



The Spoke Newsletter



Club 529 chartered March 16, 1925



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Spoke Notes
By
Anita Daniels

President of Rotary International

[Jennifer Jones](#)

2022-2023 Theme

- **IMAGINE** -

Governor of District 5190

[Jeff Gabriel](#)

December 12th, 2022

www.gvrotary.org

Volume 97, Issue 18

MEETING HIGHLIGHTS



Our Guest Speaker was Erica Huges from [Hospice of the Foothills](#). The topic of the presentation was, "Loss - How To Deal With It". The discussion centered on how family and friends can deal with a six-month or less life expectancy prognosis and how Hospice can assist them. Having a health directive prepared and current is very important for the family to deal with the upcoming death of a loved one. Hospice provides care for the family as a unit and for the individuals in the family, too.

"A primary goal of hospice is to control pain and other symptoms so the person can remain as alert and comfortable as possible. Hospice care is provided to patients where ever they call home. Hospice of the Foothills does not act as the primary caregiver; we support the family and caregivers in providing care to their loved one.

Hospice includes a multi-disciplinary team of professionals including a hospice and palliative care certified medical director, hospice trained nurses, social workers, spiritual counselors, hospice aides, therapists, and volunteers working together to address the unique physical, social, emotional, and spiritual needs of each patient and family.

Hospice stresses quality of life and is an alternative to aggressive medical or curative treatments. Many people live longer under hospice care once the symptoms of their disease are being managed.

Hospice may be the right choice when:

- The treatments for a disease are not working or are debilitating in their own right and life expectancy is six months or less.
- ER visits or hospitalizations become more frequent and result in no real improvement.
- There is a progressive, unintentional weight loss of more than 10% of the body weight over the past 6 months.
- Recurrent or intractable infections are present."

UPCOMING PROGRAMS

Chispa Project	December 19th
DARK	December 26th
DARK	January 2nd

UPCOMING ACTIVITIES

Wreaths Across America	December 17th
* Casino Night *	February 4th
Foundation Dinner @ Miner's Foundry	March 9th
Nevada County Schools Speech Tournament	
Preliminary Competition	March 10th
Finals Competition	March 14th
District 5190 Conference	April 28th - 30th
Gold Country Challenge Bike Ride	June 3rd

IMPORTANT MEMBER DATES IN NOVEMBER

<u>Birthdays</u>	<u>Rotary Anniversaries</u>
Kim Zwick	Dec 05 Christian Eggleton 5 Years
Kellie Gruenefeldt	Dec 13
Ryan Sykes	Dec 17
Jonathan Walker	Dec 18
David Peeler	Dec 20
Bobbie Swanson	Dec 29

ANNOUNCEMENTS & CONFESSIONS

[Jon Byrrum](#) announced that he and his wife Holly were moving to Colorado to be near Grandchildren and this was his last meeting.
- HE WILL BE MISSED!! -

Our club Christmas Party was postponed due to snow. Many would like to reschedule for December 30th. A consensus will be gathered, and it will be rescheduled if it is found feasible.

Marcia announced that she has extra copies of all the Casino Night letters and receipts if needed. Also, the event tickets include a stub to be completed for cash prizes of \$200, \$300, and \$500.

Only Non-Rotarians can win.
- We also have a merchant lists of previous year's silent auction and raffle prizes so we can contact them again.

Rotary Club of Grass Valley

P.O. Box 1213 Grass Valley, CA 95945

Meets @ the [Wild Eye Pub](#)
on Mondays at 12:15 pm

Area 4 Rotary Clubs

[Penn Valley Rotary](#) meets @
[Players Pizza](#) every other Tuesday at 12 pm

[Grass Valley South](#) meets @
the [Litton Bldg](#) on Tuesdays at 7 am

[Nevada City Rotary](#) meets @
[The National Exchange Hotel](#) on the 1st and 3rd
Thursday at 5:30pm & @ [Bistro 221](#) on the 2nd
and 4th Thursday at 12:15pm - Please RSVP

[49er Rotary Breakfast Club](#) meets @
the [Miners Foundry](#) on Wednesdays at 7 - 8 am