

President—Dennis

Spoke Newsletter
Wednesday August 28, 2019
Attendance: 26 (%)

Lincoln East Rotary Club
Robert Downey, CEO, Capital Humane Society
Wednesday, September 4, 2019
Arranged by Sue Schuerman



President & CEO Bob Downey has been serving as Capital Humane Society's President and CEO since January of 1984.

Bob and his wife Sheri have been married for 40 years.

Bob is a native of Lincoln. He attended Lincoln East High School and then graduated from the University of Nebraska, Lincoln in 1973. He has a Bachelor of Science degree from Teacher's College. Bob was named as one of two "Distinguished Alumni" in East High's class of 1968.

In addition to his work for Capital Humane Society, Bob currently serves as chair of the Lincoln Advisory Board of the BBB. He also serves on the BBB Corporate Board for Nebraska, South Dakota, the Kansas Plains and Southwest Iowa. Bob is also a board member and executive board member for Community Services Fund of Nebraska. He is the treasurer for that organization.

He previously served as a board member, vice chair and treasurer for the Society of Animal Welfare Administrators (now known as the Association for Animal Welfare Advancement), board member, chair and treasurer for the National Federation of Humane Societies and served as a member of the National Companion Animal Advisory Group to the Humane Society of the United States.

He is founder of National Animal Shelter Appreciation Week.

Bob is responsible for having gotten numerous legislative bills introduced and passed in the Nebraska Legislature. He has also supported the efforts of others in doing so.

Bob was named as the 2007 "Nonprofit Executive of the Year" by the Association of Nonprofit Executives.

Outside of work Bob enjoys cycling and weightlifting. Over the last 40 years Bob and Sheri have shared their home with eleven boxers. Their current two boxers are SamE and GizMoE.

Capital Humane Society serves the community by sheltering unwanted pets, acts as an advocate for animal welfare and strives to educate the public about responsible pet care.

What is known today as the Capital Humane Society began in 1902 as the Lancaster County Humane Society. The first shelter was located in a shed near the West 'O' Street viaduct. The Society's mission focused on the prevention of cruelty to children and horses. Around 1907 the services expanded to include a variety of animals.

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

August 28, 2019

Lincoln East Rotary Club

Aubrey Paulsen senior living advocate at Tabitha

Wednesday, August 28, 2019

Arranged by Greg Schnasse



Aubrey Paulsen is a senior living advocate at Tabitha. Tabitha (tabitha.org) offers a full range of senior care services in Lincoln and throughout 28 Nebraska counties. Aubrey is happily married to her husband Mike, who is an electrical project manager for a Lincoln-based company. We have two children, Owen (10) and Christian (7). We also proudly own a three-year-old Shih Tzu mix named Carl.

For over 130 years, Tabitha has been committed to the communities we serve, providing these services for the right reasons as a faith-based, mission-focused nonprofit organization. Today, Tabitha assists over 2,000 seniors and their families daily with home health care, rehabilitation, long-term care to hospice, and everything in between. Aubrey's role as a senior living advocate is to encourage families to "Start with Tabitha." We are here to help point you in the right direction. Specifically, she is here to listen and learn about your needs and share free expert guidance about the options you have and the community-based resources that are available. She understands how overwhelming senior care options and decisions can be for you or a loved one, and she can make that a much smoother process.

The ever-changing healthcare landscape is a challenge. Staying up-to-date on all the latest industry trends, regulations, and government aid programs is vital to my role, but this is also one of my favorite aspects of the work I do—it is constantly evolving. Working for a nonprofit organization such as Tabitha that provides compassionate care has been one of the best decisions in my life. It's my calling and where I plan to grow my career.

Each and every day that I am able to assist a family serves as a success for me. Options and decisions during the aging journey are difficult and when I help alleviate some of the stress and ease the process, then I've been successful. In fact, I have a bulletin board in my office where I keep cards, notes, and emails from grateful families that I've been privileged to serve.

Chuck's Corner (#6)

Why is there so much conflict between various groups-religions, races, cultures etc.?

Modern neuroscience can help explain this. In Papua/New Guinea, if one wanders from one valley to the next, according to Jared Diamond author of numerous books on societies, you will be either run away or attack. Likewise, the individual in the foreign valley is likely to do the same. It appears to be part of our biology. Of course, we no longer have this fear when walking in a big city

Neuroscientists with new imaging technology and other techniques have determined that our response is from the primitive portions of the brain, which allow for immediate reactions, i.e. the amygdala. This is demonstrated in monkeys and some humans by their immediate innate fear of snakes. They go bonkers at the sight of a snake. It's inborn. Years ago, I was taking a walk with my young kids in Pioneers' park, and came upon a bull snake. Yikes, I immediately turned and proceeded to trample my kids running from this benign reptile. I soon realized that this was an irrational response and had to apologize to the young ones.

I may seem like a huge jump from innate fear of snakes to human prejudice, but neuroscience has discovered that our primitive brain recognizes differences immediately before our cognitive (pre-frontal cortex) portion of the brain has a chance to process this information. I'm not smart enough to understand all the research behind this, however. However, the result of this reactive phenomena breeds Us versus. This is the basis of much conflict and we need to be aware of this or we'll be subject to racism, etc.

Fortunately, we have a rational portion of the brain that can be trained to override the immediate reaction. Shortly after the immediate response to someone different from us, our thinking portion of the brain, the pre-frontal cortex, comes into play and we hopefully realize that this person isn't a threat. However, if we haven't been taught or haven't reasoned carefully this may not happen. Much research supports this concept.

Rotary, by promoting peace and seeking to reduce conflict can be a powerful ally in overcoming prejudice. However, each of us must work hard to treat all folks equally.

A final thought, we should not feel guilty because of this inborn trait. It's a part of human nature.

Chuck



A Rotary Thank You to Aubrey Paulsen for an excellent presentation on Tabitha Health Care "Where and When To Go"



Anniversaries & Birthdays

Weeks of August 15—21

Birthdays:

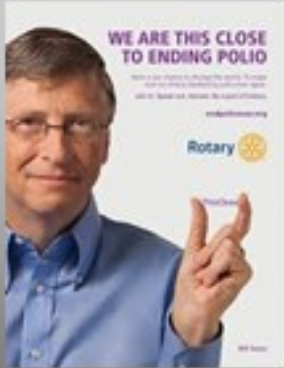
Ben Martin—August 29

Anniversaries

NONE



Happy Dollars



*Lyle Schoen
Steve Grosserode
Paul Horton
Dean Douglas
Darrel Huenergardt
Dick Cumming
Suzanne Tyrell
Charles Erickson
Wayne Casper
Total*

*Greg Schnasse
Duane Tappe
Dale Lloyd
Sue Schuerman
Jason Smith
Barry Stelk
Chan Tyrell
Dennis Duckworth*



\$50.00

Happy Dollars—Total to Date: \$544.00



Cashier Duty

September—Wayne Casper

October—Duane Tappe

November—OPEN

Contact Minnie Stephens

Guests & Visitors

Pat Grosserode

Chan & Suzanne Tyrell

Aubrey Paulsen

Steve Grosserode

Lincoln South

Speaker



Greeter Duty

September 4— Duane Tappe

September 11—Greg Schnasse

September 18—Sue Schuerman

September 25—Gordon Bair



Rotary Labeling Party

Green's Plumbing, 4200 N 48th St
September 24, 2019 @ 6:30 p.m.

Lincoln East Rotary Club—September Speaker Schedule

September 11—District Governor-Mick McKinley

September 18—Museum of American Speed

September 25—UINMC College of Nursing, Sue Schuelke

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Published by Wayne Casper*