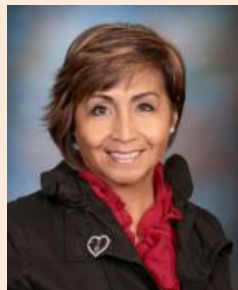


[DONATE](#)



District 5300



President

Rebecca Collett

President Elect

Jeanne Radde

Secretary/Treasurer

Lori Clarke

Immediate Past President

Bruce MacKenzie

Directors

Amber Fuhrman

Eric Colvin

Jordana Lane

Tom Martin

Joe Wittenwiler

Advisor

Executive Secretary

Melissa Brooks

Committee Chairs

Community Service-Paul Gustilo

Int'l Service-Scott Baranoff

Vocational Service-Fred Fukumoto

Foundation-Troy Lochhead

Club Service-Tom Martin

Membership-Jordana Lane

Public Relations/Calendar/

Newsletter-Keith Thomas

Programs-Eric Colvin

Interact Club-Paul Gustilo

Monday, Noon

Lawry's Prime Rib Restaurant

4043 Howard Hughes Parkway

(Paradise and Flamingo)

Las Vegas, NV

501c(3) Tax ID# 81-1650174

501c(4) Tax ID# 88-6008778

PO Box 752612

Las Vegas, NV 89136

melissabrooks1@outlook.com

Club Phone-702-870-4655

Check us out on our website
www.lvswr.org and on Facebook at
/lasvegassouthwestrotary

#VegasStrong

Las Vegas Southwest Rotary Newsletter

7/21/25

Conducting:

Rotary Thought/Pledge:

Photos:

Mic duty:

Newsletter:

Pres. Rebecca (who has introduced a new "[loop](#)" to play during the opening portion of the meeting.

Fred Fukumoto

Tom Martin - see attached or click [here](#) for today's pictures.

Karl Maisner

Keith Thomas (the newsletter is posted each week on our [website](#) and on our [Facebook page](#).)

VISITING ROTARIANS

Genevieve Evangelista joined us today from the Rotary Club of Manila Gem in [District 3810](#) in the Philippines. She joined Rotary in 2008 and has been club president twice, served as an assistant governor, and participated in Rotary Leadership Institute. She said there are 10 Rotary districts in the Philippines (which has 10,700 islands). She mentioned that the boxer Manny Pacquiao is currently serving as a Senator of the Philippines in the 17th Congress and is an active Rotarian and was [president of the Rotary Club of Manila 101](#) in 2012.



SERVICE ABOVE SELF

THE OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

First The development of acquaintance as an opportunity for service;

Second High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

Third The application of the ideal of service in each Rotarian's personal, business, and community life;

Fourth The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

THE FOUR-WAY TEST

Of the things we think, say, or do:

1. Is it the **truth**?
2. Is it **fair** to all concerned?
3. Will it build **goodwill** and **better friendships**?
4. Will it be **beneficial** to all concerned?

ROTARIAN CODE OF CONDUCT

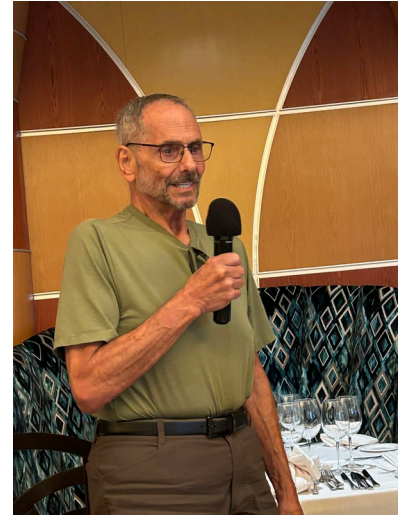
The following code of conduct has been adopted for the use of Rotarians:

As a Rotarian, I will

1. Act with integrity and high ethical standards in my personal and professional life
2. Deal fairly with others and treat them and their occupations with respect
3. Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
4. Avoid behavior that reflects adversely on Rotary or other Rotarians
5. Help maintain a harassment-free environment in Rotary meetings, events, and activities, report any suspected harassment, and help ensure non-retaliation to those individuals that report harassment.

GUESTS

Michael Krokower attended today as a guest for the last time. He has been approved for membership and having paid all the requisite dues is officially a Southwest Rotarian. He was previously a [Rotarian in Pacific Grove, California](#) for over thirty years where he said he held every position except president. He moved here 5 years ago and is in the drapery business and works occasionally with his son who has a moving company. Welcome, **Michael**. We are delighted to welcome you into our Club.



ANNOUNCEMENTS

Bruce MacKenzie announced that our next "Feed the Homeless" is next week on Wednesday, July 30th at 3:45p.m. at [Amazing Grace Ministries](#) at [Christ Church Episcopal](#) on Maryland Parkway. For the history of our involvement with FTH at AGM at CCE on MP, click [here](#).

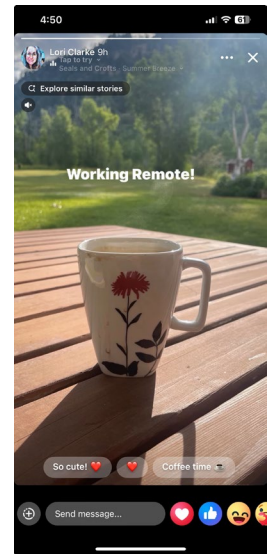
Greg Mottau said that he has arranged a group outing to the Vegas Knight Hawks game with the Tucson Sugar Skulls in their final home game of the 2025 season, Saturday, July 26th, at Lee's Family Forum. Doors open at 5:00 PM and the game starts at 6:00 PM. We can get a special recognition if we have at least 10 people in attendance. Contact **Greg** for more information. See the flyer attached.

Fred Fukumoto announced that the board has approved increasing our annual John and Lou Yoxen scholarship from \$1,200 per semester to \$1,500 per semester (\$12,000 for all four years). He also announced that we have received another significant pledge to our scholarship program. Former Club President **Adrienne Cox** has pledged \$12,000 annually for the next five years to fund an additional scholarship to our existing scholarship program. Procedurally, one scholarship applicant would be awarded the John & Lou Yoxen 4-year scholarship; one scholarship applicant would be awarded the Adrienne Cox 4-year scholarship over the next 5 Rotary years; and two scholarship applicants would be awarded the Barry Smith 1-year scholarships. Wow, thanks so much, **Adrienne!!**

Keith Thomas announced that today the board approved a \$1,000 donation to the Somerset Academy reading program for its special needs students. The program is

designed to provide personal hard cover books to the children so they can take them home and read instead of spending all their time on their electronic devices. We participated in the same program last February and this year they wanted to do it at the beginning of the school year. Click [here](#) to see pictures from last February.

Lori Clarke was missing today but with good reason. She is in Wyoming taking care of her dad, **Gib Oswald**, former Southwest Rotarian and President 1975-1976. **Gib** hasn't been feeling well and we wish him best wishes and hope for a smooth recovery.



We are still working on our clock project to recognize our Club's 60th anniversary. Click [here](#) for a fundraising letter with more information. Because it looks like the Smith Center may not have a suitable location, we are looking at Downtown Summerlin, T-Mobile Arena, the new Las Vegas City Hall Plaza, and other locations.

RECOGNITIONS

Keith Thomas was recognized for his forgetfulness (apropos of our speaker's subject today) last week and having to rely on the ancient club laptop which moves with glacial speed. **Pres. Rebecca** then said, "Let's see if we can learn something about **Keith**." He was then asked "What is the biggest lie you have ever told?" After hemming and hawing, he said, "I guess it is when I say I am retired." **Keith** claims that he is busier now that he was when he was working. (Of course, that could be his impending dementia speaking.)

A certain **unnamed Rotarian** sustained an "owie" upon arriving at the board meeting. He will remain unnamed although there is a clue in the picture gallery for today. I'm sure **Pres. Rebecca** will grant him a huge credit for staying throughout both meetings before heading to the ER to get patched up with 5 stitches!



Amber Fuhriman was singled out by our photographer because of her unusual attire today. **Amber** said that she had to be a bit more formal since she had to be in court today representing a client. And we were beginning to think that she didn't have any skirts in her wardrobe!



JOKE OF THE DAY

Tom Martin – Two newborns are placed side by side in the hospital nursery. One asks the other, “Are you a boy baby or a girl baby?” The second baby says, “I don’t know, what are you?” “I’m a boy baby.” “How do you know.” “I’ll show you The first baby throws off his blanket and says, “See, blue booties.”

DRAWING

Fred Fukumoto was our winner today. (Again! He was our winner next week.)

BLAST FROM THE PAST

Since **Pres. Rebecca** has a new “loop” playing at the beginning of the meeting, today’s BFTP hearkens back about 6 years to a [“loop”](#) shown at the beginning of that meeting.

GIFTS FOR THE PRESIDENT (Pres. Rebecca's recommended gift is jewelry.)

