



'SPARKS' OFF THE ROTARY WHEEL

An Award-Winning Newsletter

**The Rotary Club of Altadena meets Thursdays at noon
at the Altadena Town and Country Club**

Rotary Club of Altadena - #772

Chartered: February 14, 1949, P.O. Box 414, Altadena, CA 91003

RI Pres: Jennifer E. Jones, Dist. 5300 Gov: Roger Gutierrez

**THIS WEEK: ALTADENA ROTARY PCC
VETERANS SCHOLARSHIPS**

Location: Altadena Town and Country Club Speaker Chair: Craig Cox

The Altadena American Legion Post when it disbanded created through Altadena Rotary Charities an endowment to provide scholarships to Pasadena City College students who were veterans to help them on their educational journey. Working with the Veterans Resource Center (VRC) this year we will be providing three \$1500 scholarships.

This week meet you will be able to meet two of the three scholarship recipients along with the Director of the VRC, Carol Calandra and Lisa Foster a PCC US Navy Veteran who is a Veteran Center Specialist and part of the Rotary Scholarship Selection Committee.

Our three recipients are:

Marcel Candelario Rivera (attending) who enlisted in The United States Marine Corps in July, 1996. Throughout his enlistment he received a plethora of awards including, (2) Navy and Marine Corps Achievement Medals, (3) Afghanistan Campaign Medals with 1 star and an Iraq Campaign Medal with 4 stars, just to name a few. Marcel is currently attending Pasadena City College and continues to excel by demonstrating a 3.7 Grade Point Average.

Royce Jamerson (attending) who served for 14 years in The United States Army. Throughout his enlistment he was awarded numerous awards including the Iraq Campaign Medal with 4 stars, (2) Army Commendation Medals, (2) Army Achievement Medals to name a few. Royce is currently attending Pasadena City College and continues to excel by demonstrating a 3.4 Grade Point Average. Royce is



D. Vance Graphics

APRIL 27, 2023

April is: Maternal and Child Health

Officers

President: Doug Colliflower
626-524-4158

Vice President: Mark Mariscal
President Elect: Dr. Dawn Digrius Smith

Treasurer: Mike Noll

Bus: 626-657-2287

Secretary: James Gorton

Bus: 626-793-6215

Directors

Craig Cox

Maria Perez-Arton

Mark Mariscal

Sarah O'Brien

Maricela Viramontes

Doug Colliflower

Dawn Digrius Smith

Chairs

Club Admin: Dawn Digrius Smith

Membership: Maria Perez-Arton

Foundation: Steve Kerekes

Projects: Mike Zoeller

Subcommittees

Community Service: Craig Cox

Vocational Service: Steve Kerekes

Youth Contests, Scholarships, Awards: Mike Zoeller

Youth Activities: Tony Hill

International Service: Sarah O'Brien

pursuing a degree in computer science and plans to pursue a career in the technology industry.

John Duguid (unable to attend) who enlisted in The United States Marine Corps in 2016 and served for 5 years as an Infantry Rifleman and Marksmanship Trainer. Throughout his enlistment he was awarded (2) Navy and Marine Corps Achievement Medals and did 3 deployments overseas. John is currently attending Pasadena City College while pursuing a degree in Business and has a 3.5 Grade Point Average.

Invite a guest - this is always a wonderful program!

LAST WEEK: Hope and Hospice Care By Kathleen Vallee Stein

Program Chair: Craig Cox Review: Steve Kerekas



This past week our speaker was Kathleen Vallee Stein. When Kathleen’s father was terminally ill, she experienced the difficulty of confronting all the problems which regularly occur when helping a loved one decide to terminate medical curative care and transition to end-of-life care. She wrote a book about her experiences surrounding the decision she made with her father to stop his curative care and begin hospice care. Her book, “Loving, Choices,

Peaceful Passing: Why My Family Chose Hospice” was awarded the Independent Press NYC Big Book Award in 2021. She has spoken about her experiences at various events, including podcast interviews and groups like ours.

The decision to end curative care and begin hospice care involves an assessment of what are the realistic chances of being cured weighed against the loss of quality of life. Kathleen discussed how to help the person with a serious and possibly fatal illness to obtain “realistic hope” and not just hope for the best. Patients with realistic hope realize the severity of their illness, understand that the medical treatment they are receiving may not work, and know that their time here with their loved ones is limited. She discussed the things that can be done to determine and establish what realistic hope means in a particular situation and help the ill person do the same. Primary among these things are to listen carefully to the doctors say about what can be realistically expected and to listen to the loved one about what is important to him or her. Also important is to have an honest discussion with the family member about the treatment’s success rate, the side effects (loss of quality of life) that come with it, then make an assessment whether or not it is time to leave medical curative treatment and seek hospice treatment.



