

ROTARY 4-WAY TEST

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOOD WILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?



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 Visit The Rotary Club of Winchester website at www.rotaryclubofwinchester.org
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Chartered 1921

February 21, 2019

- February 28 - Board Meeting
- March 15-17 - District 7570 Conference at The Homestead Resort, Hot Springs, VA
- March 23 - Kaleidoscope
- March 28th - Board Meeting
- April 4-6 - PETS at Hotel Roanoke

TODAY

We'll hear from future club member **Kim Blosser, LFCC President.**

104th ANNUAL DISTRICT CONFERENCE

As of today, we have 510 registrations!

But wait, there is more. Special Homestead \$117 Room Rate has been extended. HURRY!!! You will probably never see the rate this low again.

Join us! The conference is **March 15-17**. There may be a few spaces left for first time attendees who will enjoy paid registration and one night paid by the Club. Also, a couple of one night paid spots for those who have previously been to a District Conference. Sign up today and show your support for our District Governor, George Karnes.

This year will be distinguished by open table dinner reservations, suite surfing, a memorial service on Sunday morning, awards sprinkled throughout the event and free video games and/or bowling Friday and Saturday evening. Tootie Rinker is seeking volunteers to help with Sergeant-at-Arms duties.

Not ALL business...FUN too! Great Speakers, Great Music, Great Fellowship. There are still a few seats left for the Beer and Scotch Tasting. We still have shirts and backpacks available. **PLUS**, Gary Chrisman will be **Paddling for Polio** on the Shenandoah River inside the Commonwealth Room at the Homestead! With his goal of \$1,000+, he's looking for sponsors.

Scott Arthur reminded the club that there are numerous sponsorship opportunities. Businesses can donate by contributing promotional items to the Goodie Bags that will be given to all conference attendees.

KALEIDOSCOPE - MARCH 23rd

The Kids Clubs, will be this year's Kaleidoscope beneficiary. The funds will be used to remodel their kitchen and install security cameras. Tickets will be available shortly.

Kit Molden & Dan Whitacre are seeking donations for the Kaleidoscope auction.



Our Program Last Week

Our speaker was **Bob Sherwood**, who spoke about senior living, most notably some of the challenges that arise as you get older and move to a nursing home or assisted living facility. Bob is an 11-year resident of Westminster Canterbury and he and other residents led an organization-wide assessment study that came up with 107 suggested improvements for the quality of care that residents receive.



Bob and his committee's suggestions were so well-received that Westminster Canterbury's trustees adopted them as part of their strategic plan and forwarded them to the Pioneer Network, a national body of physicians seeking to improve the culture of retirement living. Bob was also asked to serve on the Pioneer Network board as a legal representative (and to ask the awkward questions). The most major change to come out in the industry has been centered around changing the focus of care from medical-based care to a culture based and individualized attention.

Bob said that the two biggest villains of retirement living are the "medical model" that was adopted beginning after World War II (when most young people moved away from home instead of staying to care for their aging parents. A transactional, medically-based approach to care last for many, many years until the 1980's, when nursing care reform became a hot topic. Even then, assessments had a negative bias, penalizing institutions for "dings" to their report rather than seeking out and rewarding exemplary approaches and care. That culture has been shifting toward a more positive approach ever since.

The other primary villain is ageism, or discrimination toward the elderly, which is rampant in America's capitalist culture and creates a stigma for aging people, who deservedly feel that they still have much to contribute to society. Other challenges in the field include a shortage of gerontologists, as well as the culture of denial surrounding death that permeates our society. At Westminster Canterbury, for instance, the section of the facility that deals with dementia and other higher acuity needs used to be referred to as simply the "other" side. Now it is simply "the West Side" and the doors between it and the East Side of the facility has been unlocked. Both groups are encouraged to mingle at mealtime to reduce the sense of isolation and stigma that previously went with being transferred into the acute care section of the facility. Finally, there has been a shift in the way long-term nurses are treated. Once limited to the strict direction of physicians, they are now seen as the primary source of wisdom and information when it comes to how to provide the best care for each individual resident.

Bob concluded his presentation by saying that one of the advantages to Senior Living is that people, especially men, become less competitive as they get older and instead treat each other like colleagues on the same journey.

Need to make-up an absence? Check out these area club meetings:

- Clarke County - Wednesday Lunch - Berryville Presbyterian Church - Noon
- Charles Town - Tuesday Lunch - Jefferson Hospital - 12:15 pm
- Frederick County - Tuesday Breakfast - Westminster Canterbury - 7:30 am
- Front Royal - Friday Lunch - Warren County Community Center - Noon
- Hagerstown - Wednesday Lunch - Venice Inn - 12:15 pm
- Leesburg - Thursday Evening - Rivercreek Country Club - 6:00 pm

- New Market - Wednesday Lunch - The Shenvalle - 12:10 pm
- Purcellville - Thursday - Bethany United Methodist Church - 7:00 am
- Strasburg - Tuesday Noon - Strasburg Moose Lodge - Noon
- Warren Co. - Wednesday Breakfast - Front Royal Golf Club - 7:00 am
- Warrenton - Thursday Lunch - Stoneridge Events Center - 12:15 pm
- Woodstock - Wednesday Lunch - Woodstock Moose Lodge - 12:05 pm

Absentees 2-14

Dana Evans	Richard Kent	Jeannie Shiley
William Aikens	Steven Kent	Terry Sinclair
Debbie Aldridge	Chris Lewis	Jenny Stanford
Mark Andrews	Todd Lilley	Michelle Thomas
Jeffrey Barbour	Neile Martin	Diana Thorne
Jackie Bates	Darla McCrary	Lupe Vea
Erik Beatley	Kent Mull	Ajay Virmani
Ken Blackwell	Ron Price	Ben Weber
Mary Braun	Ken Rice	Michael Williams
Kerri Burkhardt	Mary Riley	Stuart Williams
Julia Connell	Brian Hester	Dick Wiltshire
Anthony Crosen	Sven Hlywiak	Jim Youngblood
Bruce Downing	John Huddy	Irv Shendow
		Ryan Zelaski

Visitors & Guests Last Week

Kevin McKannan, guest of Kit Molden
 Alexis LaPorte, guest of Darcus Breneman
 Scott Moore, guest of Jimmy Stafford
 Beth Louque, guest of Don Louque

TAIWAN GSE TEAM ARRIVING March 1st

Thank you, Marie and Tootie, for housing two of these Rotarians for us! Our host families will be housing them for 5 nights.