Jeanne Radde just returned from the Midwest spending time with her mom and other family members and brought back a lovely pair of earrings.



UPCOMING SPEAKERS AND EVENTS

2024-2025 CALENDAR and 2025-2026 draft calendar - ATTACHED BELOW.

PROGRAM

Joyce Calimag and **Casey Venturini** were our speakers today. **Joyce** is one of our scholarship recipients and she is currently attending UNR and studying social work and gerontology. She is associated with a program called "Dementia Friendly" and she was joined today by her mentor, **Casey**.

Joyce, a volunteer with the Dementia-Friendly Nevada initiative through the Deer Program at UNR, presented an overview of the dementia friends information session. **Casey Venturini**, assistant director of the Deer Program, provided background on the initiative and emphasized the importance of understanding dementia beyond negative stereotypes. The presentation highlighted the concept of dementia friends, which aims to shift perspectives on dementia by acknowledging both the challenges and potential gifts that can come with living with the condition.

Casey discussed the dementia friend's initiative, explaining its global movement to educate communities about supporting people living with dementia through positive actions and inclusion. He highlighted that Nevada has 3,700 dementia friends and 140 champions, but aims to reach more people given the state's high dementia population of 65,000. **Casey** emphasized the importance of community inclusion and provided contact information for those interested in participating or facilitating sessions.

Casey announced that the State of Nevada has discontinued funding for the Dementia Friends program, leaving the initiative without financial support.

Joyce presented an overview of the program and shared details about upcoming information sessions. She explained that these sessions cover topics such as understanding dementia, communication strategies, and risk reduction, and she encouraged participants to engage with the program by becoming Dementia Friends. **Joyce** also highlighted the need for creative suggestions and partnerships to continue the program's growth and led a discussion on dementia, covering its definition, causes, risk factors, and misconceptions. She emphasized that dementia is not a normal part of aging and highlighted the importance of early detection and treatment. **Joyce** also discussed how people living with dementia can lead fulfilling lives with the right support and how becoming a dementia friend can help reduce isolation and promote inclusivity in the community.



They said that the Dementia Friends information sessions are free and volunteer-based, with costs only incurred for paid program implementation in specific cases. **Casey** clarified that while dementia is progressive and currently incurable, managing risk factors and creating supportive environments can help slow symptom progression, and it's important to get proper medical diagnosis to rule out treatable conditions that mimic dementia.

A copy of their “Information session” workbook is attached. It includes lots of information about dementia and dealing with dementia. Also included is a list of Dementia Support Resources in Clark County.

Also attached is a copy of an article in the Las Vegas Sun on May 22, 2023, all about **Joyce**. We are proud to support her as one of our **John and Lou Yoxen Scholarship** recipients.

Thanks so much, **Joyce** and **Casey**, for your timely and informative information.

You can contact them for more information at:

Joyce Calimag - 10joyce.jc@gmail.com

Casey Venturini - casey.v@unr.edu

CONCLUSION

We concluded with the 4-Way Test conducted by **Pres. Rebecca**.



Fan Appreciation Knight!



July 26th

VS Tucson // 6pm



👉 **Get your tickets today and be a part of an Unforgettable Knight!**

🌭 **PLUS – Everyone in attendance gets a FREE hotdog at the gate!**

🎫 **2nd Row Tickets Start at \$81 per ticket!**

📍 **Lee's Family Forum, 200 S Green Valley Pkwy, Henderson, NV**

🕒 **Meet at Craggy Range at 4:30 PM**

FOR PARKING INFORMATION PLEASE VISIT LEESFAMILYFORUM.COM/PARKING

FOR MORE INFORMATION, PLEASE CONTACT: Derek Rivers // 702.525.9208 // drivers@HendersonSilverKnights.com











**Genevieve Evangelista,
MBA**

Independent Agent

6363 Richmond Ave
Suite 350
Houston TX 77057

P: 8328734981

gen@genevieveevangelista.com







RAY BREWER

FROM THE
PRESSBOX

Cristo Rey multisport athlete's impact on community earns Standout recognition



Joyce Calimag, a senior who is a finalist for Citizen of the Year at the Sun Standout Awards, poses for a photo at Cristo Rey St. Viator College Preparatory High School in North Las Vegas Wednesday, May 17, 2023. Photo by: [Wade Vandervort](#)

By [Ray Brewer](#) ([contact](#))

Monday, May 22, 2023 | 2 a.m.



[VIEW GALLERY](#)

Sun Standout Citizen of the Year Award Finalist Joyce Calimag

Joyce Calimag spends many mornings volunteering with Just One Project's food and necessity distribution event on her high school campus in North Las Vegas.

Calimag, a senior and part of the first graduating class at Cristo Rey St. Viator College Preparatory High School, has also donated her time each week serving at Catholic Charities of Southern Nevada, Shade Tree and Three Square.

Her logic to volunteering is simple: She's paying it forward.

"I'm giving back because they gave to me," Calimag said. "Growing up, we were impoverished and needed resources from community groups. I want to help people facing the same struggles that I did."

Calimag, who competed in volleyball, basketball and track for Cristo Rey, is a finalist in the category of Citizen of the Year at tonight's Sun Standout Awards. The Sun's annual prep sports show honors the best games, moments, teams and players of the past year of high school sports.

Calimag's motivation to play sports wasn't to participate in activities she was passionate about. And she had no aspirations to earn a college scholarship for athletics or to play professionally.

Rather, she went out for teams in junior high at St. Christopher Catholic School because it kept her on campus after class.

"I didn't want to go home," she said. "The only place I felt safe was at school."

Related Coverage

- [Unexpected journey led to lifetime of coaching, caring for troubled teenagers](#)
- [Gorman QB Alejado a dual-sport threat — and he might be a better bowler](#)

Calimag is extremely shy and only recently started detailing her family's hardship. It takes great courage to admit that life hasn't always been perfect, but Calimag hopes that by telling her story, other children with limited means can be inspired.

That's what being a good citizen is all about.

Calimag said she didn't always have stable housing and briefly needed to find shelter at Shade Tree. There were also plenty of times when she didn't know where her next meal would come from.

Her parents are no longer part of her life, and she resides with extended family. While she needed help, she didn't want anyone's pity and felt it was important to give back.

"She has been through all of this adversity in her life, and survived and persevered," said Chris Zunno, the dean of students at Cristo Rey and the former principal at St. Christopher. "That's what makes this kid special — she never quit on herself."

Calimag started developing confidence in herself at Cristo Rey, a Catholic high school that launched four years ago with a unique arrangement. Students are in the classroom four days a week and spend one day doing work study off campus.

The companies pay the school \$34,000 for every four students who work for them, which is in turn used by the school to offset tuition. Most of the Cristo Rey families have limited economic means.

Calimag was paired to work with the Clark County Commission, where she did a little of everything behind the scenes in Commissioner Tick Segerblom's office. Those Mondays at the commission helped give her confidence because she felt she was making a difference.

Some of the work was clerical, but other times it was sitting in on meetings where meaningful conversations were had. She felt like she was part of the process in making the community a better place.

"Our kids go to these places, and they are really part of the (workforce)," Zunno said. "She saw the commission in action and felt like she was part of that. It gave her a sense of worth and purpose."

Segerblom recalled how the staff gave Calimag a task, and "10 minutes later it is done," he said.

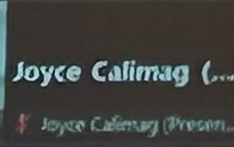
"First off, she's incredibly competent," he said. "She is the sweetest girl in the world. I was shocked to hear she was a shot-putter with her size (5 feet, 2 inches tall). Just a genuinely nice, easygoing and very confident kid."

Calimag is just getting started on what she intends to be a life of service. She'll attend UNR on scholarship in the fall to pursue a degree in social work, looking to continue advocating for the less fortunate.

And she won't be afraid to tell her story. If she can overcome adversity, so can others — especially with her help.

"I didn't have to accept my situation," she said. "That was my motivation, to prove people wrong."

Other finalists for the Citizen of the Year honor include: Leslie Maldonado Carrasco, a senior from Chaparral High School whose volunteer work includes planting trees with the nonprofit Green Up, leading a beautification project to enhance the school campus, and volunteering with Opportunity Village; and Adrian Rodriguez from Canyon Springs High School, who spent the early mornings feeding homeless veterans near downtown Las Vegas. He is part of the school's JROTC and will be enlisting with the National Guard.



