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A Man for All Women

By Cathy Dausman



The first female club president (Rotary club of Duarte, 1987) and current District Governor-elect Sylvia Whitlock (left) smiles with Moraga Rotary member and past Rotary International President Clifford Dochterman, Jean Irwin Hatfield, Ambassadorial Scholar and teacher for the hearing impaired, and past District Governor Deepa Willingham.

Photo Cathy Dausman

If Clifford Dochterman seemed to stand out a bit during a May 18 Rotary gathering, at least he was pleased. Dochterman, a Moraga Rotary member and past Rotary International President, has made it part of his mission over the years to allow women to join Rotary International. The retired university administrator modestly admits having had "somewhat of an involvement" in the process. The gathering he attended—and spoke to—celebrated 25 years of women in Rotary.

Dochterman, the self-proclaimed "token male," shared the podium with keynote speaker Deepa Willingham, Past District Governor; Sylvia Whitlock, the first Female Club President, Rotary Club of Duarte; and Jean Irwin Hatfield, a teacher for the hearing impaired and a Rotary ambassador scholar. Dochterman said the vision of women in Rotary has been "one of the most influential factors in my entire Rotary experience."

Rotary was an all-male organization when it was established in 1905. It was still that way in 1981, the year the U.S. Supreme Court appointed its first woman (Sandra Day O'Connor) to the bench. That same year Dochterman chaired New Horizons Committee, an international Rotary group. Among some 30 recommendations, "was the proposal that the membership of Rotary be opened to women." Eight years later Dochterman attended the international Council on Legislation in Singapore, where as a voting member, he suggested the organization eliminate the word "male" from its documents.

The issue was strongly opposed, he said, partly because of cultural differences in South America, Asia and Europe.

When Dochterman became International Rotary President in 1992, there were still clubs that did not want to admit women. Single gender Rotary clubs, how-

ever, were permitted. "Never in the world did the old guys realize that a one-gender club meant that the gender could be 'all women' clubs," said Dochterman.

A "difficult adjustment time" followed, he said, but by 1995 there were eight women Rotary District Governors. Today women serve as Rotary Foundation Trustees and sit on Rotary's International Board of Directors. Rotary estimates that 20 percent of its current 1.2 million worldwide members are female. Local numbers back that up: Jose Avelar, Secretary for Rotary Club of Orinda says 13 of its club's 69 members are women. Rotarian Rich Render says six of Moraga Rotary's 29 members are women, including its 2011-2012 president Nora Avelar (Jose's daughter).

"Rotary is alive and thriving because of the contributions of women Rotarians," Dochterman said. And he might know – his wife is a Rotarian, too!

Snow White and the Huntsman

By Derek Zemrak



I promised myself I would not compare *Snow White and the Huntsman* to this year's earlier Snow White movie, *Mirror Mirror*, but I can't help myself. There is no comparison! *Snow White and the Huntsman* is a far superior film in all aspects from script to cinematography to acting; it is a joy to watch.

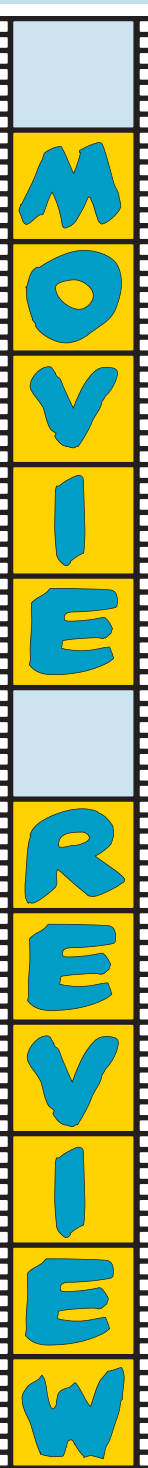
Snow White and the Huntsman is an updated script of the classic tale *Snow White and the Seven Dwarfs*, first written in 1812 by the Brothers Grimm. The opening five minutes of the film sets the tone by showing something new, creative and visually pleasing.

