



THE ROTARY RAZZ

Rotary Club of Oak Park - River Forest, Illinois

In-person meetings will begin at noon July 7 at Cucina Paradiso. Members must pre-register and pre-pay.

Club 3190
District 6450

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RAZZ Editors, Rick Hibbert and Lesley Gottlinger

<http://www.oprfrotary.org>

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TODAY IN OPRF ROTARY

June 16th, 2021

OPRF Rotary Board Meeting

10:30 - Via Zoom



Speaking this week!
Dr. Samuel Kormoi,
of The Pan-African
Rural Health and
Social Services
and Eric Van Ness,
OPRF Rotary
President Elect

Join us! email outreachoprfrotary@gmail.com

Rotary
Club of Oak Park-River Forest

Also, this week in OPRF Rotary

June 14 - DRFCC Committee Meets - 7:30 AM

June 14 - RI Convention - Interact VP Mikayla Onayemi
Social Justice Panelist/Breakout Session 6:00-7:00PM

June 14-16 - RI International Convention

June 16 - Happy Birthday Jaime Escobar

June 18 - International Services Committee - Noon

June 18 - Kidz Express Team Meets - 2:00 PM

June 19 - Juneteenth

June 19 - D6450 Grants Committee Meets 9:00 AM

June 20 - Fathers' Day

NEW MEMBER APPLICATIONS

We are delighted to announce that the following person has submitted membership an application to the Rotary Club of OP-RF. Per Club rules her name must be published in three consecutive issues of the RAZZ before the Rotary Board may vote on the membership request. This is the **second** of three notices. Any concerns, please contact Sue Quinn or any current OPRF Board Member.



NAME: Laura Bezinovich
BUSINESS: Brookdale Oak Park
SPONSOR: Lesley Gottlinger
PROFESSION: Sales Counselor

Trouble logging on to OPRF's Zoom, call on:

Eric Van Ness - Cell: 517-414-8397

evanness@wradvisors.com

Sue Quinn - Cell: 312-342-1750

Sue.quinn7777@gmail.com

Lesley Gottlinger - Cell: 708-751-2821

bookgramma@gmail.com

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This week, *The President's Corner* is sharing DG Chuck Corrigan's last monthly message to D6450 Rotarians.



Rotary Opens Opportunities

It is hard to believe that it is already June and that this is my last monthly Rotary update to you.

As of June 11, the Governor has lifted most of the restrictions that COVID brought about, and hopefully soon Chicago will follow.

We can get return to our familiar and missed everyday joys - things that about Rotary that we love - meeting with our good friends, getting together for service projects, and sharing a handshake or a hug. We must still take all recommended precautions, and we know that our friends elsewhere in the world are not yet as fortunate as we are regarding COVID. We must do what we can to help end this scourge for everyone.

Thank you to all of the Club Presidents of District 6450. In a crazy year, you have done an amazing job keeping your clubs going, your members engaged, and your communities served.

Thanks to our District officers and Board members for their leadership, to the dedicated staff at Chicago Association Management for all of their help, to all of our dedicated District Committee chairs and members, and to all of our Club members in Rotary, Rotaract and Interact for living up to the standards and ideals of Rotary.

In the face of a worldwide pandemic, Rotarians in District 6450 continued to lead the way in serving our communities. You have done well with the Opportunities that Rotary opened this year. While we will always remember the challenges we faced, we should never forget all of the wonderful good we accomplished, and the lessons we learned about adapting along the way.

It has been my privilege to serve as you as District Governor. I know I'm passing the gavel to an experienced leader in Jane Hopkins. I am confident Jane will lead our District to continued excellence. Please consider attending Jane's installation dinner on June 29th, and I know you will support her initiatives throughout the coming Rotary Year.

With warm regards,
Chuck Corrigan
District Governor



June 2021

June is a BUSY month. Mark your calendars NOW!

- 23 - Presidential year in review- Sue Quinn
 - 26 - Tentative Kidz Express Vaccination Event
 - 27 - Interact Meeting - via Zoom - 1:00 PM
 - 29 - D6450 DG Installation - Jane Hopkins
 - 30 - Eric Van Ness- President's Installation - 5PM
- In-Person - FP American Legion Hall



A few dates to save . . .

Monthly Fullerton Woods Forest Preserve Clean-Up event **July 10, August 7, September 18, October 2, and November 13**. All will be from **9:30 to 11:30**. Coffee, lemonade, water, & pre-packaged treats are provided. To sign up for clean-up, please let Lesley know. More than 25 people, requires a permit.