*Thank
you!*



DEER

The Dementia Engagement,
Education and Research Program
School of Public Health

Contact Us



(775) 682-9444



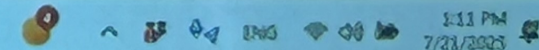
www.DEERprogram.org

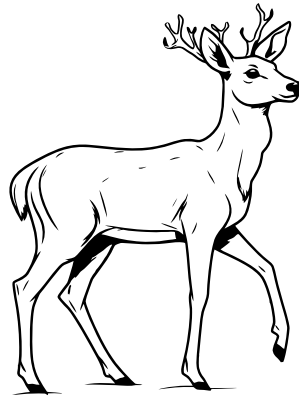


DEERprogram@unr.edu



1664 N. Virginia St. Mailstop 0274
Reno, NV 89557-0274





DEER

The Dementia Engagement, Education, and Research Program
School of Public Health

Dementia Support Resources Clark Region

Local, State, and National
Brain Health and Dementia Resources

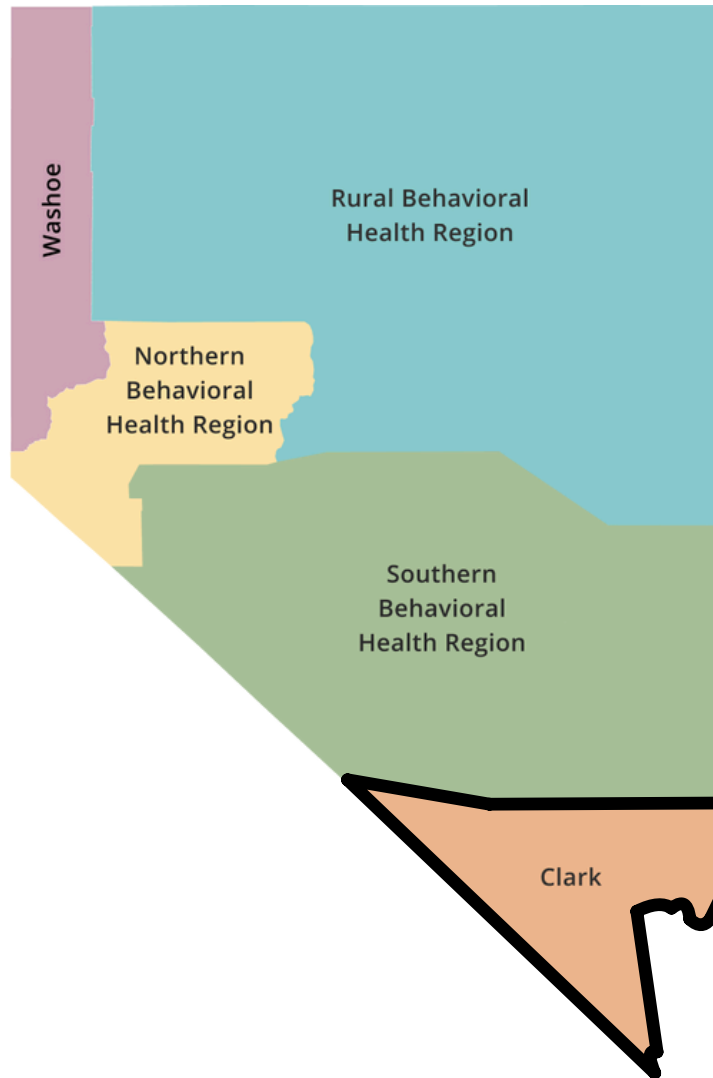
Dementia Engagement, Education, and Research (DEER) Program

[DEERprogram.org](https://deerprogram.org)

DEERprogram@unr.edu

(775) 682-9444

Nevada Health Regions



The resources listed in this guide are **freely** available dementia-specific programs and services intended to provide helpful information. This guide is not exhaustive, and additional resources may be available beyond those listed. If you know of a resource that should be added, please contact the Dementia Engagement, Education, and Research (DEER) Program at (775) 682-9444 or DEERprogram@unr.edu

Local Resources:

Aging and Disability Services Division, in the State of Nevada Department of Health and Human Services, represents Nevada's elders and children and adults with disabilities or special health care needs. <http://adsd.nv.gov/>

7150 Pollock Drive
Las Vegas, NV 89119
Telephone: (702) 486-3545

Alzheimer's Association Desert Southwest and Southern Nevada Chapter provides a range of services for care partners and people living with dementia. Programs include support groups, education classes, respite funding, and individual family care consultations. Services also available in Spanish. www.alz.org/dsw/

7220 S. Cimarron Rd. #210
Las Vegas, 89113
Telephone: (702) 248-2770

Clark County Senior Centers provide a variety of services for older adults, including opportunities for socialization, education, meals, and more. <https://bit.ly/4gnV7vq>

Email: CCParks@ClarkCountyNV.gov
Telephone: (702) 455-8200

Cleveland Clinic Lou Ruvo Center for Brain Health provides personalized health care, including infusion, imaging services, neurology, neuropsychology, and patient and family caregiver services. The Cleveland Clinic also provides educational and support opportunities related to brain health and dementia. <https://my.clevelandclinic.org/locations/nevada>

888 W. Bonneville Ave.
Las Vegas, NV 89106
Telephone: (702) 483-6000

Dementia Friendly Nevada is a statewide initiative that aims to cultivate and strengthen communities in becoming more respectful, educated, supportive, and inclusive of people living with dementia and their care partners. Community Groups are led by local champions, and offer various resources and programs based on the need of the local community, including engagement opportunities for people living with dementia, supportive resources, education, and more. <http://dementiafriendlynevada.org>.

Dementia Friendly Clark County

Co-facilitators: Kate Ingalsby & Caroline Baumis & Jennifer Ruiz
Email: ingalsk@ccf.org, cbaumis@alz.org, jruiz@nevadaseniorservices.org
Telephone: (702) 219-4938

Helping Hands of Vegas Valley is a nonprofit organization with the mission to provide free, assistive services to senior citizens in Southern Nevada, allowing them to maintain their dignity and independence while improving health and daily living. Services include transportation, respite care, and a pantry program.
<https://dh.hhovv.org/>

3640 N. 5th Street Ste. 130
North Las Vegas, NV 89032
Telephone: (702) 633-7264

Jewish Family Service Association (JFSA) provides a wide range of social services to older adults (60+) via Senior Lifeline (Transportation, Rx/Medical Copay, Homemaking), Senior Companion (senior volunteer companionship), and Nevada Care Connection (Information & Referral, Resource Navigation, Case Management). JFSA also offers counseling services, emergency financial assistance, food pantry, and more to individuals and families. Serving Clark County (services based on funding availability). <https://www.jfsalv.org/>

5851 West Charleston Blvd.
Las Vegas, NV 89146
Email: info@jfsalv.org
Telephone: (702) 732-0304

Nevada Care Connection at JFSA is one of three Aging and Disability Resource Centers in Nevada, and helps connect older adults, people living with disabilities, Deaf and hard-of-hearing individuals, and family caregivers to long-term supportive services through resource navigation and case management. Serving Esmeralda, Lincoln, Nye, and Clark Counties. <https://www.jfsalv.org/nevada-care-connection>

5851 West Charleston Blvd.
Las Vegas, NV 89146
Email: NVCC@jfsalv.org
Telephone: (702) 933-1191

Nevada Health Centers is a nonprofit organization providing healthcare services to rural and frontier communities throughout Nevada. Nevada Health Centers is the largest provider of primary care for the uninsured, underinsured, and geographically isolated people in the state. Family medicine is offered at their locations and includes memory screenings. <https://www.nevadahealthcenters.org/#>

Nevada Senior Services is a nonprofit organization dedicated to improving the physical, spiritual, and emotional health of individuals and families by providing health, education, and social services related to chronic disease, disability, and aging. <https://nevadaseniorservices.org/>

901 North Jones Boulevard
Las Vegas, NV 89108
Telephone: (702) 648-3425

VA Southern Nevada Healthcare System offers a wide range of health, support, and facility services for veterans in southern Nevada, including the North Las Vegas VA Medical Center and community-based outpatient clinics.

6900 North Pecos Road
North Las Vegas, NV 89086
Telephone: (702) 791-9000

Royal Pages is a directory of programs and services geared toward seniors and people living with disabilities in the Clark County area. <https://bit.ly/3DfUx4r>

Statewide Resources:

The **Dementia Engagement, Education, and Research (DEER) Program**, hosted in the University of Nevada, Reno's School of Public Health, aims to build capacity within individuals, organizations, and communities for living well with dementia. The DEER Program offers a variety of in-person and virtual engagement and educational opportunities for people living with dementia and care partners, including discussion groups, a Dementia Self-Management Program, and regularly scheduled educational opportunities. <https://deerprogram.org>

1664 N. Virginia Street, Mail Stop 1274
Reno, NV 89557
Telephone: (775) 682-9444
Email: DEERprogram@unr.edu

Nevada 2-1-1 provides information and referrals to health, human, and social services organizations, including emergency food and housing, emergency shelter locations, and support for seniors and people with disabilities, and more. Nevada 2-1-1 works in partnership with Nevada Care Connection to streamline access to programs and services for older adults, caregivers, and their families. <https://www.nevada211.org/>

Telephone: (866) 535-5654, or call 2-1-1

Sanford Center for Aging is dedicated to enhancing the quality of life and well-being among elders through education, translation research, and community outreach. The Sanford Center for Aging offers wellness programs for seniors, medication therapy management, and more for seniors. https://med.unr.edu/aging_

Wellness Programs include evidence-based workshops to promote health and wellness and prevent disease.