<https://www.ecsforseniors.org/montecedro/>

Altadena Grocery Outlet is Proud to Host

The Semi-Annual Pancake Breakfast

Benefits Altadena Mountain Rescue Team,
Altadena Heritage, and Altadena Historical Society

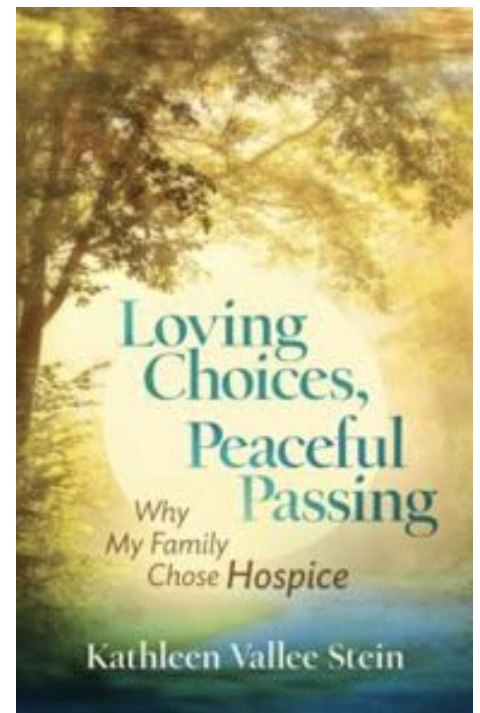


Saturday, April 29, 2023 • 8 a.m. — 10:30 a.m.

Here or To-Go Tickets \$5.00

Tickets available at Sheriff Station, El Patron Restaurant, Grocery Outlet or altadenarotary.org
Sheriff Station (626) 798-1131

Proceeds benefit AMRT, Heritage and Historical Society | Sponsored By - Rotary Club of Altadena



Stein presents a lens-shifting view of role reversal. She gave the dignity we all deserve in the last days of our lives.

<https://www.valleeview.com/>

Kathleen talked about her own experiences with her father and family members when their own analysis of her father's situation. She discussed how she was afraid that her father would reject a discussion about his own mortality, since most of us do not want to think about it. Instead she found he was open to it, was able to come to grips with the grim prospect confronting him and was forthright about what he wanted for the limited time he had left. Kathleen discussed what a relief it was to have this discussion with him and be able to reach an end of life plan with him, which included taking him out of the hospital and bringing him home where he was most comfortable, surrounded by his loved ones and could enjoy his favorite food and drink.

She also spoke to us about the freedom to plan that occurs once the loved one has made the decision to end curative care. For one, there is the freedom to complete the items on the person's "bucket list." He or she can also review their life and share family stories, which help the person to find spiritual meaning to his/her life and to make peace with the prospect of dying.

All in all, it was a frank discussion of a topic that confronts all of us at one time or another, but is not often brought out into the open. Kathleen gave us an opportunity to think about this topic and help us prepare for the next time we have to confront it, whether for a loved one, or for ourself. If you would like to know more about this topic or her book, you can go online to valleevew.com.



Bob Vallee
© www.valleevew.com

Rotary Sponsored Events

Submitted by Craig Cox
Additional details at DacDB

4/29 Pancake Breakfast Event
5/4 - Mini Grant presentations to teachers (at regular Club Meeting)
6/24 Habitat for Humanity Build
5/27 Set Up Flags on Lake Ave

President's Piece Cont'd:

In addition to our work on polio, Rotary supports vaccination efforts for a wide range of other diseases, including measles, rubella, and pneumonia. We work with governments, health organizations, and local communities to ensure that vaccines are available and accessible to all children, regardless of their location or socioeconomic status. This World Immunization Week, we urge everyone to join us in our efforts to protect children from preventable diseases. By working together, we can ensure that every child receives the vaccines they need to stay healthy and thrive. Whether through financial support, advocacy, or volunteering, every contribution can make a difference in the lives of children around the world. Rotary believes in a world where every child has the opportunity to live a healthy, fulfilling life. With your support, we can make this vision a reality. Let us work together to ensure that every child, everywhere, has access to lifesaving vaccines.

Yours in Rotary, see you Thursday!



President's Piece

By President Doug Colliflower

ROTARY SUPPORTS WORLD IMMUNIZATION WEEK

Rotary International is proud to support World Immunization Week, which takes place from

April 24-30. This annual event is an opportunity for governments, organizations, and individuals around the world to raise awareness of the importance of vaccination efforts to protect children from preventable diseases.

Despite significant progress in recent years, there are still millions of children around the world who are not fully immunized against polio and other preventable diseases. In fact, there are currently over 19 million children who have not received any vaccines, known as zero-dose children. These children are at a higher risk of contracting and spreading diseases, which can have devastating consequences for their health and well-being.

Rotary has been a leader in the fight against polio for over three decades, and our efforts have helped to reduce the number of cases by 99.9% since 1988. However, we know that the job is not yet done. There are still children in Afghanistan and Pakistan who are affected by the disease, and we must continue our efforts to reach every child with the lifesaving vaccine.