



President—Paul

Spoke Newsletter

Wednesday June 12, 2019

Attendance: 26 (62%)

Program for Wednesday, June 19, 2019

Mary Hilton, Smart Approaches to Marijuana

Arranged by Andrea Ahrens



Smart Approaches to Marijuana envisions a society where marijuana policies are aligned with the scientific understanding of marijuana's harms, and the commercialization and normalization of marijuana are no more.

Our mission is to educate citizens on the science of marijuana and to promote health-first, smart policies and attitudes that decrease marijuana use and its consequences.

We:

- ◆ **believe in an approach that neither legalizes, nor demonizes, marijuana.**
- ◆ **reject dichotomies — such as “incarceration versus legalization” — that offer only simplistic solutions to the highly complex problems stemming from marijuana use and the policies surrounding it.**
- ◆ **champion smart policies that decrease marijuana use — and do not harm marijuana users and low-level dealers with arrest records that stigmatize them for life and in ways that make it even harder for them to break free from cycles of substance dependence.**

SAM's primary focus is educating the public about the harms of marijuana legalization—a policy which has consistently placed corporate profits and addiction ahead of public health. We provide information on the harms of such policies to interested parties for use in messaging, and educate federal and state legislators on the benefits of a science-based marijuana policy.

SAM also invests heavily its longer-term goals of educating the public and policy-makers alike on the harms of marijuana use and marijuana commercialization, the importance of science-based drug policy, and research into the potential medical use of compounds derived from marijuana. Working with our state affiliates, we hold federal, state, and local-level briefings across the country on these issues, and produce and distribute a wide range of related educational materials at no charge.

***Lincoln East Rotary Club
Meetings at Valentino's—70th & Van Dorn
Noon Luncheon starting @ 11:45 a.m.***

June 12, 2019

Program for Wednesday, June 12, 2019
Gayleen Bradley, Branch Manager with Care Consultants
Arranged by Darrel Huenergardt



Gayleen Bradley is the Branch Manager of Care Consultants in Lincoln. She has been working in the health care industry for 11 years in the Lincoln and Omaha areas, with experience in home care, IL/AL, skilled care and hospice settings. Gayleen is a Qualified Dementia Care Specialist through the Alzheimer's Foundation of America (AFA). She has earned several different certifications in dementia care and has shared her knowledge with many families and professional caregivers to help enhance the lives of those they take care of who are affected by dementia.

What is Dementia?

A decline in cognitive function or mental ability

- ◆ Visual Perception
- ◆ Reasoning & Judgment
- ◆ Memory
- ◆ Communication & Language
- ◆ Ability to focus & pay attention
- ◆ Difficult time carrying out daily tasks they had performed routinely throughout their lives

Health Concerns that can Cause Behaviors

- ◆ Dehydration
- ◆ Malnourishment
- ◆ Depression
- ◆ Infections - UTI
- ◆ Pain
- ◆ Sight and Hearing Problems

The caregiver needs to find out what unmet needs are by being a good detective

- ◆ Be a Detective
- ◆ Last time they ate or drank?
- ◆ Last time they went to the bathroom?
- ◆ Do they wear glasses or hearing aides?
- ◆ Is there too much noise around?
- ◆ Are they tired?
- ◆ Did they sleep well night before?
- ◆ Are they comfortable?
- ◆ Could they be in pain?
- ◆ Is it time for medications?
- ◆ Too cold or hot?
- ◆ Need to be moved?
- ◆ Are they out of their routine?
- ◆ Are you new?
- ◆ Are they bored? Do an activity!

Step into Their World

- ◆ Empathy – validate their feelings & read their body language
- ◆ Power of Touch
- ◆ Do not confront
- ◆ Don't tell them NO!
- ◆ Don't even argue
- ◆ Make direct eye contact

A Rotary Thank You to Gayleen Bradley for an excellent presentation on What is Dementia and how to provide care.

Lincoln East Rotary Club Scholarship Recipients: Congratulations to Tesla Jeanette Babbitt & Brennan Andel

Scholarship Committee: Lillie Larsen, Chairperson, Jeanne Garvin and Dave Caudy



Tesla Jeanette Babbitt: As a senior in high school there are many opportunities that are starting to rise. I've been planning for my future for awhile now and it is time to start acting to make my dreams come true. After high school I would like to attend Nebraska Wesleyan University to major in social work and minor in Psychology, I would also like to get involved in Nebraska Wesleyan's theatre program, as it is one of the best programs in Nebraska. If at all possible I would like to leave college with very little debt, but if that isn't possible then I plan to work during my college education to help pay off any student debt that I acquire over four years.