Medication Therapy Management program offers comprehensive medication reviews for Nevadans age 60 and older who are taking five or more medications and/or supplements.

University of Nevada, Reno
Center for Molecular Medicine, Room 150
1664 N. Virginia Street
Reno, NV 89557
Email: sanford@unr.edu
Telephone: (775) 784-4774

National Resources:

Alzheimer's Association Helpline is a 24/7 call-in helpline that serves people with memory loss, caregivers, health care professionals, the general public, diverse populations, and concerned friends and family, and provides referrals to local community programs and services, dementia related education, crisis assistance and emotional support. www.alz.org

Telephone: (800) 272-3900

Alzheimer's Association & AARP Community Resource Finder is a database of dementia and aging-related resources. This free online tool makes it easy to find resources in your area including housing options, care at home, medical services, and community services. alz.org/CRF

Alzheimer's Foundation of America (AFA) is a nonprofit organization that provides support, services, and education to individuals, families, and caregivers affected by Alzheimer's disease and related dementias nationwide. AFA has a 24/7 national helpline, a national memory screening program, and webinars for care partners and professionals. <https://alzfdn.org/>

Telephone: (866) 232-8484
Email: info@alzfdn.org

Alzheimers.gov provides free information about Alzheimer's disease compiled by the U.S. Department of Health & Human Services including treatment options, Medicare coverage, and referrals to local community resources. www.alzheimers.gov

Telephone: (800) 438- 4380

Dementia Action Alliance (DAA) is a non-profit organization that provides hope and help to individuals and families living with dementia and information about how to live proactively with dementia. DAA efforts, which include peer support, online discussion groups, podcasts, resources, and more, are all shaped and informed by people living with dementia. <https://daanow.org>

Family Caregiver Alliance, National Center on Caregiving (FCA) offers information on current social, public policy, and caregiving issues and provides assistance in the development of public and private programs for caregivers, as well as a toll-free call center for family caregivers and professionals nationwide. <https://www.caregiver.org/>

Telephone: (800) 445-8106

Hilarity for Charity is a nonprofit organization that supports families affected by dementia through educational programs, respite grants, support groups, and more. <https://wearehfc.org/>

Lorenzo's House is a nonprofit social organization designed to empower youth and families who are living with younger-onset dementia. Offerings include virtual one-to-one peer care partner support, youth initiatives, and discussion groups for care partners of people living with younger-onset dementia. <https://lorenzoshouse.org>

Email: info@lorenzoshouse.org

National Council of Dementia Minds is a national nonprofit organization founded and governed by people living with dementia, which advocates for inclusion of people living with dementia through dialogue and education. In addition to educational opportunities, National Council of Dementia Minds hosts supportive weekly or biweekly groups for people diagnosed with dementia or mild cognitive impairment. <https://dementiaminds.org>

Telephone: (989) 330-0290



Support for this initiative has been provided by
The Dementia Engagement, Education, and Research (DEER) Program at the University of Nevada, Reno

Information Session Workbook



The Dementia Engagement, Education, and Research Program
School of Public Health

*The Dementia Engagement, Education, and Research (DEER) Program in the School of Public Health
at the University of Nevada, Reno is the Administrator for Dementia Friends Nevada*

Welcome to Dementia Friends!

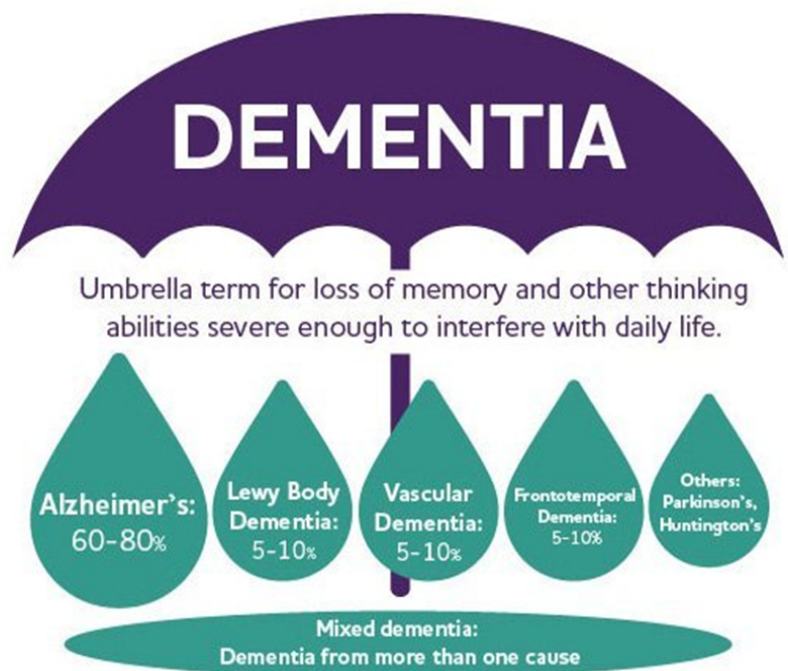
- People living with dementia need to be understood and supported in their communities.
- You can help by becoming a Dementia Friend in your community.
- Visit www.dementiafriendsusa.org to learn more!

Dementia: What You Should Know

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

Alzheimer's disease is the most common type of dementia and accounts for 60 to 80 percent of cases. Other types of dementia include Lewy body, frontotemporal, vascular, and mixed dementias. Mixed dementia means living with more than one type of dementia at the same time.

Certain types of traumatic brain injury may increase the risk of developing Alzheimer's or another type of dementia years after the injury takes place. Other risk factors include high blood pressure, heart disease, diabetes, and hearing loss.



Can We Reduce the Risk of Dementia?

Yes! Although we cannot eliminate the risk of dementia, and we cannot cure or reverse most types of dementia, living a healthy lifestyle may reduce the risk factors associated with certain types of dementia.

Some risk reduction strategies include:

- Avoiding or stopping smoking, alcohol consumption, or the use of vaping
- Following a Mediterranean diet (whole grains, vegetables, fruits, fish, nuts, beans, olive oils, and reduced red meats)
- Engaging in at least 30 minutes of exercise per day
- Maintaining a healthy body weight
- Interacting with puzzles and other mentally stimulating activities
- Staying socially active
- Monitoring hearing and treating any hearing loss right away
- Treating and managing depression and diabetes
- Reducing exposure to air pollution

≈ 1 in 9 people 65+ in the U.S. will develop dementia
≈ 1 in 2 people 85+ will develop dementia
≈ 1 in 9 adults 45+ in the U.S. report memory problems getting worse

Some activities that promote resilience, re-build connections to our communities, and reduce risk for dementia include:

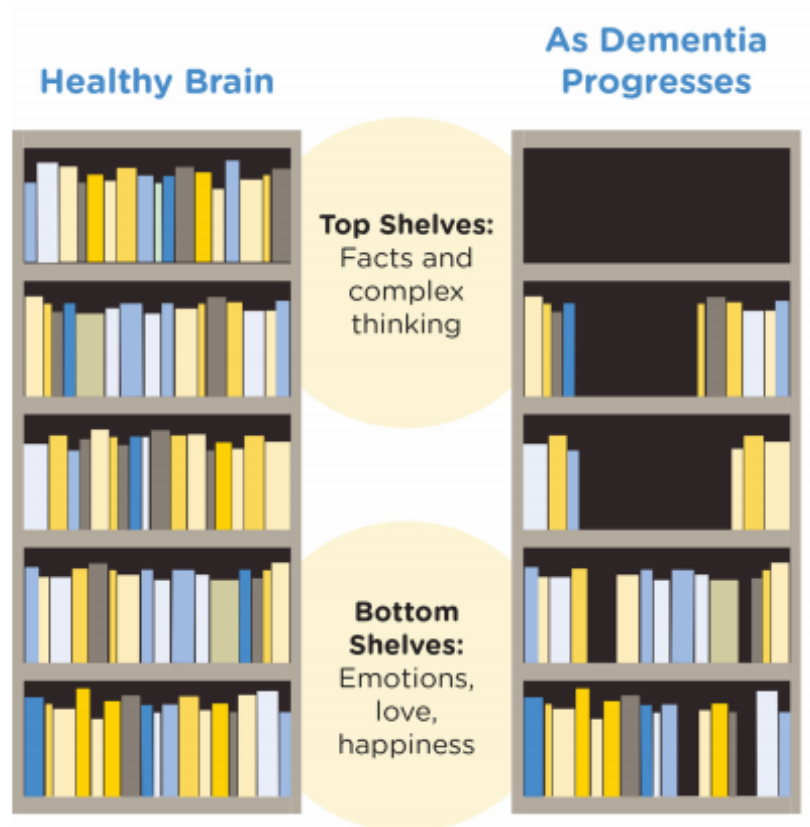
- **Health Promotion:** Maintaining overall healthy living practices by paying attention to our personal actions, the actions taken by people around us, and the physical spaces in which we live.
- **Cultural Practices:** Participating in our family and cultural traditions that support creativity, art, music, physical activity, and togetherness.
- **Social and Emotional Well-being:** Engaging in activities that promote a sense of belonging to one's community and help maintain meaningful connections with others.