The movie stars Kristen Stewart (*Twilight Series*) as Snow White. Her performance is mediocre at best. If you want to see Kristen's acting ability rent the movie "The Cake Eaters." It is worth the rental and you will appreciate her performance. Oscar recipient Charlize Theron (*Monster*) plays the role of the Evil Queen, Ravenna, who killed Snow White's father. You will hate this queen as evil oozes through her pores, although in a few scenes she was a little exaggerated. Chris Hemsworth (*Thor; The Avengers*) plays The Huntsman. Sam Claflin (*Pirates of the Caribbean: On Stranger Tides*) plays the prince.

In this version, we learn of Snow White and the prince's childhood friendship. The eight dwarfs (yes, eight) are excellent and deliver some of the comic relief. It was a pleasure to see veteran actor and Oscar nominee Bob Hoskins (*Mona Lisa, Who Framed Roger Rabbit*) light up the screen with his performance as Muir, the lead dwarf. I was disappointed that little people did not portray the dwarfs.

The cinematography is astonishing as it captures the breathtaking landscape of the United Kingdom. The castle is stunning and the dark forest is gloomy. First-time director Rupert Sanders created a great mix of fantasy, fairytale and action. *Snow White and the Huntsman* is grim with a PG13 rating due to the violent battle scenes and the graphic transformation of the Evil Queen. The little ones should stay at home and enjoy Disney's 1937 classic *Snow White and the Seven Dwarfs*.

Derek Zemrak is a Film Critic, Film Producer and Founder of the California Independent Film Festival. You can follow Derek on Twitter @zemrak for the latest Hollywood news.



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Questions with home care? Ask Vanessa

Elders often deny they need assistance or that their abilities are diminishing.

DEAR VANESSA:

I am a 45-year old professional and my 78-year old mother's resistance to care and indifference to accept the process of aging have kept her from getting the support she needs for a better quality of life. She's been ignoring aids to make her life better, such as a hearing aid or a cane to prevent falls. She thinks that giving up driving will limit her mobility. She will not admit or recognize the fact that she cannot do things as well as she used to do. And she is not open to the idea of receiving in-home care to stay safely in her home.

This is an area of frustration; I'm afraid that her reluctance to make necessary adjustments can and will lead to danger to herself and compromise her health and well-being. I live in constant fear that my mother might do major damage to herself and others in a driving accident. REBA

DEAR REBA:

I empathize with you. You may also have difficulty admitting that times are changing, roles are reversing, and you need additional help for your mom. Have a heart-to-heart talk with your mother and explain to her that getting older is nothing to be ashamed of. Not preparing for old age and denying the aging process will often accelerate the symptoms. According to David Stephen, PhD, "Denial is a kind of self-imposed ignorance, a defense mechanism that helps block a feeling or intellectual realization because admitting the feeling as reality is painful. Elders often deny they need assistance or that their abilities are diminishing. It is difficult to admit that one needs help, because that may be perceived as indicating a loss of independence and a loss of self-worth."

Moving your mother into an assisted living facility piles feelings of guilt on top of denial. Depending on the level of assistance that she needs, hiring an experienced in-home caregiver may be a good option at this point. Patiently explain to her that having someone by her side would not mean losing her independence and privacy. The transition need not be as drastic as she fears it might be. Each person needs a period of adjustment to become accepting of care, to trust a caregiver, and to let down barriers of privacy. Let her know that having a caregiver does not have to be round-the-clock; she can pick certain times of the day when she prefers a caregiver to come in. The caregiver can start making her life easier by doing light housekeeping or running errands for her. As the rapport is gradually established, your mother will become more accustomed to the idea of accepting or paying for care; she will even welcome the support that she has resisted for some time now. Look at what home health care agencies in your area can offer; do a research on the type of services and flexibility in terms of hours required.

I hope that you find a suitable caregiver for your mother so she can embrace the concept of receiving services more easily, and remain comfortably in her own home. May she get the care that she needs, and you get the peace of mind that you deserve! VANESSA

Got Questions & Answers about Home Care is written by Vanessa Valerio, RN, VP and COO for Patient Care at Home Care Orinda. If you would like more information about senior care and how home care can help, please email Vanessa Valerio at vanessav@careindeed.com, call her at (925) 317-3080 or visit their website at www.homecareorinda.com/.