If you want to hear the Taiwanese presentation, they will be at the Frederick County Club meeting on Tuesday, March 5th. On March 6th, they will also be at the Warren County Breakfast Club and the Clarke County Lunch Club. HOWEVER, we need a headcount of anyone planning on attending the Warren County Rotary Breakfast meeting on March 6th and/or the Clarke County Lunch meeting on March 6th. The headcount is needed by Thursday, February 28th. Please let Darcus Breneman know if you plan to attend either meeting. dbreneman@fbvirginia.com

Also, Marie Di Lorenzo will be hosting the incoming and outgoing Taiwan teams on Saturday, March 2nd at her home from 4:00 pm until 6:30 pm We will need an RSVP for this event as well in order to plan appropriately for food and drinks. Marie will be providing hors d'oeuvres and drinks that evening at her home.

New Area Club on the Way

President Paul announced that a new club is coming soon to our area. It will be pitched toward Millennials and those who are on the move and can't attend a regular Rotary meeting. It will meet a couple times a month at different venues around the Tri-County area. Stay tuned!

Rescue Mission update on the Clifford House Duplex

Our newest member, **Brandon Thomas** of the **Winchester Rescue Mission**, spoke about developments at the **Clifford House**, which is the duplex our club is helping renovate for the mission. While we're helping fix up one side, the other side has been turned into a residence for a single mother and her infant child. It should be available to them as soon as the coming weekend. Brandon thanked our club for its support.

EVENT MAKE-UP SLIP

The Rotary Club of Winchester

Print Your Name: _____

Event Attended: _____

Date of Event: _____
Committee, Board, Community Event

Date of Missed Meeting: _____

(Turn in at Sergeant at Arms Desk)

Make-ups* (Date & Function Attended)

Scott Arthur – 3/16 – District Conference
 Paul Burkholder – 1/31 – Cog Wheel Photographer
 Julia Connell – 2/11(3) – Dist. Conf., Fundraising Event
 Anthony Crosen – 2/8 – Kids Club Meeting
 Paul Frank – 2/3 – District Conference Meeting
 Emily Hahn – 2/13 – International Affair Meeting
 Malinda Henkel – 2/13 – International Affair Mtg
 Alex Iden – 2/13 – Clarke County Rotary
 Darla McCrary – 2/5 – Apple Harvest Meeting
 Ridge White – 2/13 – International Affair Meeting
 Dick Wiltshire – 2/5 – Kaleidoscope Meeting

Turning in a Make-up?

Please make sure to complete all information, including your name, the event or club attended, date attended and date making-up on all make-cards and slips submitted.

NEXT BOARD MEETING

February 28 - 6 pm

The meeting will be held at Winchester Country Club
All are welcome & it counts as a Make-up!

HEALTH REPORT

Libba reported that **Bob Hall** should be going home on Sunday. He got our giant get-well card and appreciated it very much. **Gerry Keifer** also reported that she received an epidural injection for her sciatica pain and it has helped a lot.

Health Tip

Libba's health tip was in conjunction with Valentine's Day, but instead of touting the benefits of dark chocolate and wine, she mentioned that it's also **Donor Appreciation Day**. Thank someone in your life who has donated blood, and organ, or other life-saving products, often to someone they'll never meet. Libba also announced that February 17th was National Acts of Random Kindness Day, so hopefully you got in on the action and helped someone out...

Last Week's Drawing

Jimmy Stafford won a whopping \$14 but his 8 of clubs caused him to come up short on the Big Jackpot, which today stands at \$60.



OTHER NOTES:

Rotary's Apple Blossom float team is in need of volunteers....see Wilson Gilbert if you can help.

Thanks, Mary and Cary for managing our **Movie Night** at the Alamo. It was a poignant evening filled with important information and a great movie, plus it raised money for Alzheimer's research.

DROP OFF YOUR RUMMAGE There is a new location for the rummage trailer at Frogale Lumber. Coming from Frogale's entrance the new location will be on the left side of Arbor Court across from the administrative offices where the trailer used to be housed. Our trailer is at the end of the row. Look for a Rotary sign on the steps.

President
President-Elect
Secretary
Treasurer

Paul Magness
Cary Claytor
Dick Kent
John Elrick

BOARD OF DIRECTORS

2018-2021 Jeff Barbour, Nancy Davis, Dick Helm, Tricia Simpson
 2017-2020 Paul Frank, John Lamanna, Libba Pendleton, Dave Smith
 2016-2019 Jenny Baker, Jaime Karalis, Kent Mull, Jonathan Snowden

IMMEDIATE PAST PRESIDENT - Julia Connell

Cog Wheel Staff: Jenny Baker, Belinda Barbour, Mary Braun, Paul Burkholder, Tom W. Byrd, Sharen Gromling, Malinda Henkel, Don Karolyi, Tom Maccubbin, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight

Photos: Melinda Henkel

Reporter: Dave Smith