In addition to reducing risk, these same strategies can help people living with dementia to live well, and we can each play a role in helping them stay connected to their communities. Hope doesn't end with a dementia diagnosis.

Bookcase Story

Imagine a 70-year-old woman who has dementia. Now imagine there is a full bookcase beside her. Each book inside the bookcase represents one of her skills or memories.

On the top shelves are her memories of facts and her skill for thinking in complex or complicated ways. For people with dementia, the top or outer part of the brain is damaged first. Skills like math, using language, and keeping one's behavior in check are found here. In our bookcase story, these skills are also books on the top shelves.



When dementia rocks the woman's bookcase, the books on the top shelf begin to fall out. The woman may not remember what she ate for breakfast, that she has to pay for items at the drugstore, or that someone came to visit this morning.

Emotions and feelings are lower down on the bookcase just like they are in the lower or inner part of the brain. This is the instinct area of the brain. Feelings like love, happiness, frustration, and sensing respect reside here. As dementia continues to rock her bookcase, the books on these lower shelves stay for a much longer time.

The bookcase story helps explain different thinking skills and memories and the effects of dementia. Facts and complex thinking will fall away first, while emotions and feelings will remain.

Early Signs of Dementia vs. Typical Aging

Many of us slow down as we get older, both in body and mind; however, big changes with memory, thinking, communication, or solving problems that make it hard to get through the day **don't happen to everyone**. These changes could be signs of dementia. With most types of dementia, these changes happen slowly.

Common Elements of Aging	10 Early Signs and Symptoms
Sometimes forgetting names or appointments but remembering them later	Memory loss that disrupts daily life
Making occasional errors when balancing a checkbook	Challenges in planning or solving problems
Needing occasional help to use a microwave or check email	Difficulty with familiar tasks at home or at work
Forgetting the day of the week but being able to recall it later	Confusion with time or place
Vision changes related to cataracts	Trouble understanding visual information
Sometimes having trouble finding the right word	Confusion with understanding and communicating thoughts verbally
Losing things from time to time, but retracing steps to find them	Misplacing things and losing the ability to retrace steps to find them
Making a bad decision once in a while	Experiencing more slips in judgment or acting impulsively
Sometimes feeling weary of work, family, and social obligations	Withdrawing from work or social activities
Developing specific ways of doing things and preferring routines	Changes in mood and personality

Sources: www.alz.org/10-signs-symptoms-alzheimers-dementia.asp and University of Wyoming *10 Early Signs of Abnormal Memory Changes* created in collaboration with Eastern Shoshone and Northern Arapaho tribal members.

Broken Sentences Worksheet and Six Key Messages

Match the phrases in Column 1 to the phrases in Column 2 by drawing a line from each sentence *beginning* to the corresponding sentence *ending*. You should end up with **six sentences** that make sense and become Dementia Friends' "Six Key Messages about Dementia."

Column 1	Column 2
1. Dementia is caused by...	A. ...more common as people get older, but it is not a normal part of healthy aging.
2. There are things you can do to...	B. ...diseases of or injuries to the brain.
3. Dementia becomes...	C. ...live well, especially with their community's support.
4. Dementia is not...	D. ...reduce the risk of developing dementia.
5. People living with dementia can...	E. ...just about having memory problems.
6. A person living with dementia is...	F. ...a full being—worthy of respect—and is a vital part of their community.

Everyday Tasks

Write a step-by-step list to complete a task you do every day or a lot.
Make sure that someone reading your list could follow
the instructions successfully to complete the task.

People living with dementia sometimes need assistance to complete daily tasks. Some people might benefit from simple reminders, while others might require verbal and/or physical cueing or assistance. It's important to provide the right amount of support to maximize the abilities a person still has. In this activity, we broke down a common task into a series of steps. To help support a person living with dementia, cueing or assistance might be necessary at any or all steps. It's important to provide the missing information or necessary assistance one step at a time. It is also important not to take-over steps of the task the person can do for themselves without assistance.

How to Communicate with People Living with Dementia

Consider the following tips when communicating with a person living with dementia.

Treat the person with dignity and respect. Avoid talking past the person as if they aren't there.

Be aware of your own feelings. Your tone of voice and body language communicate your attitude.

Be patient and supportive. Let the person know that you are listening and trying to understand. If the task or topic is too overwhelming at the moment, you can stop and go back to it later.

Offer comfort and reassurance. If the person is having trouble communicating, let them know that it's okay and encourage the person to continue.

Avoid criticizing or correcting. Don't tell the person what they said was incorrect. Instead, listen and try to find the meaning in what is being said.

Avoid arguing. If the person says something you don't agree with, let it be. Arguing usually only makes things worse and often increases agitation for the person living with dementia.

Offer a guess. If the person uses the wrong word or cannot find a word, you can try guessing the right word. But again, first be patient, offer reassurance, and give them a chance to think. Sometimes, if you understand what the person means, finding the right word may not be necessary.

Encourage nonverbal communication. If you don't understand what is being said, ask the person to point or gesture.

When approaching the person living with dementia and starting a conversation:

- Keep in mind some people living with dementia have trouble seeing or hearing. Come from the front, identify yourself, and keep good eye contact if that is something that is considered respectful and comfortable in your culture.
- If the person isn't standing, go down to eye level so they can see your face.
- Call the person by their preferred name.
- Use short, simple phrases and repeat information as needed. Ask one question at a time.
- Speak slowly and clearly, using a gentle and relaxed tone.
- Patiently wait for a response while the person takes time to process what you said.
- Help them know that they are still important, respected, and in control of their own lives.

During the conversation:

- Provide choices so they feel they still have power, but make them simple. For example, say "Do you want chocolate or vanilla ice cream," instead of asking "What kind of ice cream do you want?" Sometimes, too many choices can feel overwhelming.
- Provide a statement rather than ask a question. For example, say "I hope you had a wonderful day today!" instead of asking "What did you do today?" This opens a space for the person to provide information without putting them on the spot to recall specific details or facts.
- Avoid confusing and vague statements. Instead, speak directly; rather than saying "They're here for you." say "The taxi you asked me to arrange is here to take you home."

- Turn negatives into positives. Instead of saying, “Don't go there,” suggest, “Let's go here.” Instead of saying “You can't do that,” encourage “Let's try this.”
- Give visual cues. Point or touch the item you want the person to use or begin the task for them yourself.
- Avoid quizzing the person with questions like “Do you remember when...?” or “Do you remember who this person is?”
- Try using written notes or pictures as reminders if the person is able to understand them.

Six Key Messages

- Dementia is caused by diseases of or injuries to the brain.
- There are things you can do to reduce the risk of developing dementia.
- Dementia becomes more common as people get older, but is not a normal part of healthy aging.
- Dementia is not just about having memory problems.
- People living with dementia can live well, especially with their community's support.
- A person living with dementia is a full being—worthy of respect—and is a vital part of their community.

Turn Your Understanding into Action

People living with dementia are valuable individuals who make meaningful contributions to society as a whole. They can serve as wise leaders, advocates, and storytellers who can continue to be active members of our communities.

As a Dementia Friend for people living with dementia in my community, I will...

