



If you missed our June 1st program, *Dr. Yourman: SD County Chief Geriatric Officer*, you may click on the picture below to view a video of it.

SUMMARY - Age-Friendly Health Systems

The 4Ms of an Age-Friendly Health System are an essential set of **evidence-based practices** that include:

- What **Matters Most**
- **Medications**
- **Mobility**
- **Mentation (Mind)**



The goal of an Age-Friendly Health System is to assess and act on all of the 4Ms reliably for every older adult at every encounter and ensure care is geared towards what Matters most to each older adult

How did you like this week's program? Take the survey by clicking [HERE](#).

A special *thank you* to this week's Rotary News sponsors, Mark Burgess and Ed Chaplin.

Next Meeting: June 8th

Dan Walters: CalMatters.org Columnist and Author



Cannot attend in person? Here is the weekly recurring [ZOOM LINK](#) to tune in virtually at 12:30pm. You may also phone in to listen to the meeting: Phone: 1-669-900-6833

CLUB SURVEY/COMMITTEE SIGNUPS

Dear San Diego Rotary Members,

It is time for the annual survey of our members. As we value your opinion, we would greatly appreciate it if you would take a few minutes to complete the survey. Please follow the link and complete the survey in its entirety by Thursday, June 8th. All replies are completely anonymous, and we have included space for any additional comments.

[CLICK HERE TO TAKE THE ANNUAL CLUB SURVEY](#)

[CLICK HERE TO SIGN-UP FOR COMMITTEE SIGN-UPS \(June 15 deadline\)](#)

PRESIDENT JUDY'S INITIATIVE

“What I Wish My Parents and Grandparents Knew.”

During this workshop, mental health therapists will share info and tips about the needs of high school students today, including data from their school-wide mental health surveys, and feedback from their student advisors in 20 local high schools. They will focus on areas of life students have shared they need support with, areas such as: stress and anxiety management, motivation and energy, as well as adjusting to change, and, they will field our questions on how to support the youth in our lives.

This workshop is June 15th from 1:45 p.m.—3:30 p.m.

Liberty Station Classroom directly after our meeting.

*Please notify [Becky](#) or [Jordan](#) if you'd like to attend.

President Judy would like to invite you to donate to Mending Matters as well, and she has further pledged to match dollar-for-dollar (no matter the amount) any and all of our club's donations earmarked to Mending Matters

To make a [gift online](#), please visit our website and use the yellow donate button. If possible, please notify [Jordan](#) at the office if you choose this donation method.

June 5-11 BIRTHDAYS

June 5: Julia Brown, Doug Arbon

June 6: Chuck Nickel

June 7: Tracy Sundlun

June 9: Tom Fetter, Edgar Takeda, Katie Sawyer

June 10: Martha Gilmer, Shawn Dixon

UPCOMING PROGRAMS

June 15th

Geoffrey Wahl, PhD: Tackling Cancer's Complexities with
"Basic" Research



June 22nd

President Judy's Roast



June 29th

We are dark this week!

To Read this month's



[CLICK HERE](#)

FACES IN THE CROWD

Photos courtesy of Paul Nestor



(Lt.) Deborah Szekely, Simona Valanciute, guest Speaker Dr. Yourman, Susan Davis and Constance Carroll. (Rt.) John Hawkins and Mike Morton.



(Lt.) President Judy has some assistance ringing the bell.
(Rt.) Tracy Sundlun and Roger Haines welcome an incoming District Governor of Colorado Rotary and her husband.



(Lt.) Guest Speaker Dr. Yourman answers all of our questions with enthusiasm.
(Rt.) President Judy with Dr. Yourman, Chair of the Day Simona Valanciute and Inspirational Moment speaker, Marinda Peugh.

DR. YOURMAN'S RESOURCES

Please click on the links below for more information about Dr. Yourman's resources.

[Guide to the 4Ms](#)

[Prepare: Advance Directive](#)

[Medications Worksheet](#)

[10 Meds Older Adults Should Avoid](#)

[Stay Independent: Fall Prevention](#)

If you'd like to get in touch with Dr. Yourman, please email the following address:

MCS@sdcounty.ca.gov



PLEASE HELP CELEBRATE WAYNE GOODERMOTE

Please join us from 2:00-4:00 this Thursday, June 8th on the side patio at Oggi's. David Oates and Bob Russell have reserved this space for folks who want to come by to celebrate Wayne Goodermote and share stories.