

THE PACIFIC NORTHWESTER

(the official publication of the Pacific Northwest Region of Y Service Clubs)

Regional Director: Raye Vincent



Raye Vincent, RD



Lee Woodard, editor

Incorporating the Cascade District Bulletin

March 2021

"TO ACKNOWLEDGE THE DUTY THAT ACCOMPANIES EVERY RIGHT"

WE ARE BACK!

After a "brief" absence we are bringing back the Pacific Northwester. This will be a work in process, depending on the clubs in the region to bring me information about what you are doing, how you are coping with the pandemic, etc. Maybe we will try a quarterly edition to start with, depending on how much information we get for publication.

From your Regional Director

It has been a rough year for our region with the pandemic and shutdowns. Now more than every it is important to take care of both your mental and physical health to get through this pandemic.

Here are some helpful tips to help you cope with stress.

- 1) Maintain a daily routine. Get up same time, get dressed and eat a healthy breakfast.
- 2) Eat a healthy diet. Eat raw fruit, veggies, and unprocessed foods. Try to limit the alcohol and treats that are high in sugar.
- 3) Plan a daily walk to stay health. Get fresh air.

- 4) Stay social – Video chat with friends and family. Meeting up with a friend or family member for a social distancing visit.
- 5) Maintain yourself/healthcare. Keep your routine checkups with healthcare professionals. Mammograms and colonoscopies while routine test detect early disease and can be lifesaving.
- 6) Find new projects – reorganize/redecorate a room. Read a book or
- 7) Go on a “News Diet” Keeping up with news 24/7 can be draining as it is depressing and frustrating stories. Try to limit amount of time you spend reading or following the news.
- 8) Boost your immune system. Besides a healthy diet, regular sleep, and exercise. Consider boosting vitamins or food rich in these natural nutrients. The best vitamins are A, C, D, E, Zinc, and selenium. Please consult your health care professional if you want to consider adding vitamins to your daily regimen.
- 9) Most important cultivate and enhance your relationship. Do not forget your partner or spouse is going through the same issues you are. Focus on communication and do not forget touch, like holding hand or hugs. Touch triggers hypothalamus to produce oxytocin (bonding hormone), this will release into the bloodstream. This hormone has a range of physiological functions, like reducing stress, lowering blood pressure, increasing pain tolerance and boosting your mood.

Nearly 8 in 10 say the pandemic is a source of their stress, so it is important to take time every day for your mental and physical health. Routines are key in times of stress.

research sources – Michael L. Krychman MDCM, American Psychological Association

In news from the Salem Y Service Club, they received several boxes of books for their annual book sale. Since they are unable to hold their book sale this year as in the past, Bruce and Carol Stock have come up with an idea. In the spring they will hold a yard sale with the books and Bruce and Carol will donate the profits. What a couple! Kudos to you both.

The Helena Y Service club announces a new member. He is Dr. Rand Fandrich. More importantly we congratulate Dr. Fandrich on joining a fine, fine, service club.

Welcome. From Past Area President, Debbie Redmond,

Greetings to all the Regional Directors from the International Service Director, Historian. As all of you know, we are getting ready to celebrate our 100th Anniversary next year. In preparation for the celebration, I am trying my best to make sure that ALL Regions and Areas are included in the History. However, due to the pandemic, I do not have the information that I need since the Archives is closed and anything after about 1987 is probably not in the Archives. That is where I need your help. I need photos and information about your Region and your clubs. I know somebody must have pictures of maybe the club being chartered, a service project, or a celebration. I need those along with information about them.

Without your help, I will not be able to provide adequate information for everyone. I do not have to have the actual pictures; I would be happy with a digital copy of them but please make sure the information is included with it. Please, please, please help me by making sure your Region is included in all the information!

Upcoming Events

Regional Board Meeting
Zoom Meeting

April 19th

7pm MT / 6pm PT

If you have something that you would like to talk about, please have it to RD Raye by April 16th so she can put it on the agenda.

Raye Vincent

Please email your reports to Regional Secretary Sharon Meadows so that she has them to assemble and distribute to you prior to the board meeting. She needs them no later than **April 14**. Email: smeadows_46@msn.com

Regional Convention

The Salem Y Service Club was hoping to host the convention, but the pandemic will make that difficult not to mention their new Y is under construction and the old Y was torn down. We will try to have at least a business meeting around June. More later.

From the Editor:

I will be hoping for articles for future issues of this bulletin. Whatever you might have that you think will interest the entire Region, please send along. This goes for our clubs in the Region as well as outside the Region if you think it would be of interest to the members of PNWR, as an example the article you just read from PAP Debbie Redmond. If possible, send your article in "word" so that I can copy and paste into the newsletter.

Please send your thoughts and ideas on what we could do in lieu of the convention.

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THAT'S ALL FOR NOW!