- _____ Focus on what people living with dementia CAN do throughout the progression of dementia, such as sharing stories and experiences, teaching valuable lessons, or sharing their wisdom with younger generations.
- _____ Include people who are living with dementia in the decisions affecting them; everyone has a right to express their voice and choice.
- _____ Get in touch and stay in touch with someone I know who is living with dementia.
- _____ Have empathy and be patient.
- _____ Be more understanding.
- _____ Use language and words that value people living with dementia.
- _____ Help someone living with dementia protect themselves from being exploited, abused, or ridiculed by others in the community.
- _____ Carry out this personal action (write your own action):

Resources in Your Community

Alzheimer's Association 24/7 Helpline: Serves people with memory loss, caregivers, health care professionals, general public, diverse populations, and concerned friends and family. Helpline provides referrals to local community programs and services, dementia-related education, crisis assistance, and emotional support. (800) 272-3900 or www.alz.org

Lewy Body Dementia Association: A nonprofit organization dedicated to raising awareness of the Lewy body dementias (LBD), supporting people with LBD, their families and caregivers, and promoting scientific advances. The Association's purposes are charitable, educational, and scientific. (800) 539-9767 or www.lbda.org

Dementia Action Alliance (DAA): Provides hope and help to individuals and families living with dementia, as well as information about how to live proactively with dementia. DAA offers services and peer supports including three weekly online discussion groups, two monthly podcasts, an online Resources Center, a national Speakers Bureau, and other services. All DAA efforts and activities are shaped and informed by individuals living with dementia. (732) 212-9036 or www.daanow.org

Dementia Friendly America (DFA): DFA is a national network of communities, organizations, and individuals seeking to ensure that communities across the U.S. are equipped to support people living with dementia and their caregivers. Dementia friendly communities foster the abilities of people living with dementia to remain in community and engage and thrive in day to day living. To learn how to join the DFA network of communities, or to connect with your local community, visit www.dfamerica.org

Healthy Body, Healthier Brain: Includes resources and information for people living with memory problems and other chronic health problems like high blood pressure, diabetes, or kidney disease, as well as tips to reduce the risk for developing dementia. <https://www.cdc.gov/aging/publications/features/healthy-body-brain.html>

Eldercare Locator: Is a public service of the U.S. Administration on Aging connecting you to local services, supports, and information for older adults and their families on issues related to caregiving, health, housing, transportation, and more. Reach them at 1-800-677-1116 or <https://eldercare.acl.gov>

Local senior center

Local dementia support group

Local dementia-friendly community group or effort

EN

search..

Q

Include Events:

(All [On](#)[Off](#))

☐ District Online Meetings (123)

☐ District Event (189)

☒ Club Event (579)

☒ Club FundRaiser (969)

☐ Multi-District Event (1359)

☐ RLI Training Event (1579)

☐ Donation (5712)

☐ CART Event (12154)

☐ Invitation Only (127)

☐ District Reminder (384)

☒ Club Meeting (774)

☐ District GOV Official Visit (1164)

☐ District Fundraiser (1507)

☐ Club Online Meeting (5456)

☒ Club Service Projects (10961)

Options:

☐ Show My Club's and District Events

☐ Show only Events I can register for

☒ Show short description on Event

☒ Show meeting Speaker/Topic

July 2025 – December 2026				
Maternal and Child Health Month				
July 21, 2025				
Monday	11:00am - 12:00pm PS	Las Vegas Southwest	Board Meeting	Board Meeting
				Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
	12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting	Joyce Calimag, Dementia Friendly. Scholarship recipient
				Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
July 28, 2025				
Monday	12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting	Derek River , Knight Hawks
				Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
July 30, 2025				
Wednesday	3:45pm - 5:30pm PS	Las Vegas Southwest	LV SW Feed the Homeless	Feed the Homeless and clothing giveaway at Amazing Grace Ministries at Christ Church Episcopal on Maryland Parkway For the history of our involvement with FTH at AGM at CCE on MP, click here .
				Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
August 4, 2025				
Monday	12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting	District Governor Gilda Moshir
				Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
August 11, 2025				
Monday	12:15pm - 2:00pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting	Heather Engle - Las Vegas Rescue Mission
				Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
August 18, 2025				
Monday	11:00am - 12:00pm PS	Las Vegas Southwest	Board Meeting	Board meeting
				Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
	12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting	Francisco Aguilar, Nevada Secretary of State
				Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
August 21, 2025				
Thursday	6:00pm - 9:00pm PS	Las Vegas Southwest	LV-SW Greenspokes	Greenspokes
				Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
August 25, 2025				
Monday	12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting	
				Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
September 1, 2025				
Monday	12:15pm - 1:30pm PS	Las Vegas Southwest	Dark - Labor Day Holiday	DARK FOR LABOR DAY HOLIDAY
				Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
September 8, 2025				
Monday	12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting	Amber Colbert , Clark County Museum
				Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169

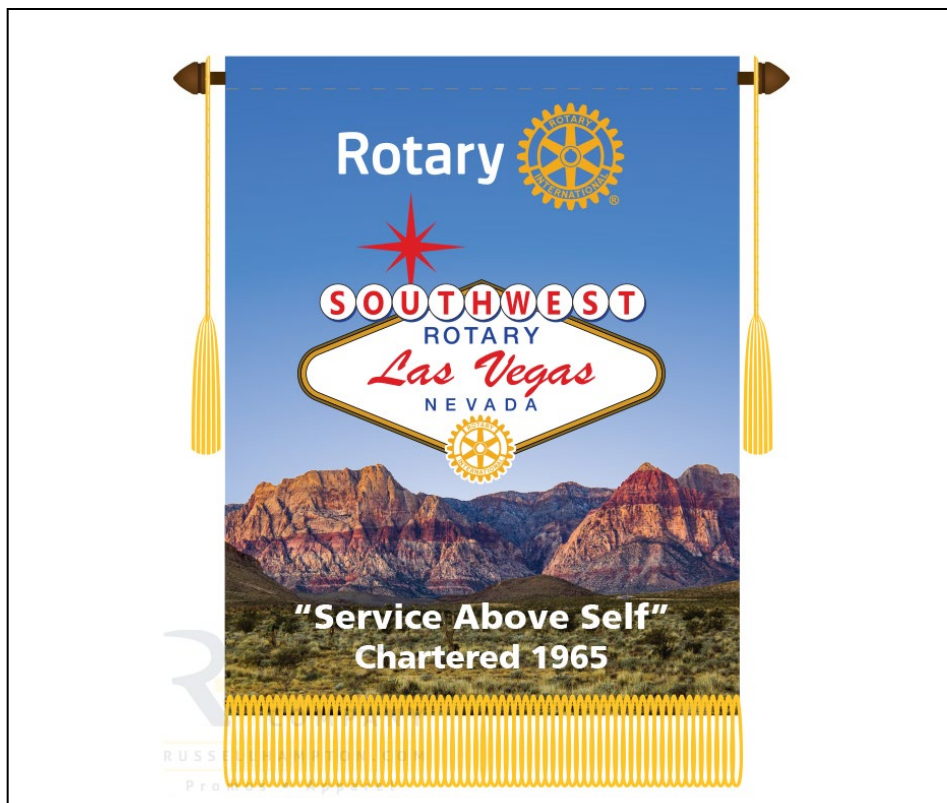
September 9, 2025				Tuesday
7:30am - 9:30am PS	Las Vegas Southwest	Happy Feet	Happy Feet at Ferron Elementary School	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
September 15, 2025				Monday
8:00am - 10:00pm PS	Las Vegas Southwest	S.O.A.R Awards Ceremony	Safety Officers Award Recognition Ceremony at Clark County	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
12:15pm - 1:15pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
September 20, 2025				Saturday
12:00pm - 3:00pm PS	Las Vegas Southwest	Family Picnic on Mt. Charleston	Family Picnic on Mt. Charleston	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
September 22, 2025				Monday
11:00am - 12:00pm PS	Las Vegas Southwest	Board Meeting	Board meeting	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
September 29, 2025				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting	Becky Dutro, Nevada Taxpayer Association	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
October 6, 2025				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
October 13, 2025				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Dark - Columbus Day Holiday	DARK FOR COLUMBUS DAY HOLIDAY	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
October 16, 2025				Thursday
6:00pm - 9:00pm PS	Las Vegas Southwest	Greenspokes	Greenspokes	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
October 20, 2025				Monday
11:00am - 12:00pm PS	Las Vegas Southwest	Board Meeting	Board Meeting	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
October 25, 2025				Saturday
12:00pm - 3:00pm PS	Las Vegas Southwest	Family Bowling Party in Boulder City with costumes	Family Bowling Party in Boulder City with costumes	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
October 27, 2025				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
October 29, 2025				Wednesday
3:45pm - 5:30pm PS	Las Vegas Southwest	Feed the Homeless	Feed the Homeless and clothing giveaway at Amazing Grace Ministries at Christ Church Episcopal , on Maryland Parkway . For the history of our involvement with FTH at AGM at CCE on MP, click here .	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
November 3, 2025				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
November 10, 2025				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Dark - Veterans' Day Holiday	DARK FOR VETERANS DAY HOLIDAY	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
November 11, 2025				Tuesday