Annual Donut Day

is **August 14** at the Oak Park Farmers' Market. Save the Date. Rick will be sending out an email with sign-up details & more "job" openings this **LOOK** week. for it!

Annual Food Truck Rally

is **August 28**



ROTARY REMINDER . . .

OPRF Rotarians, if you have **Happy Dollars**, no need to wait to do it via Zoom or even face-to-face anymore. Just send Lesley your Happy Bucks recognition, and it will be printed in the next issue of the RAZZ. You will be on your honor to send your contributions to Treasurer Cathy Hall - on a quarterly basis, if you like, to the P. O. Box:

OPRF Rotary, P. O. Box 654, Oak Park, IL 60303





Meeting Notes:

Happy Wednesday, Everyone! I'm actually joining you from West Newberry, MA. I'm at my sister's; we're heading to Maine for a few days. Next week Eric will be running the meeting because I will be on I90 heading home. I will be joining by phone. Eric pulled up the flag, and Bob Giles led us in the Pledge of Allegiance.

We had District Conference last week; it was really inspiring and moving to learn about all the work the clubs in the district have done during COVID. It was really just amazing. They did record all meetings, and they will be chunking them out and putting them up on the district website. If you get a chance, definitely watch what was done Thursday night...It made me just so proud feel to be a Rotarian and to be part of a group of people who really just responded so quickly to COVID in very creative, very impactful ways. I agree with Ade, they did a great job or transitioning to an on-line conference.



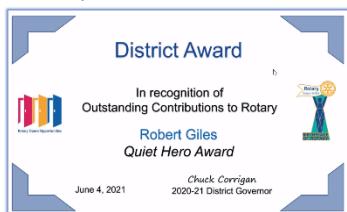
Ade gave a brief summary of some of the awards given out. Our club received a 2nd place award



for top per capita giving. [\$503/capita!!]

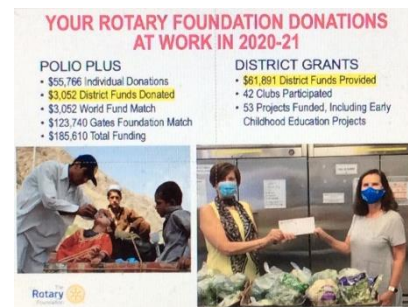
Bob Giles received an award for

being a Quiet Hero...For 16 years, Bob has done yeoman's work with these folks who are Peace Fellows...it's the behind the scenes, mentoring...shepherding them through the process...It makes you believe all will be well with the world. I'm just glad we're able to live in his shadow. Lesley also received a Quiet Hero award for her work over the past 9 years as District Stewardship Co-Chair. Additionally, during the presentation of other District Foundation bright spots of Foundation dollars

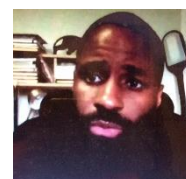


and donations at work, OPRF Rotary was highlighted in a photo ...

Other highlights of both Friday and Saturday included more raffle prizes:

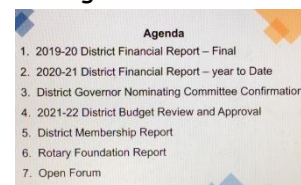


Debbie Sawyer won hand-blown glass wine glasses in Rotary Yellow Made at Ignite Glass Studio, Chicago One-hour lesson for a single or couple at Ignite Glass



Studio. Harold Green, Chicago Poet and Spoken Word Artist was the featured speaker Friday evening. His presentation was specially prepared for this event and very well-received.

The official portion of Friday's conference was followed by a Bingo session; while a tad rowdy, it was most certainly a fun time - though we don't believe an OPRF-ers were skilled enough to win anything that evening!! Eric & Cathy both decided they're not very good at the game! Saturday morning included the Annual Meeting with a full agenda - all district financial reports are now on the D6450 website in an easy-to-read, user-friendly format.



