



"It seems like it's been forever!" said President Jack, as he opened today's meeting. It's true. It seems like more than just two weeks since we all met for the January 14th Evening Meeting, but Jack certainly made a wise decision to cancel last week's meeting with such frigid temperatures! Well it was pretty nippy outside today also, but at least the sun has been shining! Twenty-two members plus two guests gathered this noon for what was to be an excellent meeting and program!



We stood alongside Jack to recite The Pledge, and we joined John F. in singing God Bless America. Alex said The Blessing, thanking God for the sunshine's rays, the comfort of comradeship, and the impetus to serve others. We welcomed guests, Tina Bloom and Mike Ball.

Before the program began, there were a number of things that Jack covered; the first being the Club Calendar. The month of February is dedicated to Peace, and Conflict Resolution and Prevention, and here are the plans and programs for the upcoming month: 2/4- I.C.U. with Chris Mahan; 2/11- Wine or Not! with John B. and the Induction of New Members (meet at VFW); 2/18 – Getting To Know You with New Members; 2/25 – Invasive Species In Forestry with Corey Figuerido; John F. also noted that there are some upcoming dates when Arbor Hill will be serving their renowned wines in Fairport, Pittsford, and Bloomfield. He'll keep us posted, I'm sure!

Jack also noted that 2/14 is the deadline for "Early Bird Registration" for the District Conference in May and continued with some items from the District 7120 Calendar: March 15-16 – PETS Training for Tom; April 6 – District Training Assembly at Wayne Central, May 3-5 – District Conference in Kalahari; June 1-6 – International Convention in Hamburg, Germany; (27 from our District are currently signed up), and June 28 is the District Change-Over Dinner.

President Jack also gave highlights from the BOD meeting this morning: The DEC Camp Scholarship was sent to the Fish and Game Club. The Leadership Line-Up for 2019-2020 is: Jack-Past President, Tom-President, Matt-President-Elect, and Karen-Vice President. Jack will send out a ballot regarding additional positions for the upcoming year. He pointed out that some chair vacancies remain for some committees, but he is confident that they will be aptly filled, as he calls us "a great working club"! Shanna and Alex have offered to co-chair the Oratorical Contest. The decisions were made to donate \$500 to the Naples Ambulance Service, and to donate \$500 to The Open Cupboard.

Jack explained that "Be The Inspiration" is the Rotary Motto for this year, and with that motto, come Rotary's various avenues of service. He used the Community Service as a "segway" into today's program, which was entitled Senior Resources. Tom was invited to the podium to introduce today's guest speaker, Tina Bloom, who is the Deputy Supervisor for the Town of Canandaigua.

Tina, who has had a health care career, is involved part-time with Senior Resources, and she is genuinely interested in people being active within the community. By 2035, the percentage of folks who are 65 plus will significantly increase, and Tina noted that support for this age group is vitally important.



Compared to retirees of 30 years ago, today's Seniors seem to want to continue to be active and involved, and there are ways, (resources), to help them maintain that vibrancy. There are national and commercial resources such as AARP, and Silver Sneakers which offer benefits, and there are local resources that provide assistance and opportunities in areas such as health and wellness, nutrition, transport, and housing. Ferris Hills and Quail Summit are two places in the Canandaigua area which offer senior housing options.

Besides beautiful surroundings, daily activities are planned to help residents maintain vibrant, active lives. "Comfort Keepers" offer in-home care as well. Tina, who was articulate, descriptive, and well-prepared, summarized her presentation by reiterating the areas of focus that Senior Resources targets. A lively discussion followed, and many ideas for maintaining "Senior Well-Being" were suggested. Many thanks to Tina for taking the time to visit and present to us, and thanks to Tom for recruiting her!

Jack acknowledged Donna for her timely E-mail, which encouraged us to bring items for The Open Cupboard to today's meeting. He called it "a generous outpouring of support of donations". Many thanks to everyone for their generosity! Jack also thanked John French for his flexibility.



As Karen passed the basket, a flood of Happy Bills poured forth in appreciation of Tina's encouraging program. Frank and Donna paid fines for missed meetings. Steve and Alex didn't have their badges, and somehow, John B. was wearing Warren's badge! John F. was on Channel 10! John B. also had been in St. Croix, and he also brought some nice rum to Pres. Jack!



The Ace of Hearts was worth \$116 today! Guest Speaker, Tina drew Bill Shepard's ticket, #4101. Bill drew the Queen of Clubs.

Jack recently paid a visit to Al Mann, who is currently in hospital. Al misses everyone, and he would, no doubt, appreciate getting some cards.

Bill Cooper had a Rotary Moment for us. Back in his early years in Arizona, he became President of his club without having to go through the "Line-Up" when the president and president elect moved, one after the other!

Have a wonderful week, everyone, and stay warm! See you February 4th! P.S. Be on the lookout for Jack's missing gavel!

