

Palo Alto Rotary Pinion

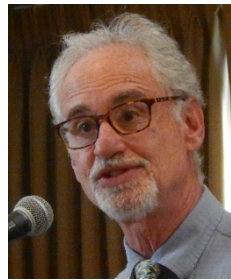
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Reporter: HAL MICKELSON

Editor: LYLE CONNELL



Our Halloween meeting was called to order by President BRIAN "Spooky" Steen, festively garbed, who led the Pledge of Allegiance. If BRIAN appeared more than usually genial, it's likely he was basking in the afterglow of last Friday's Rotary TGIF at his inviting home. Thanks to BRIAN and Sandra for a fine get-together.



A bonus after-lunch speaker was Eliot Margolies of the Midpeninsula Community Media Center, which provides us with six TV channels and workshops for volunteer productions. Eliot's focus was a project funded by the California Council for the Humanities to capture stories told by "Dreamers," young, undocumented immigrants who were brought to the US as children. Eliot

We welcomed Klaus Heinemann, from Rotary in Gualala; we're glad he's a frequent visitor. We also greeted Elliott Wright, a former member; we're always pleased when he returns. Other guests were Laura Bajuk, development director of the Palo Alto History Museum, and speakers Elliot Margolies and Dr. Mehrdad Ayati.

Our club's annual Holiday Party will take place Wednesday, December 7. Please save the date.

Opening Remarks from STEVE EMSLIE traced milestones in the



history of Halloween observances, dating back 6,000 years – 4,000 years before Christianity. In Scotland, the occasion is somehow linked with cabbage. (Some of us may have missed what STEVE intended to say on that point, or just didn't believe him.) Candy corn wasn't invented until the 1880's; initially it was marketed as candy "chicken feed." Americans now spend

\$2 billion a year on Halloween candy, no longer chicken feed, plus \$1.5B for costumes and \$2.5B for decorations. ED DAANGLER reported that continental Europe didn't begin dressing up for Halloween until about twenty years ago, when an enterprising French costume merchant saw the opportunity of a lifetime, and seized it by its furtive, black-gloved hand.



DUANE KALAR marked the 56th anniversary reunion of his dental school class with a \$560 contribution to Rotary charities, and rejoiced in 55 years of marriage to Ann with an additional \$550 donation.

Equally mindful of auspicious numerology, GEOFF ZIMAN

contributed \$100 to commemorate his 61 years of marriage and 39 family members.



Treasurer BRUCE GEE took a moment to recognize MIKE MCMAHON for faithful, diligent work in completing tax returns for the club and its charitable affiliates.

noted that we can see and hear an overview of these stories, with excerpts, at

<https://www.youtube.com/watch?v=4buCvBdSMTA>

Angel's story of a family torn apart by a deportation is at <https://www.youtube.com/watch?v=JXV6wJcaQvM>

Valeria's story, dealing with the depth of grief when a parent dies alone on the other side of the border, is at <https://www.youtube.com/watch?v=Kvw6n8hi67c>

According to a 2012 survey, about 30% of Bay Area residents are immigrants, 2.1 million individuals, and of that number, approximately 20%, or 430,000, are undocumented.



Our main speaker, introduced by GINNY LEAR, was Dr. Mehrdad Ayati of the Stanford School of Medicine, co-author of *Paths to Healthy Aging*. Dr. Ayati is a passionate critic of overmedication among the elderly. In 2012, 13% of Americans were over 65, and they received 33% of all drugs prescribed; by 2040, 25% will be over 65, and will receive 50% of all

prescriptions. A typical senior uses five or six different medications, which may come from multiple providers, none with a complete picture of the patient's situation. "Prescription cascading" is particularly troublesome: additional rounds of drugs are prescribed to treat the side effects of earlier rounds of drugs, and further rounds are in turn prescribed to treat the further side effects. Adverse drug effects kill as many people as motor vehicle accidents. Health care providers fail to focus on long term goals: there's no reason to give Lipitor for cholesterol to a patient already in a last illness unrelated to cholesterol levels; there's no reason to give an Alzheimer's drug with pernicious side effects to a woman whose only problem is mild cognitive insufficiency. What's the way forward? If you can, find a qualified geriatric specialist; make sure your physician has an overview of all your conditions and all your meds; check out the Beers Criteria list of potentially inappropriate drugs for the elderly.

PROGRAMS & EVENTS

November 7, Matt Doyle, Senior Associate Athletic Director and Director of Football Operations, Stanford: "College Football"

November 14, Paul Saffo, Consulting Professor, School of Engineering, Stanford: "The Mythic Origins of Silicon Valley Innovation"