DG Chuck began the meeting with an update of activities throughout the year including a number of major accomplishments:



- ECE grants
- The addition of a Rotaract club
- The creation of the DEI [Diversity, Equity, Inclusion] committee - including social justice book club [influenced and led by our Interact VP Mikayla Onayemi]
- Reduce barriers to attending district conference with 270 registrants [most in the past 10-11 years]
- Increased ability to adapt to meetings & trainings
- The creation of an Environmental committee
- The creation of a Disaster Response committee
- The creation of Rotary Means Business Network
- A Day of Wellness and Service
- A new Satellite Club
- A new regular Club
- Making Rotary more affordable including a \$20 credit/member returned to each club
- Revision of the Youth Protection Policy [thanks to DGN Ade Onayemi]
- Work on the Paul and Jeanne Harris Home

Reports followed in the areas of Finance, Budgets, Membership, Foundation, and DG Nominating Committee. Any action requiring voting and passage was passed with a minimum of 90% approval by those in attendance.

Rotary International President Nominee 2022-2023

Please welcome **Jennifer Jones!** Jennifer retains the position of Rotary Foundation Trustee and has been a Rotarian since 1997. She is a current member of the Windsor/Ontario Canada Rotary Club. Jennifer will be the first woman president in Rotary's history! Now let's think about the possibilities. . .



Another major highlight of the year was the announcement of Canadian Rotarian Jennifer Jones as the 116th RI President Nominee, the very first female to ever be nominated to that position.

Past District Governor and RI Director 2021-22 Nicki Scott was introduced as the featured speaker. Nicki's topic was "The Future of Rotary." Her presentation was recorded, and it should not be missed. It can be found on our D6450 web-site.



Following Nicki's presentation, DG Chuck shared a photo montage of our Rotary Day of Wellness & Service Highlights.



AG Kathy Rak & Rotarian Wayne Kwiat, Sr. then presided over the annual Celebration of Life ceremony which included 3 of our own:



Ginie Cassin,
Sr. Michelle Germanson,
& James [Jim] Marshall



Jane Hopkins, District Governor Elect, spoke next, sharing two of incoming RI President Shekhar Mehta's goals: [1] To increase Rotary days of service utilizing different ways and events to accomplish this; and [2] To empower girls at a younger age. Mehta has urged members to become more involved in service projects, saying that caring for and serving others is the best way to live because it changes not only other people's lives, but also our own. Mehta wants members to focus their efforts on empowering girls and ensuring their access to education, resources, services, and opportunities so that future generations of women leaders will have the tools they need to succeed.

DG Chuck closed the District Conference with thanks to many and The Four-Way Test of the Things we Think, Say, and Do.

Sue then mentioned a few things on the upcoming calendar . . .

Fullerton Woods Forest Preserve Clean-Up is this Saturday, June 12 from 9:30 - 11:30. Please let Lesley know if you're planning to come.



HUGE thanks to those who participated: Patty & Lily Eggerding, Greg & Deb Sawyer, Bill Planek, Jerry Lordan, Julian, Mikayla, Justin, Kathy & Ade Onayemi, Mark Klockenkemper, Magnus Shipinski, , Don & Lesley Gottlinger.



Upcoming dates are: **July 10, & August 7.** All will be from **9:30 to 11:30.** Coffee, lemonade, water, and pre-packaged treats will be provided. Those wanting to sign up for clean-up, please let Lesley know. More than 25 people, requires a permit.

Also, a reminder that Interact Cookbook deadline is tomorrow for ads, but will still take recipes for a few more days - especially soups, salads, and vegetable side dishes. **All checks should be made payable to OPRF Rotary. Please put "Interact Cookbook" in the memo section of your check. Mail your check to: OPRF Rotary Club, P. O. Box 654, Oak Park, IL 60303. Please mark your envelope Attn: Interact Cookbook/Lesley.**

Sunday, June 13th is the district book club. Our Interact Club started a Social Justice Book Club, and now Ade's granddaughter Mikayla has taken it up to the district level. She will be leading the book club discussion from 1:00 - 3:00 PM =, and it will be This Book is Anti-Racist 20 Lessons on How to Wake Up, Take Action, and Do the Work by Tiffany Jewell.



The book club on Sunday is just a warm-up for Mikayla! On Monday evening, June 14th from 6:00 - 7:00 PM, Mikayla has been invited to be a speaker on social justice during a breakout discussion at the Rotary International Convention. Please consider showing up to support her.

Next week, our program will be . . .



Eric Van Ness, OPRF Rotary President Elect will present, explain, and answer questions about the proposed 2021-2022 annual budget for the Rotary Club of Oak Park - River Forest.

Dr. Samuel Kormoi, co-founder of The Pan-African Rural Health and Social Services [PRHeSS] and Homewood Rotarian, will share reports of his most recent trip to Sierra Leone including an update on the COVID-19 Rotary Foundation Global Grant to which our OPRF Rotary club contributed



In last week's RAZZ was the information about Eric's installation. If you missed it, here it is . . .

