



The Paddlewheel

Moorhead Rotary Club

Volume 98—Number 23

December 11, 2018

Welcome New Members!

Kevin Heazlett
American Crystal Sugar

Rob Remark
JLG Architects

Matt Hallaway
Oak Grove High School

Chris Andreasen
Pathways

Ernest Simmons
Concordia Prof. Emeritus

Abby Gold
NDSU Dept./Public Health

*Moorhead Rotary
Chartered May 1, 1921
Club 970
District 5580*

President John Andreasen/Dave Sederquist/Corey Elmer
President-Elect Steve Schaefer
President Nominee 2020-2021 Jerry Rogers
President Nominee 2021-2022 Gina Monson
Treasurer Doreen Filler
Secretary Teresa Joppa
Past President Corey Elmer

Directors (term expires 2018) Eric Wilkie, Dale Hetland, Gina Monson & Brent Brandt
Directors (2019) Tammy Finney, John Andreasen & Brett Drevlow
Directors (2020) Jerry Rogers & Pat Gulbranson
Directors (2021) Emily Gess, Dave Sederquist & Rob Mounts
RYLA Coordinator Randy Farwell
Polio Plus Coordinator Cindy Nolte
Sergeant at Arms Team Dave Sederquist, Eric Johnson, Mike Hulett & Jean Hannig
Pianist Sharon Fangsrud
Song Leaders Bill Schwandt, Bob Hanna, John Andreasen
Photographer Russ Hanson
Paddlewheel Editor Nancy Edmonds Hanson

Moorhead Rotary
P.O. Box 72
Moorhead, MN 56561



Shelly Carlson sheds light on many forms of elder abuse

Coming Up Tuesday

Rotarian Scott Greelis presents a program based on "A User's Guide to Destroying a Business." Eric Johnson is sergeant at arms, and Doreen Filler and Dan Stauffer are greeters.

President John Andreasen welcomed members and guests Misty Fry and Shelly Carlson, newly installed as a Ward 2 council member and the day's speaker.

Service chair Dale Hetland introduced a new project — packing food kits for Feed My Starving Children. All five F-M clubs will be taking part. He said we need to bring 80 volunteers to make up our share of the 400 needed. It's scheduled for 7:30 p.m. Jan. 31 at Scheels Arena.

The president said a nominating committee has been drafted, consisting of Steve Schaefer, Gina Monson and Jerry Rogers.

Rotarian Dave Tranby takes the prize

Travel Raffle committee member Nathan Johnson announced winners of December's drawing. Kevin Bruggeman's \$100 dining certificate to Rustica was sold by Randy Farwell. The \$200 cash prize was sold by Dave Sederquist to John Erickson.

And Dave Tranby — a avid skier — won the month's trip, a ski vacation to Breckenridge, Colo. Who sold him the winning ticket? Why, one Dave Tranby!

Sergeant Steve salutes Pearl Harbor Day

Sergeant at Arms Steve Schaefer reflected on the



Photos/Russ Hanson: President John Andreasen. Sue Koesterman leads group in song. (Above) Travel Raffle committee member Nathan Johnson announces December's winners. Speaker Shelly Carlson of the Minnesota Elder Justice Center.

attack by Japanese forces on Pearl Harbor. He was inspired not only by the date but by his son Noah's response when he read him a children's book on the attack: "But, Dad, why did they attack us?"

After reminding members of the holiday party coming up Thursday, Dec. 13, at the Rourke Gallery, he recommended several articles in this month's Rotarian magazine, one on becoming a better reader and the other titled "Decline to Decline" — a tome on how a positive attitude can extend your life and your enjoyment.

