



**April 19, 2019**

President Elena opened the meeting by asking John Stremmler (welcome back) to lead the flag salute and guest Alex Robertson (Assistant District Governor) to lead the Four-Way Test recitation. **Guests at the meeting:**

RYLA attendees from Helix; Jamie Lau, Jenny Quan, Rosalinda Salazar and her sister Angelina Salazar, and Marissa. Assistant Governor from District 5340, Alex Robertson, Judy Kirk, staff member from Helix High School, Rotaractors Gerald and Jasmine, and speaker, Angel Westerman

## The Village Movement



Aaron introduced our speaker, Angel Westerman, a senior living expert. She holds a BA in Business Management from San Diego State with an emphasis in Finance. She began working in assisted living as a sales and marketing director. She moved into financial management, operations and leadership. While there she realized that the patients often complained that they no longer felt “useful” or “needed.” Her focus changed.

Now her goal is to enhance the lives of seniors and their caregivers through innovation, technology, and exceptional client service. To actualize this goal Angel is the President of the Board of Village Core helping seniors thrive as they age in place, assisting individuals and communities to create Villages that will revolutionize aging through social engagement, learning and supportive resources. Also, by providing information, support and resources for family and caregivers. She is also Ambassador for the Aging 2.0 Chapter in San Diego

which brings together those with new technologies that assist seniors in the aging journey and guidance for providers of senior care. She also has a business that provides commercial quality products for incontinence care along with counseling guidance for choosing the appropriate product. It's called “Dependable Daughter.”

Angel's talk focused on “The Village Movement started in Boston a number of years ago. It's a seniors- helping-seniors model. A group of aging people in the Beacon Hill area wanted to ferret out what services for seniors were available. They each put up \$10,000 to hire a social worker to gather information about support agencies that were helpful and make a list available so they could avail themselves of existing services and make plans for adding needed services. Now under the auspices of San Diego County's “Age-well Initiative” there are about 5 “Villages” in San Diego County. There's one in Tierra Santa that is quite active, also in City Heights, Serra Mesa, Carmel Valley and others. She can provide anyone interested in starting a Village in their area with information on how to do that. In a Village the focus is on helping seniors age in their own homes. Meetings are often held in the local library, or a church, or in the case of Tierra Santa a rented clubhouse. Seniors share their skills with other seniors. Some drive those who no longer drive to doctor, to a grocery store, or hair appointments. Some form interest clubs like exercise clubs, walking clubs, movie clubs, bridge clubs, cooking clubs and so on. They set up time banks. For instance, if you take someone to shop for groceries, they may return the favor by cooking a meal or two for you. This can work for walking a dog, gardening, or working a calling-tree, or giving a care-giver a break so they can shop or take in a movie or go to their own appointments.

A study by UC Berkley showed that seniors engaged in a village atmosphere, when hospitalized, have a below 1% re-admission rate after they've been released because of the support system they have. Those who are not in a support system have a far higher re-admission rate. Supported seniors are healthier and live longer than isolated seniors because they are more likely to seek and keep doctor appointments and to follow care instructions more accurately.

Here is a number you can call to get information on how to set up a village in your neighborhood or information about existing villages and their boundaries. 1 888 822-3379

You might google

- Village Movement California
- Village to Village Network
- Check with AARP

**NEXT MEETING**  
**April 26, 2019**

## Announcements

Lily Alba is doing better with her two broken elbows. She now has removable splints so she can shower without help. She has to be very careful. She still has to have some help here and there. It's hard for her to accept help. She's an independent young lady.

Mike McAnear's wife Marlowe has applied for membership to our club. Yay!

Diane's mother passed away this past Wednesday, April 17, 2019. She was 97 year's old.



**May 10  
BOWLING**  
Bowling is coming up!!! Soon!!!!  
Sell lanes! Get teams!!!! We need money!!!! May 10 is only a couple of weeks away!!! Please, Please, Please help!!!!



Next weekend on Saturday Rotarians all over the world will be working on Community Projects. We will be working with "I Love a Clean San Diego" at one of their over 100 clean-up sites. We'll be cleaning up along Alvarado Creek. We can park next to the Medical Building off Fletcher Parkway just west of the 125 freeway in the southwest corner of the lot. Or you can park along Alvarado Avenue, or ride the Trolley

and walk from the station east along the creek to the meeting point in the parking lot. Bring your own work gloves. Wear waterproof boots or old tennis shoes that you don't mind getting wet and yucky. It you have it bring a trash-picker-upper. I bought one at Home Depot for not much. It's from 9:00 AM-12:00 PM. This year we donated \$500 to "I Love a Clean San Diego." Plus, we're working for their efforts to provide us with a "clean San Diego."



Alex Robertson, District 5340 Assistant Governor, personally invited us all to join District Governor, Mel Gallegos, and him at the Foundation Gala, Monday April 29, 2019, at the Hyatt Regency La Jolla at Aventine, 6:00 to 10:00 PM. The cost is \$95 per person, and Rotaractors \$45. Come enjoy interesting speakers, music, food, dancing and review some of the recent District Projects. Sign up on the District Web-site.



The four Helix High School girls we sponsored for the RYLA (Rotary Youth Leadership Awards) shared their experiences at the event last weekend. All of them reported first, their original doubt that a weekend could really offer a "life-changing" experience, as many previous attendees have described the experience, and then, having experienced it, finding that description is the best descriptive evaluation of the event. They each described the whole weekend as amazing. They described initial fearfulness that they would not know anyone and would not be allowed to be with other students from their school. Yet, that was one of the strengths of the program. They were forced

to interact with students they didn't know. They found the speakers to be inspiring and motivational. They loved that all the attendee's liked school and were "into education" and were caring and supportive of others. They described them as leaders and positive people. They loved skyping with school girls in Afghanistan, and the "culture walk" that divides people by their attributes, likes, skills, etc. Jamie Lau told us that the Afghanistan students were amazed that most students here don't like going to school, and look forward to vacations. They, on the other-hand, value school and see it as a privilege to go to school. Jamie said it changed her perception. She is more aware that she should be thankful for what she has and not hate chemistry, but be thankful she gets to learn about it. The whole weekend is designed to enhance their budding leadership skills and students who are chosen are already the best of the best, so they are in a rarified experience with students who have similar goals and aspirations and willingness to work for what they want out of life.

We welcomed John Strelau back into club meetings. He is a CPA and tax season effectively removes him from club activities each year while he prepares hundreds of tax documents. Then he finally can rejoin the living after April 15<sup>th</sup>.

Some members are joining Walk for Water, April 28<sup>th</sup>. It costs \$20 per person. Meet at the Mission Bay's Tecolote Shores Park. 9:00 AM – 12:00 PM. Elly will be there at a table with information literature on "Dig Deep" the 501C3 that provides water cisterns to populations living off-the-grid, like the Navajo Indians in the Four Corners Area of our nation. We will be using our District Grant to join a club in LA that is writing a Global Grant to provide the Indians with fresh, safe water. If you want to be present you can volunteer to help Ellie in that endeavor.