Celebrate Eric Van Ness's installation as our incoming Club President for 2021-22. Celebrate the wonderful successes of Sue Quinn's Presidential year. Plan to attend this blowout event that will be held at the Forest Park Post 414 American Legion Club located at 500 South Circle Avenue [at the corner of Adams]. Eric is a member of Post 414, and he has put much effort into its recent revitalization. Dress is casual.

There will be an open bar [2 free drinks included with your admission] and individually wrapped selections of Starship Sub sandwiches and sides.

We ask that you register in advance on the website. This event is free to those 2020-21 members who have paid for meals as part of their annual dues. There will be a charge of \$20 to those members who pay for their weekly lunch as well as for guests who join us. While checks will be accepted at the door,

registration deadline is June 23rd. Unused meal punch cards may also be applied.

Scott is the District Chair for next year's RI Convention in Houston [June 4-8, 2022], and he will be blocking a set of 50 rooms. He will block them from Friday through to Thursday - adding one day at each end of the convention. Please let him know within the few days if you are definitely planning to attend so he can set aside rooms for us. Check with Scott if you have any questions.



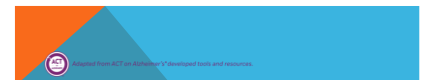
Linda Sahagian gave an update on the Food Truck Rally. We still need BBQ and possibly a pizza truck. Please let Linda know about that "yesterday!" We have sweets, Mexican, pierogi, and possibly Trattoria 225 [although they are

short of help.] If you know of any help, or if you want to offer to help, let Linda know. Her contact information is: linda@sahagianinc.com or by phone at 708-557-7250.

President Sue then turned the meeting over to Patty Eggerding to introduce our speaker for the day, Rotarian Robert Stelletello whose topic is . . .

Program Notes:

Dementia Awareness Training For General Public



Robert began by sharing that he became involved with dementia awareness training because it is required for his business. You need to know how to interact with folks who have cognitive challenges and it is vital to working with them. He shared the historical beginnings of Dementia Friendly which started in England in 2012, and it came to America as Dementia Friendly America in 2015. Starting in River Forest in 2017, he gave some of the history of how River Forest and Oak Park history of became Dementia Friendly communities.

He noted that first you need champion organizations which in this case include OP Township, the OP Public Library, OP-RF Township Senior Services, and Park District of Oak Park. From there you need partnership organizations which we were able to see cover many diverse types of groups.

OUR COALITION – THE ACTION TEAM



The coalition then develops an action plan followed by an implementation plan. He then explained the agenda for the day's program:

CONTENTS

- What is Dementia?
- Types of Dementia
- Facts and Figures
- How to recognize Dementia
- Best ways to communicate with a person with dementia
- Ways to create dementia friendly spaces
- What you can do



What is Dementia? Dementia is an umbrella term to describe various symptoms including impaired thinking, reduced social abilities and loss of memory.

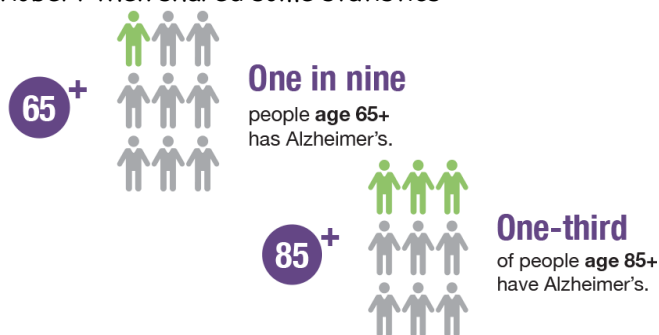
These symptoms are serious enough to interfere with activities of daily life. It's not really Dementia until it starts to impact your daily life.

What are the Different Types of Dementia?

Reversible	Irreversible
Dementia caused by Infection	Lewy Body Disease
Dementia Caused by Medication	Vascular Dementia
Dehydration	Alzheimer's Disease

He noted that the Lewy Body, Vascular and Frontotemporal being less common, and Alzheimer's being the most common.

Robert then shared some statistics:

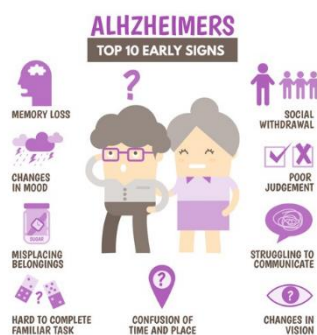


And some projections:

The number of individuals age 65+ with Alzheimer's disease is projected to increase.



