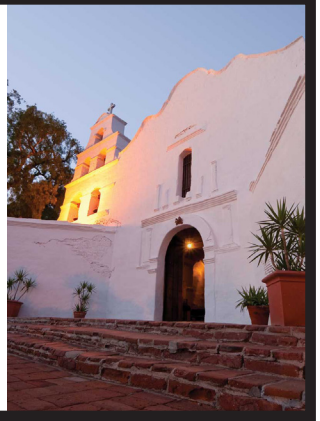




Old Mission Rotary

Meets Every Tuesday at noon at the
Best Western Seven Seas Hotel
Hotel Circle South
oldmissionrotary.org

February 14, 2017



Art Pratt Grant to the Emilio Nares Foundation



On February 14th, The Art Pratt Foundation of Old Mission Rotary awarded an \$8,000 grant to the Emilio Nares Foundation. (L-R) Bob Chalfa, Judy Copeland, ENF Cancer Patient Jessica, ENF Foundation Driver Armando Camberos, ENF Executive Director Richard Nares and Art Pratt Foundation President Stan Vogelsang.

What if you are a low income parent without a car and working a minimum wage job full time and your child is struck with cancer? How can you get your child to and from the hospital for chemotherapy or radiation treatments?

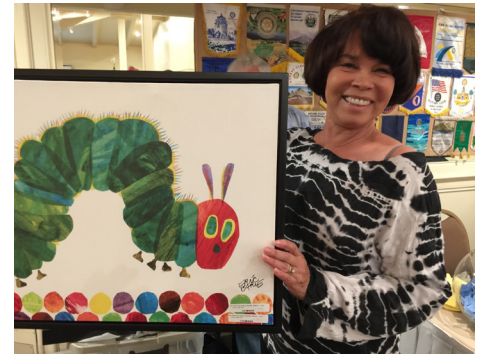
After Richard and Diane Nares lost their young son, Emilio, to Leukemia, they honored his memory by creating the Emilio Nares Foundation (ENF) to help low-income families, travel to and from cancer treatments. Emilio's spirit can be felt in the hundreds of young patients ENF helps annually. The grant will be used to purchase a new third van to transport the 180 kids in the program today now

receiving cancer treatments. Staff drivers range as far as Fallbrook and the Imperial Valley to get children to Rady's Children's Hospital.



Old Mission Rotary was very moved by the testimonial of Jessica who thanked the ENF for supporting her during her arduous and continuing cancer treatments.

Get Well!



Bernadette Castro of our Got Talent Gala Silent Auction always collects an amazing array of items for the fund raiser.

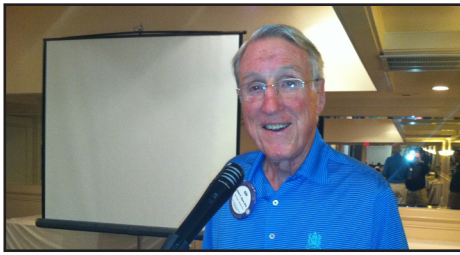
Bernadette Castro is under doctor's orders to rest for six months! After her frightening aneurysm, Bernadette roared back into Rotary and assumed her club duties. She even volunteered to run the Got Talent Silent Auction again. Bernadette way over did it and now must take time to rest up and get well!

Blan Kleecan



Blan Kleecan, wife of fellow Rotarian Gil Kleecan, died on Monday, February 13th. Blan, and Gil will be in our thoughts and prayers.

Medical Minute



Dr. Kevin Glynn regularly reports on the latest news in medicine.

This week's JAMA Internal Medicine reports on the use of medicines that affect the brain among the elderly. Researchers analyzed medical records of 97,000 seniors to look for overuse of tranquilizers, anti-depressants, sedatives, and pain killers. They found between 2004 and 2013 the number of patients receiving three or more drugs acting on brain function doubled. Most patients did not have a mental health or pain diagnosis. Women used multiple drugs slightly more than men, and rural dwellers more frequently than urban residents. Patients taking three or more medications with central nervous system effects accounted for over three million doctor visits, 1.5 percent of all recorded medical office encounters.

Seniors themselves, and those who have elderly parents or in-laws, need to be aware that the aging brain tolerates medicines poorly, to be vigilant for side effects. Effort to reduce "polypharmacy," use of multiple medicines, will pay big dividends in preventing hospitalizations and deaths among the elderly. To learn more about this Google "Beers List," which will give links to tables of drugs known to cause adverse effects in the elderly. Kevin has taken a leave of absence to write a book that has just been published. ***Gasping for Air*** explores the relationship between our respiratory system and our health.

Rotary Theme 2017-2018



*President Elect Bob James Jr. attended the regional Presidents Elect Training Seminar (PETS) in Los Angeles over the weekend. Bob unveiled a flag with next year's Rotary Theme: **Rotary- Making a Difference!** Bob points to the autograph of next year's RI President Ian H.S. Riseley, of the Rotary Club of Sandringham in Victoria Australia. Bob will be representing Old Mission Rotary at the Rotary International Convention in Atlanta Georgia on June 10-14.*

Rotary Calendar

- Tuesday February 21st **Art Pratt Foundation Board of Directors Meeting** after our Rotary Meeting
- Saturday, February 25th- **Rotary Pathways to Peace Forum** at the Joan B. Kroc School for Peace Studies at USD
- Tuesday, February 28th from 4pm -6pm- **Wounded Warrior Dinner** at the Liberty Center at the San Diego Naval Medical Center.
- Tuesday March 14th **Old Mission Rotary Board of Directors Meeting** after our Rotary Meeting
- Saturday, April 8th- Sunday, April 9th- **Rotary Model United Nations** at the Joan B. Kroc School for Peace Studies

Got Talent Committee Meeting



On Monday, February 13th, our Got Talent Committee met once again to plan out the details for our Saturday, May 13th fund raiser. We were delighted that Christine Peach of the Kearny Mesa Rotary represented her club at the meeting. Breaking news !! Lillian Chu of the Kearny Mesa club has volunteered to chair the Silent Auction Committee.

Rotary Program

- Tuesday, February 21 - **Four Way Test Speech Contest-** Be prepared to be wowed by High School Students from Reality Changers

*A poor idea well written is more likely to be accepted than a good idea poorly written.
-Isaac Asimov, scientist and writer (2 Jan 1920-1992)*