After graduating from University I would either like to work in a rehabilitation treatment facility for adolescents, or possibly in a hospital helping patients cope with recent diagnosis and find help

that they may need. As of now I am involved in an Improvisational theatre camp at the Geneva Youth Rehabilitation Treatment Center in Geneva, Nebraska and throughout my career I would like to continue to get involved in activities through various treatment facilities in Nebraska.



Brennan Andel: I have been accepted to the Bryan-College of Health and Sciences. It is the top nursing school in Nebraska, and I will be receiving a Bachelor's Degree in the Science of Nursing. I wanted to attend this college because it has an amazing program where I will be able to participate in thousands of clinical hours with a small class of like-minded students who have share my interests and goals. After college, I plan to be a registered nurse. I have not decided where I want to go specifically as an RN, but I have been leaning towards acute care. My goal is to become a registered nurse because with this career path, I will be able to use my compassion and experience to assist others to live healthier lives. (Rt. Mother—Brenda Andel)

Dorian Babbett: My primary career goal is to become a chemical engineer within the pharmaceutical industry. My grandfather was the first person to introduce me to engineering. He was a mechanical engineer at Goodyear for thirty-five years and his passion for his career has lived on even in retirement. He is the person I look up to the most, so when he told me I would make a great engineer, I took the suggestion very seriously. I looked into what engineering entailed, and I believe my abilities to problem-solve and persist through failure would fit in well.

My specific desire to become a chemical engineer stems not only from my grandfather but from my very first experience in a chemistry classroom. I took chemistry as a sophomore in high school and instantly fell in love with the subject. No other science class had ever appealed to me in the way chemistry did. Every lab we completed during class fueled my desire to take part in more and more hands-on chemistry experiments, and I enrolled in AP Chemistry as a junior.

We did a lot of experiment design within that class, and all of the experiences I had with the subject definitely pushed along my idea of becoming a chemical engineer. In addition to this, I've always wanted to help people in any way possible. I've been interested in the medical field for quite a while, but not in a way that would push me to become a doctor or nurse. I want to make a difference in the world and positively impact the lives of those who need medical help, that I could do in the pharmaceutical industry.



Shirley Bair, Gene Zitek, Grandfather, Dorian Babbitt, Gordon Bair

*Lincoln East Rotary Club Members extend congratulations
To Dorian Babbett as the recipient of the Bair Scholarship.*



Anniversaries & Birthdays

Weeks of June 6—12

Birthdays:

NONE

Anniversaries

Ozzie Gilbertson—June 13

John Duling—June 17

Charles Erickson—June 18



Happy Dollars



| | |
|-------------------|----------------|
| Darrel Huenegardt | \$ 2.00 |
| Steve Grosserode | \$10.00 |
| Dennis Duckworth | \$ 5.00 |
| Chris Klingenberg | \$ 1.00 |
| Dale Lloyd | \$ 1.00 |
| Lille Larsen | \$ 1.00 |
| Al Burdick | \$ 1.00 |
| Barry Stelk | \$ 5.00 |
| Duane Tappe | \$ 5.00 |
| Paul Horton | \$10.00 |
| Wayne Casper | \$ 1.00 |
| Totals | \$43.00 |



NOTE:

**Total Happy Dollars to date:
\$1739.89**



Greeter Duty

June—Sue Schuerman



Cashier Duty

June—Duane Tappe
Contact Dick Cumming



Lincoln East Rotary Club Sponsors SumFun Picnic Friday, July 19, 2019

SumFun is a camp designed to meet the needs of youth with mental and physical disabilities. The program offers social and physical skill building and variety of activities including fitness, nature, swimming, crafts, field trips, music, and sports. Camp is based out of the Auld Pavilion and Antelope Shelter in Antelope Park.

Participation Sheets will be coming soon! Get ready to sign up!

Lincoln East Rotary Club—June/July Speaker Schedule

June 26—Ryan Sothan, NE Attorney General's Office –Scams & Frauds Arranged by Darrel Huenegardt
Jeff McArthur (CA) The Great Heist. Arranged by Andrea Ahrens

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Published by Wayne Casper**