

Wednesday February 7, 2018

The Yellow Sheet

Phone: 928.671.1894

PO Box 425, Yarnell, AZ 85362

E-mail: publisher@yellowsheet.net

ISSN 1941-207X

Vol 11 # 2

Annual Meeting for Yarnell REGIONAL Community Center, Frances Lechner

This year's Annual Meeting of the YRCC promises to be a pretty special one. First, of course, it's our first one as the YRCC, and there will be a broader REGIONAL flavor to the event. Secondly, it will feature a slate of candidates who were nominated at the January 9 Nominating Meeting: **Leah Tidey, Steve Spence, Frances Lechner, and Joyce Dennison**, and will be the first where there will be no nominations from the floor. Finally, it will be the last Annual Meeting hosted by **Executive Director Kim Lytle**. Kim has informed the Board of her plans to retire as of June 1, 2018, and the search has begun for a new Executive Director. We are confident that the right candidate will emerge in time for him/her to have a good transition period with Kim before her departure. (The job description and application procedures will be announced soon.) A variety of reports will demonstrate the strength and accomplishments of the Center over the past year, and outline the priorities for the upcoming year. The **ANNUAL MEETING** will be held on Tues., Feb. 20, at 5:30 pm, beginning with a delicious potluck dinner, and then at 6:00 pm the business meeting will begin. Join the YRCC for just \$15 per year; membership is FREE if you are 75 years or older. Membership entitles you to quarterly discounts at the Thrift store, a free meal, pride in supporting your local community center, and a vote at the Annual Meeting for members of the Board of Directors.

CLUB YARNELL events during February: Game nights every Monday, Tai Chi on Tues. Feb. 6, Free Blood Pressure checks every Tues. from 11-12 noon. (See side bar) NEW events this month include: JUST A CONVERSATION: Weight Management – easy and healthy approaches. Feb. 14 1:30 – 3:00 pm. WHAT YOUR SPOUSE WOULD WANT YOU TO KNOW WHEN THEY PASS, an afternoon workshop on Wed. Feb. 28, from 1-4 pm. This workshop is offered by Joyce Sherod, a hospice volunteer from Prescott, whose personal experience inspired her to help others dealing with this sad and difficult time. Coming up in March: Healing with Horses, Fun in the Kitchen (2 sessions!) and a Martial Arts / Self-Defense for Women workshop.

About those blood pressure checks! This month we want to highlight another regular Club Yarnell event: the free Blood Pressure checks every Tuesday from 11 am to noon. Captain John Rice or Captain Jeff Shearer provide this service for any Yarnell resident or visitor. They are accompanied by one or two volunteer firefighters, using multi-purpose equipment which takes less than 2 minutes for the blood pressure check. Four to seven people take advantage of this service each week, typically a few more men than women. Individuals on blood pressure medication are the most frequent users of this service, but it's helpful for everyone. Ideally, people should have their blood pressure checked before they eat lunch – and again afterwards. Why? It's typically lower after we eat, as eating relaxes us, and the blood is working on the digestive processes. So if your blood pressure is high – above 120/80* - the crew will typically recommend that you check it again after you eat. They may also ask a few questions about your medication – if you're taking it regularly, if you've had a doctor visit recently, etc. If your blood pressure is below normal, they may ask questions about your rate of water consumption. The old rule of thumb was 8 glasses of water a day, but one school of thought recommends just drinking when you're thirsty. However, many people are so accustomed to being underhydrated, they may not even be aware that they're thirsty. The YFD crew may make friendly recommendations, but are not authorized to give any medical advice. NOTE: The YFD will conduct a free blood pressure check for anyone requesting it at the station, too, in case you miss the opportunity during Tuesday lunch. We're hoping that this information encourages more residents to take advantage of this service – and there is a friendly wager going on about the number of people who get BP checks this month. We'll let you know who won next month!

*Many readers may already know that a normal blood pressure is 120/80. What does that mean? It is specifically the maximum arterial pressure during contraction of the left ventricle of the heart. The time at which ventricular contraction occurs is called systole. For example, with a blood pressure of 120/80 ("120 over 80"), the systolic pressure is 120. By "120" is meant 120 mm Hg (millimeters of mercury). The diastolic pressure is specifically the minimum arterial pressure during relaxation and dilatation of the ventricles of the heart when the ventricles fill with blood. In a blood pressure reading, the diastolic pressure is typically the second number recorded.

Wednesday February 7, 2018

The Yellow Sheet

Phone: 928.671.1894

PO Box 425, Yarnell, AZ 85362

E-mail: publisher@yellowsheet.net

ISSN 1941-207X

Vol 11 # 2

Annual Meeting for Yarnell REGIONAL Community Center, Frances Lechner

YRCC Board Candidate Statements:



Leah Tidey

I am running for a second term on the Yarnell Regional Community Center Board of Directors. My husband, Chuck, and I moved to Yarnell in 2007. After long careers and living from the West Coast to the East Coast, we have settled down and now call Yarnell home. I have been a volunteer at the Yarnell Regional Community Center since 2011, beginning as a volunteer in the kitchen. I coordinate the monthly YRCC Newsletter and, in collaboration with Kurt Florman, help produce the Weaver Mountains Community Calendar. I have been on the YRCC Board for two years and as Secretary for six months and hope to continue to be a part of this thriving, much needed asset to the Weaver Mountains' communities as we press forward and expand our regional goals. I am also actively involved in the Yarnell Community Garden Project and the Yarnell Fire Auxiliary.



Steve Spence

Being on the Board of directors this last term, I feel that I have learned many things and have added to the betterment of our Community Center. My successful run for the Honorary Mayor for the benefit of Meals on Wheels is one example. I believe I have more to give. Therefore I humbly ask for your vote to re-elect me to be one of your board members for our Community Center.



Frances Lechner

I have served two terms on the Board for the Community Center, filling roles of Secretary, Treasurer and Vice-President. During my "year off" I helped to secure the four-year contract with NACOG, developed and expanded the Club Yarnell program with the assistance of Jerry Florman, served as campaign chair for Steve Spence's successful campaign for Honorary Mayor, handled the paperwork for the legal name change of the Center, filled in as back-up for Executive Director Kim Lytle on occasional days off, and wrote many of the Yellow Sheet articles about the Center on Kim's behalf. And of course, I eat and shop regularly to the Center! I love the Center and its amazing cadre of volunteers that make it all happen, and appreciate the tremendous work of the Board. I would like to serve again and help to keep the momentum of outstanding progress and achievement moving forward.



Joyce Dennison

Continuing to serve our community is my goal in Yarnell, having helped recovery/counseling efforts over the last four years. As a Walnut Grover, the Community Center board is a GREAT way to link up and serve our regional communities.