7:30am - 9:30am PS	Las Vegas Southwest	Happy Feet	Happy Feet at Ferron Elementary School	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
November 17, 2025				Monday
11:00am - 12:00pm PS	Las Vegas Southwest	Board Meeting	Board Meeting	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
November 24, 2025				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Dark - Thanksgiving Day Holiday	DARK FOR THANKSGIVING HOLIDAY	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
December 1, 2025				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
December 4, 2025				Thursday
6:00pm - 9:00pm PS	Las Vegas Southwest	Adult Holiday Party	Adult Holiday Party	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
December 5, 2025				Friday
6:00am - 12:00am PS	Las Vegas Southwest	RYLA	<p>Rotary Youth Leadership Awards (RYLA) is an intensive, two-and-a-half-day leadership training program for high school Juniors in District 5300 chosen for their leadership potential. In addition to the development of leadership skills, RYLA is meant to develop understanding of Rotary among youth participants and</p>	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
December 8, 2025				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Club Elections - Las Vegas Southwest Weekly Club Meeting	<p>Wen Chen, Ph.D., Scientist at Caltech Public Speaker for Chinese Culture, History, and Human Rights Phone: 626-389-7522 Blog: https://wenchenview.blogspot.com/</p> <p>Club Elections: ...ARTICLE IV - Meetings. Section 1: Annual Meetings. An annual meeting of this club shall be held on the second Monday of December in each year, at which time the election of officers and directors to serve for the ensuing year shall take place.</p> <p>1. In November, announce to the club about upcoming elections and solicit interest in running for board position</p>	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
December 15, 2025				Monday
11:00am - 12:00pm PS	Las Vegas Southwest	Board Meeting	Board Meeting	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
December 19, 2025				Friday
8:00am - 10:00am PS	Las Vegas Southwest	Santa Coats	Santa Coats - Ferron Elementary School	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
December 22, 2025				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Dark - Christmas Day Holiday	DARK FOR CHRISTMAS HOLIDAY	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
December 29, 2025				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Dark - New Years Day Holiday	DARK FOR NEWS YEAR DAY HOLIDAY	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
December 31, 2025				Wednesday

3:45pm - 5:30pm PS	Las Vegas Southwest	Feed the Homeless	Feed the Homeless and clothing giveaway at Amazing Grace Ministries at Christ Church Episcopal , on Maryland Parkway . For the history of our involvement with FTH at AGM at CCE on MP, click here .	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
January 5, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
January 12, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	4-Way Speech Contest - Las Vegas Southwest Weekly Club Meeting	4-Way Speech Contest - Las Vegas Southwest Weekly Club Meeting	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
January 13, 2026				Tuesday
7:30am - 9:30am PS	Las Vegas Southwest	Happy Feet	Happy Feet at Ferron Elementary School	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
January 15, 2026				Thursday
6:00pm - 9:00pm PS	Las Vegas Southwest	Greenspokes	Greenspokes	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
January 19, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Dark - Martin Luther King Jr. Day Holiday	DARK FOR MARTIN LUTHER KING HOLIDAY	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
January 26, 2026				Monday
11:00am - 12:00pm PS	Las Vegas Southwest	Board Meeting	Board Meeting	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
February 2, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
February 9, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Dan Stover Music Contest - Las Vegas Southwest Weekly Club Meeting	Dan Stover Music Contest/Valentine Day Luncheon with Spouses	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
February 16, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Dark - Presidents' Day Holiday	DARK FOR PRESIDENTS' DAY HOLIDAY	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
February 18, 2026				Wednesday
8:00am - 12:00am PS	Las Vegas Southwest	International Water Project in Puerto Vallarta	International Water Project in Puerto Vallarta	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
February 23, 2026				Monday
11:00am - 12:00pm PS	Las Vegas Southwest	Board Meeting	Board Meeting	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting	Past Presidents' Day Recognition Luncheon	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
March 2, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
March 9, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
March 10, 2026				Tuesday
7:30am - 9:54pm PS	Las Vegas Southwest	Happy Feet	Happy Feet at Ferron Elementary School	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
March 16, 2026				Monday

11:00am - 12:00pm PS	Las Vegas Southwest	Board Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
March 19, 2026				Thursday
6:00pm - 10:03pm PS	Las Vegas Southwest	Greenspokes	Greenspokes	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
March 23, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
March 26, 2026				Thursday
6:00pm - 9:00pm PS	Las Vegas Southwest	Gold Raffle	Gold Raffle	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
March 30, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
April 1, 2026				Wednesday
8:00am - 5:00pm PS	Las Vegas Southwest	Scholarship Application Deadline	Scholarship Application Deadline - Click here for a copy of the scholarship application forms.	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
April 3, 2026				Friday
7:00pm - 12:00am PS	Las Vegas Southwest	Golf Weekend in Southern Utah	Golf Weekend in Southern Utah	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
April 6, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Dark - Easter	DARK FOR EASTER	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
April 13, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
April 20, 2026				Monday
11:00am - 12:00pm PS	Las Vegas Southwest	Board Meeting	Board meeting	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
April 21, 2026				Tuesday
5:00pm - 9:00pm PS	Las Vegas Southwest	Rotary Night at the Clark County Fair		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
April 27, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
April 29, 2026				Wednesday
3:45pm - 5:45pm PS	Las Vegas Southwest	Feed The Homeless	Feed the Homeless and clothing giveaway at Amazing Grace Ministries at Christ Church Episcopal , on Maryland Parkway . For the history of our involvement with FTH at AGM at CCE on MP, click here .	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
May 4, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
May 11, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
May 12, 2026				Tuesday

7:30am - 9:30am PS	Las Vegas Southwest	Happy Feet	Happy Feet at Ferron Elementary School	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
May 18, 2026				Monday
11:00am - 12:00pm PS	Las Vegas Southwest	Board Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
May 21, 2026				Thursday
6:00pm - 9:00pm PS	Las Vegas Southwest	Greenspokes	Greenspokes	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
May 25, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Dark - Memorial Day Holiday	DARK FOR MEMORIAL DAY HOLIDAY	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
June 1, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
June 8, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
June 13, 2026				Saturday
8:00am - 5:00pm PS	Las Vegas Southwest	President's Retreat - Jeanne Radde	President's Retreat for Jeanne Radde's Year	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
June 15, 2026				Monday
11:00am - 12:00pm PS	Las Vegas Southwest	Board Meeting	Board meeting	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
June 22, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Las Vegas Southwest Weekly Club Meeting		Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
June 25, 2026				Thursday
6:00pm - 9:00pm PS	Las Vegas Southwest	Debunking	Debunking of President Rebecca Collett	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169
June 29, 2026				Monday
12:15pm - 1:30pm PS	Las Vegas Southwest	Dark - Debunking	DARK FOR DEBUNKING	Lawry's The Prime Rib 4043 Howard Hughes Pkwy. Las Vegas, NV 89169



LED
Light & Power™

Frank Abbott
CFO

6405 S. Tenaya Way, Suite 100
Las Vegas, NV 89113 USA

Office: 702 485-5199
Fax: 702 545-0333
Direct: 415 722-8223

frankabbott@ledlap.com
www.ledlightandpower.com



Scott L. Baranoff, M.D., FACS
Diplomate American Board of Urology

Las Vegas
Urology

702.735.8000
702.735.4795 FAX
www.lasvegasuurology.com

9053 S. Pecos Road
Suite 2900
Henderson, NV 89074



Robert Busch

Retired-Professor of Russian Language
and Literature
University of Alberta

702-445-9400 | bobbusch60@hotmail.com



Melissa Copeland Brooks

Nevada Affordable Housing Assistance Corporation
www.nahac.org

702-683-1094 melissabrooks1@outlook.com



LORI CLARKE

Agency Owner
Lori Clarke Agency

3650 N RANCHO DR STE 105
LAS VEGAS, NV 89130
Office 702-843-5777 Fax 702-522-1587
lclarke1@farmersagent.com



Registered Principal, Securities offered through
Farmers Financial Solutions, LLC Member FINRA & SIPC



Rebecca Collett *President*

2441 W. Horizon Ridge Pkwy., Suite 119
Henderson, NV 89052

(702) 524-3976

resultsbottomline@hotmail.com



RESULTS. BOTTOMLINE.

Business & Financial Management Consulting



Eric Colvin

*Senior Vice President
Regional Sales Manager
Small Business Division*

8912 Spanish Ridge Avenue
Suite 100
Las Vegas, NV 84148
(702) 471-2045
(702) 528-3742 Cellular

ecolvin@meadowsbank.com

PREQUALIFICATION NEEDS LIST:

- Three years business tax return
- Interim balance sheet and income statement (within 90 days)
- List of business debts along with corresponding payments
- Three years of personal tax returns (for anyone w/ ownership of 20% or more)
- Personal financial statement (for anyone w/ ownership of 20% or More)



Visit www.meadowsbank.bank
for a downloadable application



Angela Domingo



Rotary Club of Las Vegas Southwest
District 5300
DCO|



703-973-1507
Atlee13@gmail.com
www.lvswr.org/



Bryan J. Dziedziak CPA, Ltd.

