14th

Angela Kelso

*Cruise Planners, Tips on
How to Travel and still have
a good time.*

July 21st

PISD Coaches Day

July 28th

Plano Public Libraries

The Written Word

Aug 4th

Jackey Babb

*"Thinking Clearly" Pathways -
State of Mental Health*

JULY BIRTHDAYS

Joe Camarena	Jul 01
Sara Akers	Jul 10
Larry Bisno	Jul 16
Peggy Fenwick	Jul 19
Kathy Taylor	Jul 20
Jim Monroe	Jul 22
Maria Mott	Jul 23



Crashingly Relevant

NEW President **Janelle Twyford-Silvis** opened the meeting at 12:16, usurping both the Prayer and the Pledge. She said that the alternate Pledge that she quoted was both Pledge and Prayer, answering **Janis Allman's** inquiry.



New **SERGEANT-AT-ARMS** Mr. **Mike McCormack**, a Scottish not Irish Cop, introduced guests including



Sainted Editor's **Blushing Bride** ↑ of 36 years, **Pat Storck**. (The other guest was late to the meeting, having been lost en route.) Mike then explained how **BUBBA'S BUCKET** would be enriched this year by involuntary donations from those who neglect to wear their nametags! Mike explained that this is a defense mechanism for he who cannot remember names.

Janelle thanked those who came out for our stationary parade on July 4th. She had tee shirts made (which she wore today) that will serve us through other events. She cited **Hayden, Marco, Maria, and Bob Kehr**, among others, who braved the heat. (She admitted to having damn near expired beneath it.)

She noted an AWOL **Johnny Lewis** (fishing) and **John Caldwell** (covid testing prior to a European vacation). And she

thanked **Nancy Humphrey** and her husband for hosting the party (and fixing the roast). **Sara Akers** and Nancy concurred on the fate of the leftover wine.

Janelle praised the groups mounting booths for 7/4, including Marines who were selling raffle tickets to an alcoholic prize. (Sold like drunken hotcakes.)

The she made a fateful announcement, our dues will be increased to accommodate the addition of lunches. But the good news was that we get to vote on it at the next meeting. Let us hope that vote won't end in the last result: the schism of the Club.

In her role as Program Chair (is there nothing this woman cannot do?), Janelle introduced the speaker, **Nora Gravois**.

She is a licensed master's level social worker with Independent Practitioner recognition. She has practiced in clinical and non-clinical settings since 1987, working with individuals and families to provide supports with birth to end-of-life needs. Nora has experience as geriatric social worker (amen to that!) supporting patients and families in Hospice, Home Health, Intensive Outpatient Psychotherapy for older adults, Memory Care, and case-management. Her passion is to provide caregiver supports and helping older persons and their families with support in the community, their home, and in facilities. She is currently working at *The Wellness Center for Older Adults*, providing consultation and counseling support to caregivers.



Nora has been married to Mike since 1988, they have one adult daughter and chosen sons (now adults) by way of fostered relationships. She enjoys meeting people, traveling, reading, gardening, and working outdoors; her favorite moments are spent laughing with friends. Nora and her husband have been involved in church ministry since 1996, and share a passion for serving others.

Clearly Nora gives more support than a load-bearing wall! We should support that.

Nora's first remark was that she didn't have the voice of a cheerleader, and then she went on in stentorian tones. She mentioned the guest who had finally arrived, ←**Paige Trawick**, whom she had mentored at the UH Health & Wellness program.



The Wellness Center for Older Adults works to achieve the “*highest level of wellbeing*” through preventative health care. Almost all their services are free unless they involve labs or expendables, etc. They even provide donated “*durable medical equipment*,” bed rails, potty chairs, and the like (after thorough sanitation, of course). They are loaners, and secured with a driver's license (a bit dicey for seniors who cannot drive) and a phone number. Rarely must the Center retrieve items.

The Center goes after mental wellbeing as well as physical with a social program called Front Porch, the 3rd Thursday of every month. It was particularly useful under covid-19 when we were all isolated.

The needs of caregivers are not forgotten. Case screening, counseling, and consultation about community resources are available to them. “*Caregiving takes a toll.*”

There is a Memory Café open to caregivers and their charges. It offers 90 minutes “*of play*” with “*dementia-related activities.*” There's even a door prize (although how they'd take home a door is beyond me).

One of the best (free) services is Project Independence, medical transport to appointments utilizing volunteer drivers. “*We're always looking for more drivers.*” (hint hint)

They've a staffer, **Lee**, who knows all of Collin County's resources for referral and assistance.

The Center received a Homeless Initiative Grant during the pandemic when some seniors were evicted from their living quarters. The grant provided lease payments for up to 16



months. ←Nora said that Collin County has a homeless problem. Maria concurred, saying, “*Just go downtown any night after 11 pm.*” But the grant ends in September. Nevertheless, they've housed 10 homeless persons, keeping them out of their cars and out from under bridges.

She cited statistics that showed that 1 in 5 seniors suffer some form of dementia. So Mental & Cognition Wellbeing programs are crucial. As seniors, we see ourselves as younger, “*but our bodies fail us. Life is short. Why wait to live well?*”

After 50, we're “*still going through the Stages [of Psychosocial Development].*” We seek intimacy but are faced with isolation as friends die or move away. We want to continue creativity to avoid stagnation, and, in retirement, volunteering is one way.

We seek intimacy in our isolation, and even the call of a volunteer is beneficial; “*just talking on the phone is enough.*”

The Center is in the Sam Johnson Senior Center at 401 W 16th St, Suite 600, 972-953-7669 www.wellnesscenteronline.org

Mary Jo Dean noted that The Center's original name was the Maurice Barnett Center, and that may cause some confusion.

Maria Mott has a mother aged 94 coming for a visit. She asked, “*Are there bilingual services?*” Nora told her of a bilingual intern available until the end of August.

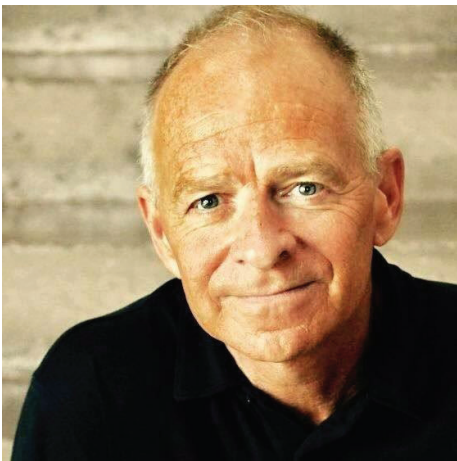
Nancy Humphrey was seeking a similar service in the Houston area. Nora told her to find it via the Harris County Area Agency for Aging.

Janis Allman recalled visiting her grandparents at age 7 or 8, and hearing them say, “*What you send out into the lives of others comes back 10-fold whether its good or bad!*”

Paige Trawick runs a for-profit spa offering “*laser light treatment for pain,*” not offered by The Center (for good reason).

Janelle led us in the 5-Way Test and closed the ceremonies at 1:03.

Photos from the Rotary Social



Gregory Patterson
Proposed by: Janelle Twyford-Silvis
Classification: Exec. Director of PSO

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The Plano Rotary Club
P.O. Box 864316
Plano, TX 75086



Guests & Visiting Rotarians

Guest	Guest of
Pat Storck	Dr Parr
Paige Trail	Janelle Twyford Silvis
Visiting Rotarian	Home Club
none	



OCTOBER 2021
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NANCY HUMPHREY | 12 YEARS

CARROLYN MOEBIUS | 12 YEARS