



THE ROTATOR

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ROTARY CLUB OF SAN DIEGO

Aging in Place



David Oates
Editor

I must admit that I was a bit nervous in penning this week's article with the absence of **President Chuck Pretto** who was in Las Vegas tending to his father. I mean, he's good for at least a couple of jokes for each

edition, so what's an editor to do?

But with President-Elect **Michelle Candland** in Sydney, Australia for the annual Rotary Convention, our President-Nominee (yes, third in line to the throne) **Peter Duncan**, took to the stand to preside over the program. I thought "Ah, Rookie!!!" and anxiously awaited with pen and notepaper in hand to capture an outtake or two. He really was disappointing though; no visible flubs, stammers or miscues. He even made sure to kick things off by thanking all of the San Diego County first responders for their amazing work in dealing with the nine wildfires plaguing the north part of our region and urging us all to help our neighbors who have been affected. He was practically flawless. #@!\$%!!!

The Inspirational Moment by **Major Lee Lescano** of the Salvation Army was also impressive as he reminded us all to honor our parents. After leading us in the Pledge of Allegiance, **Steve Hubbard** belted out *You're a Grand Old Flag* accompanied by the ever-present **Suzy Spafford** on keyboard. **Bert Wahlen** then brought us the news thanks to **Buddy Thomas** and his firm, Superior Planning, and regaled us the little known fact that the male athletic support cup was invented nearly 20 years before the first helmet. As a guy, this makes perfect sense to me. I didn't get the joke.

Peter came back to the podium to continue his near flawless portrayal of Al Haig's "I am in control here" performance. In doing so, he reminded us all about the

need to sign up for committees for the 2014-2015 year. Even if you plan on continuing with your current commitments, you need to let the office know by completing the survey that was emailed to you. Thanks so much for your service! **Guy Maddox** then powered through some wireless microphone technical issues to remind us all about the Grotarian San Diego Downtown Library tour coming up on Tuesday, May 27. Only 23 slots remain as I write so sign up on our website. **Larry Hoeksema** followed by welcoming our visiting seniors from St. Paul's Manor. It's always a treat to have them with us and hear their stories!

Nancy Laturno-Bojanic took a fine to tell us about a great Mainly Mozart event that took place last Saturday and featured an interactive performance by former Grateful Dead drummer Mickey Hart. Audience members were offered the chance to bang on one of 400 drums to show how music and rhythm affects the brain. **Mel Katz** then stood up to account for the fact that he is being awarded LEAD San Diego's Inspirational Leadership Award for Regional Collaboration, named after our own dearly departed Ronald Kendrick. He shares the award with two others as part of his amazing development efforts that brought our wonderful new Downtown Library into existence. Peter, now feeling the power of the podium, levied a \$1,000 fine on Mel who cleverly passed along half of that obligation to his business partner and LEAD San Diego Chairperson **Phil Blair**. Well played, Mel, and thanks for all you do for our community!!

Next up was **Jo Dee Jacob** who asked us all to help in a very important project for an upcoming June event. I would explain the details here, but there were certain particulars that can't be mentioned in this forum for fear of being read by certain folks who weren't able to attend last week's program.

NEXT MEETING

May 22

Cartoonists and Troops – A Love Story

A love affair has existed between active duty troops and cartoonists since World War II, and continues to this day. Jeff Bacon, a retired Navy Captain and author of the Navy cartoon panel Broadside, will entertain the San Diego Rotary with cartoons, stories and the inspirational result of seventy years of cartooning in support of our troops.



Chair of the Day
David Oates

SAVE THE DATE
THURSDAY, JUNE 26
for
President Chuck's Roast
at Liberty Station
Conference Center

QUICK BITS

The 2014-2015 Committee Sign Up form has been emailed to all members on May 14th. Be sure to look for it in your inbox and return it immediately. If you have any questions about a committee, please contact the Rotary office or the committee Chair.

Thank you to all who participated in the Spring Tennis Tournament on May 14th. The winner will be announced and awarded the trophy in an upcoming meeting.

Please contact the Rotary office if you will be participating in the May 27th Library Tour but will NOT be attending both the library and high school tours. Deadline to sign up is May 23rd.

BIRTHDAYS

Ray Uzeta	May 20
Michael Holland	20
Bill Kolender	23
Ann Bethel, Ph.D.	23
Arnulfo Manriquez	24
Brian Harvey	24
Ed Chaplin, M.D	24
Vivian Reznik, M.D.	24
Rick Huenefeld II	25

Aging in Place

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If you want to know more (and you should), contact Jo Dee directly.

Peter then brought our Chair of the Day, **Cheryl Wilson**, to the podium who graciously introduced our guest speaker, Richard Della Penna, MD, the Chief Medical Officer of San Diego-based technology company Independa. He discussed the growing issue in supporting seniors who desire to live as independently as they can while also supporting the dwindling population of caregivers who look after them. The numbers he conveyed were staggering. More than 250,000 people turn 65 years old each month and will comprise 20 percent of the U.S. population by 2026. In San Diego alone, there are 380,000 individuals over the age of 60 with the fastest growing segment of the region's population being people 85 years and older. More troubling is the projected number of caregivers for these individuals, estimated to be cut in half by 2050.

Dr. Della Penna outlined three strategies currently underway to solve this issue of caring for individuals who want to "age in place." He discussed the growing number of non-profit "villages" that are setting up support systems staffed by volunteers to answer the need of their senior citizen neighbors. Two such organizations already exist in the Tierasanta and Scripps Ranch neighborhoods of San Diego. Technology, Dr. Della Penna said, would also play a role. Here he described platforms like the one his company is building that leverages existing systems within the home, such as television, phone lines and other such devices, to help seniors remember key events, such as when to take their medicine or when folks are scheduled to pay a visit. The technology will also help caregivers and loved ones know when a problem is occurring in the home before it becomes a bigger issue so they can assist in a timely manner. Bottom line, is a need to respond to this aging population in a way that allows them to enjoy a good quality of life where they want, when they want.

I trust you all will remain safe during this incredible fire season! I'll see you next week in service!

CALENDAR

ALL MEETINGS ARE HELD AT LIBERTY STATION CONFERENCE CENTER UNLESS OTHERWISE NOTED

May

22 **Jeff Bacon, Cartoonist, Navy & Marine Corps Times**

29 **Iris Engstrand, Balboa Park History**

June

5 **Jim Ryun - 50th anniversary of his record-breaking sub 4 minute mile**

12 **Lawrence Bock—STEM**

19 **Police Chief Shelley Zimmerman**

26 **President Chuck's Roast**

GROTARIAN EVENTS

May 27 - San Diego Library & e3 Civic High School Tour - 4:30-6:30 pm. Register at www.rotary33.org

June 22 - San Diego Polo Club Register at www.rotary33.org

July 15 - America's Cup "Yacht America" Sailing

Meetings: Every Thursday at Noon, Liberty Station Conference Center, 2600 Laning Road, San Diego, 92106

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FACES IN THE CROWD



Chair of the Day Cheryl Wilson with our speaker, Dr. Richard Della Penna.



Peter Duncan did an admirable job filling in for President Chuck. Clearly he was thinking this gig was a piece of cake!



We will have to wait until President Chuck's roast on June 26 to learn the meaning behind the items that Major Lee Lescano and Bert Wahlen are holding.



Short sleeves and casual attire was the order of the day.



Nancy Laturno-Bojanic was fined for promoting a Mainly Mozart event featuring the drummer from the Grateful Dead.



Mel Katz was fined \$1,000 for receiving an award from LEAD, and he subsequently generously "shared" his fine with the Chairman of LEAD, Phil Blair.