Tax, Consulting and Accounting Services

Bryan J. Dziedziak
Certified Public Accountant

2964 Via Della Amore
Henderson, Nevada 89052-4028

Telephone: 702-523-3084
Fax: 702-920-8519
E-mail: BJD@CPA.com

Member of



Amber Fuhriman

Success Development Solutions



702.323.6051
amber@amberfuhriman.com

305 N Pecos Rd Ste C
Henderson, NV 89074

www.successdevelopmentolutions.com



Fred S. Fukumoto

Retired - CPA

425-208-2986

fredsgwen@msn.com



FRANCESCA GILBERT

CERTIFIED RESIDENTIAL BROKER
NRED#BS.0021013.LLC

c. 702.373.7221

o. 702.315.5262

www.GTHomesLV.com

Francesca@GTHomesLV.com



Aric Graham

Senior Vice President
Corporate Banking Director
First Foundation Bank

agraham@ff-inc.com
Direct: (702) 851-4807
Mobile: (702) 786-9376



PRIVATE WEALTH MANAGEMENT
PERSONAL BANKING • BUSINESS BANKING

Two Waterfront Plaza
500 Ala Moana Blvd. Suite #2A
Honolulu, HI 96813
www.ff-inc.com



SOUTHWEST GAS CORPORATION

PAUL P. GUSTILO, P.E.

Director/Gas Operations Support Staff

1060 Alper Center Drive
Henderson, NV 89052-1500

P.O. Box 98510
Las Vegas, NV 89193-8510

(702) 668-6400
Fax: (702) 221-2744
Cellular: (702) 499-5465
paul.gustilo@swgas.com



technologies

Rodney Hammond

President

WIRE HARNESSES

CABLES

PCB

ELECTRO-MECH

6255 South Sandhill Road, Suite 1100

Las Vegas, Nevada 89120

Tel: (702) 739-1715

Fax: (702) 739-1737

jcstechrodney@gmail.com

www.jcstechnologiesinc.com



Les Kaneta

Retired - CPA

808-738-7019

lkaneta@jiicapital.com



BERKSHIRE HATHAWAY
HomeServices

Jordana Lane
Sales Consultant

702.715.3230

JordanaSellsLV@gmail.com

NRED.#S.0077041

3185 St. Rose Pkwy. 100 Henderson, NV. 89052



TROY LOCHHEAD
VICE PRESIDENT
NEVADA ESCROW OPERATIONS MANAGER

First American Title™
NATIONAL COMMERCIAL SERVICES

8311 W Sunset Road, Suite 100 Las Vegas, NV 89113
DIRECT 702.251.5280 ▼ E FAX 714.824.5764
EMAIL tlochhead@firstam.com
www.firstam.com/ncs/nv



Bruce MacKenzie
Hospitality Consultant
619-750-1918

bmackenzie323@Yahoo.com
3017 Pismo Beach Dr.
Las Vegas, NV. 89128



Karl Maisner
President

(702) 430-1080
kmaisner@kmjwebdesign.com

6615 S Eastern Ave, Suite 105
Las Vegas, Nevada 89119
kmjwebdesign.com



KAEMPFER CROWELL

DOUGLAS R. MALAN
ATTORNEY AT LAW

Las Vegas Office
1980 Festival Plaza Drive
Suite 650
Las Vegas, Nevada 89135-2958
www.kcnvlaw.com

Direct: 702.792.7095
Main: 702.792.7000
Cell: 702.528.2245
Fax: 702.796.7181
dmalan@kcnvlaw.com



George T. (Tom) Martin
Donna M. Martin

2744 Carolina Blue Ave.
Henderson, Nevada 89052
702-451-3753
gmartin3rd@aol.com



**Mottau,
Icenhower**
& ASSOCIATES

Gregory C. Mottau, CLU, ChFC
Financial Advisor

☎ 503.804.8013
☎ 866.645.9531
✉ gmottau@mottau.com

📍 2611 Lochleven Way
Henderson, NV 89044



RALUCA PETRE
Office Manager

OFFICE: 702-881-4713

CELL: 702-524-7396

OFFICE@WAVEHEATINGANDCOOLING.COM



LICENSED - INSURED - BONDED
LIC. 0086052



Bruce
Pope

Consultant

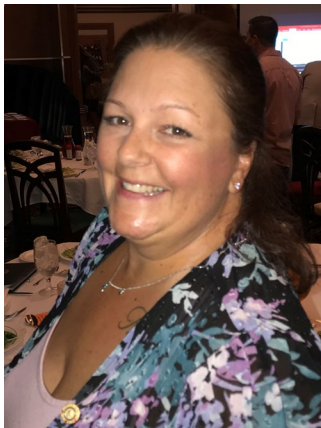
bpope2020@outlook.com
702-544-0065



Chris Publow 702-379-9248 **Lali Publow 702-373-1276**

A scenic photograph of a beach with waves breaking onto the shore under a clear sky.

At the Lake 231-399-0005 In Las Vegas 702-871-7215
 1785 S. Shore East 7630 Coley Ave.
 Frankfort, MI 49635 Las Vegas, NV 89117



A circular notary seal for Jeanne Radde, Notary Public, with the text "Surety Bonds & NOTARY PUBLIC" and a star.

The Notary Jeanne
 Serving the State of Nevada

702-608-3601 Call/Text
insuranceandnotaryjeanne@gmail.com

Jeanne Radde
 Providing Mobile Notary Services & Insurance Surety Bonds

Need a bond for your contractor's license? Sales Tax Bond? DMV Title Bond? Or any other Bond requirements? Just call me!

A portrait of Jeanne Radde, smiling, with her arms crossed, wearing a dark jacket over a light blue top.

Need a notarized certified document? Buying a home and need a Notary? That's me! Just call!!

Call/Text me for your Notary & Bond Needs



RONALD H. REYNOLDS
 ATTORNEY AT LAW

REYNOLDS & ASSOCIATES
 823 LAS VEGAS BOULEVARD SOUTH
 SUITE 280
 LAS VEGAS, NEVADA 89101

(702) 445-7000
 FAX (702) 385-7743
 E-MAIL: ron@reynoldslawyers.com
<http://www.reynoldslawyers.com>



Karen Strawn

Retired-Mechanical Engineering

425-256-4116

kstrawn42@aol.com



LAW OFFICE OF

SEAN M. TANKO
LIMITED

SEAN M. TANKO, ESQ.

8670 W. Cheyenne Ave., Suite 130

Las Vegas, NV 89129

GEPC/Licensed in NV & NE

702.463.8700

702.463.8701 Fax

sean@seantankolaw.com

www.seantankolaw.com

ESTATE PLANNING | TRUSTS | WILLS | PROBATE



**THE CHURCH OF
JESUS CHRIST**
OF LATTER-DAY SAINTS

Keith V. Thomas

Interfaith Specialist

Greater Las Vegas

Communication Council

1561 Windhaven Circle

Las Vegas, Nevada 89117-1532

Mobile: 1-702-683-9316

keithvernthomas@gmail.com




C2 NMLS #135622 NMLS #53709
C2 NV #3260 NV #144282
C2 FL #MBR3519 FL #LO71254

Joseph M. Wittenwiler Jr.
Residential Mortgage Loan Officer

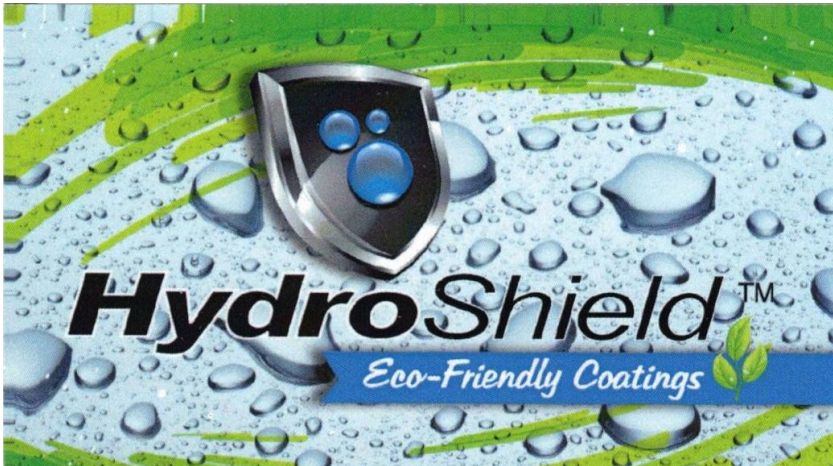
702-332-3397
mrjoelender@gmail.com
www.mrjoelender.com

C2 Financial Las Vegas
2320 Paseo Del Prado Suite B204
Las Vegas, NV. 89102



Joe Wittenwiler
Owner

O - 702-826-2119
C - 702-332-3397
Joe@HydroShieldLV.com
www.hydroshieldlasvegas.com



HydroShield™
Eco-Friendly Coatings



**BERKSHIRE
HATHAWAY**
HomeServices

Nevada Properties

COMMERCIAL

Jack Woodcock CCIM, CRS
Founder/Broker B.855

The Jack Woodcock Group
7475 W Sahara Ave. #100
Las Vegas, NV 89117

702-362-8700 Office

702-612-8700 Cell

702-873-8700 Fax

1-866-739-8700 (Toll Free)

jack@jackwoodcock.com

www.jackwoodcock.com

☐ A member of the franchise system of BHH Affiliates, LLC