



Thursday's Program

Aging Gracefully



We are at Grand Tradition again this week. Our speaker will be **Dean Sbragia** from **LifeSpan Health**. He will be speaking on aging gracefully. Dean has worked in

healthcare delivery for nearly forty years, is the architect of the Total Solutions medical delivery program, and is a certified dementia practitioner. Now, we know that none of our members is anywhere close to aging, but it makes sense to be informed about the subject so that years from now we can be ready to age and do so gracefully.

Looking Ahead

Who Am I/Rotary Unwrapped

We meet via Zoom next week. It's a twofer, or actually a threefer. We'll hear "Who Am I?" presentations from **Erin Johnson** and **Danny Nudelman**, and also "unwrap" Rotary with a discussion on **what Rotary is and its history**. The "Who Am I?" talks are a great way get to know our newest members and hear about their families and backgrounds. And while we think we know what Rotary is all about, there's always more to be learned given the organization's over 120-year history since its founding in 1905 by Paul Harris.



Upcoming Events

- Jan. 17..... Highway Cleanup
- Jan. 22..... Club Meeting via Zoom
- Jan. 28..... Neighborhood Food Distribution
- Jan. 29..... Dutch Lunch
- Feb. 5 Club Meeting at Grand Tradition
- Feb. 12 Club Meeting via Zoom
- Feb. 19 Club 80th Anniversary Celebration

Employees of the Month

FUHSD Employees of the Month



We recognized the **Employees of the Month** for FUHSD last week. We

celebrated Classified Employee **Luis Herrera** and Certificated Employee **Hector Miramontes**. Luis works in the Maintenance Department where he plies his plumbing skills, and word is he's an awesome cook as well! Hector is a Social Worker who is there to support our students' social-emotional growth and development. Many thanks Luis and Hector!

Honoring Our Own

Rotarians of the Month



Congratulations to **Diana Wiggins** and **Ed Grant**, our **November and December Rotarians of the Month**. Diana has

turbo charged our Community Service program, and Ed is always there to serve when needed. Both of these folks were instrumental in the success of our holiday bell ringing for the Salvation Army.

Paul Harris Fellows

Both **Jim and Teresa Mendelson** were recognized for their ongoing support of the Rotary Foundation as **multi-year Paul Harris Fellows**.



The Foundation helps to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty.

Quote of the Week

Age is an issue of mind over matter. If you don't mind, it doesn't matter. Mark Twain