How do you recognize Dementia when it "strikes?"



Remember, things like this happen to all of us at some time or other. Just because you lose your keys or can't find a word that's on the tip of your tongue once in a while doesn't mean you have Dementia. If you don't know what

the keys are for, however, might be the beginnings of a different question.

One or two of these symptoms is not an indicator, but when you start to see multiple symptoms, and when it starts to impact your daily life, that's a good indication that Dementia is beginning.

Robert pointed out that Dementia is different from Normal Aging. Some examples might include:

Normal Aging: Making a bad decision once in a while; Sometimes feeling weary of work, family, and social obligations; Becoming irritable when a routine is disrupted

VERSUS

Warning Signs of Alzheimer's Disease: Decreased or poor judgement; Withdrawal from work or social activities; Changes in mood and personality

What do you do if you see signs...

- [1] Schedule an appointment with your doctor.
- [2] With early detection, you can explore treatments that may provide some relief of symptoms and help you

maintain a level of independence longer, as well as increase your chances of participating in clinical drug trials that help advance research.

Robert went on to share some **Important Things to Remember:**

- Dementia is sometimes difficult to recognize. People work to cover their symptoms - embarrassment/stigma
- Raising Awareness and decreasing stigma can increase quality of life for those living with dementia.
 - ...People living with dementia want to continue to:
 - ...Live in their homes without fear of exclusion
 - ...Maintain their social networks
 - ...Remain safe and included in their communities

He talked about knowing **How to Communicate:**

- ✓ Speak clearly and slowly.
- ✓ Treat them with respect and dignity.
- ✓ Smile warmly and make eye contact.
- ✓ Don't argue or take offence to what is said.
- ✓ If needed move to a quiet area that is not too loud or busy.
- ✓ Offer comfort and reassurance.

Robert noted **Different kinds of Dementia-Friendly Spaces:**

Signage and Navigation Tips

- Use simple and easy-to-read signs; black on white/yellow.
- Place signs at eye-level and at key decision points.

Flooring:

- Avoid reflection, slippery surfaces, and uneven flooring.

Seating:

- Provide waiting areas that offer recognizable places to sit such as chairs and benches

Lighting

- Provide plentiful, natural lighting.
- Avoid glare and shadows.

Finally, Robert offered **Resources available to all:**
ACT on Alzheimer's Dementia-Friendly Resources
www.actonalz.org/community-resources

Alzheimer's Association

www.alz.org/facts/

Age Guide, Illinois

<https://www.ageguide.org>

Dementia Friendly America @ Work Training

<https://www.dfamerica.org/resources>

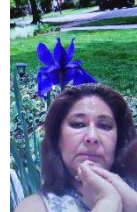
Elder Care Direction

<https://www.eldercaredirection.com/10-warning-signs-of-alzheimers-and-dementia/>

10 signs of Alzheimer's Disease

www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp

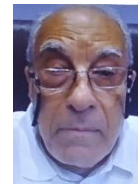
Robert then opened the floor to questions.



Iris asked a question about a new drug that was released just this week - what he knows and how he feels about it.



Dr. Jaime complimented Robert on his presentation, and he also added some additional medical information.



Dr. Nabil also complimented Robert on the presentation saying it was excellent. He just wanted to remind people about the families and caregivers of those living with Dementia. He also warned of the possibility of financial and physical abuse as well as suggesting people be aware of the possible legal ramifications. They become more vulnerable and susceptible to being taken advantage of.

Ade noted that the Memory Café is still virtual, but it will be opening up within the next few weeks. He also noted that the Township does home visits, keeping an eye out for the seniors in Oak Park and River Forest communities.



Dr. Nabil shared that he has 100 doses of Pfizer vaccine available for free for anyone over age 12. Anyone interested, please reach out to him.

Robert led us in The Four-Way Test of the Things we Think, Say, and Do, and sent us on our Way.



Congratulations Jennifer Jones!

An historic breaking of the glass ceiling moment at the Virtual Rotary Convention: For the first time in Rotary's 116-year-long history, a female Rotarian has accepted the nomination to be Rotary International President!

As of June 1, 2021, there have been just 2 cases of Wild Polio Virus Type 1 in the World.

It has been 129 days since the most recent case was confirmed on January 27, 2021.