Abuse of elderly is closer to home, more common than most believe, Carlson says

Shelly Carlson, who represents the Minnesota Elder Justice Center in St. Paul opened members' eyes to abuse that's far more common and closer to home than most would suspect. Besides being the new city council member for Ward 2, she is the criminal justice manager for the center, a private



Photos/Russ Hanson: Steve Schaefer, Dave Sederquist and Dale Hetland load up. Sergeant at Arms Steve Schaefer. Gina Monson chats with speaker Shelly Carlson. (Lower left) Tracey Moorhead and Ernie Simmons.

nonprofit. Her background before joining the center eight years ago was with the Rape and Abuse Crisis Center and the Clay County Attorney and city prosecutor's service.

The center's mission, she said, is to "mobilize communities to prevent and alleviate abuse, neglect and financial exploitation of elders and vulnerable adults." The target population is projected to continue rising from 13 percent of Americans, or 39 million, in 2008 to 72 million, or 20 percent, by 2030.

Shelly estimated that 1 to 2 million adults are victims of elder abuse. A much larger proportion of one in 10 over the age of 60 is victimized ... including one in five who are in cognitive decline. They are estimated to be financially victimized by \$3 billion each year. "Older adults have a lot of wealth, compared to younger generations," she noted.

She said elders who experience even modest abuse have a 300 percent higher risk of premature death — including not only physical and emotional abuse but also economic abuse. Yet only one in 23 cases even comes to light. Two-thirds of perpetrators are family members, along with other trusted individuals or neighbors.

She debunked the widespread assumption that telephone and other scams are the biggest risk: "Ninety percent of financial exploitation is committed by family or trusted others."

Shelly explained that there's a high rate of "polyvictimization" — multiple kinds of abuse inflicted at the same time. These can include financial abuse plus psychological and mental abuse, physical and sexual abuse, social isolation, and what she called "spiritual abuse," the withholding of access to church or church friends unless the elder agrees to sign over money or property.

The great majority of elders live in their homes. Only 4.5 percent reside in senior living facilities. She said those around them may be abusive because of a variety of motives: "greed, a sense of entitlement or power and control."

She cited barriers to reporting suspected cases, including simple ageism. "It's embarrassing," she said. "It plays into stereotypes about the elderly." Fear is a factor, too: "They think no one cares or will help them."

Shelly listed some steps to take if you suspect abusive behavior is going on. The first, she said, is to call law enforcement. She also urged contact with the Minnesota Adult Abuse Reporting Center, (844) 880-1474. Its website is www.mn.gov/dhs/reportabuse.

You can also contact Shelly, who lives in Moorhead, directly at (651) 440-9300 and shelly.carlson@elderjusticemn.org

December Birthdays

| | |
|-----------------|--------|
| Lunak, Brandon | Dec 04 |
| Andreasen, John | Dec 05 |
| Deilke, Violet | Dec 20 |
| Greelis, Scott | Dec 24 |
| Hanson, Nancy | Dec 24 |
| Moore, Noel | Dec 25 |
| Monson, Gina | Dec 30 |

Rotary Anniversaries

| | |
|------------------|----------|
| Wright, Edgar | 63 years |
| Dec 06 1955 | |
| Finney, Tammy | 3 years |
| Dec 08 2015 | |
| Rosenfeldt, Jade | 3 years |
| Dec 08 2015 | |
| Baldwin, Jill | 18 years |
| Dec 12 2000 | |
| Nolte, Gary | 30 years |
| Dec 13 1988 | |
| Parries, Kay | 30 years |
| Dec 13 1988 | |

Looking Ahead

December 11

Sergeant at ArmsEric Johnson
 Rotarian of the Day.....Steve Astrup
 ProgramScott Greelis, "A User's Guide To Destroying a Business"
 GreetersDoreen Filler & Dan Stauffer

December 13 — Holiday Party

Rourke Art Gallery6–8 p.m.
 Light hors d'oeuvres; cash bar

December 17

Sergeant at Arms.....Cindy Nolte
 Rotarian of the Day.....Steve Astrup
 Program.....Paul Dovre's Christmas message
 GreetersTammy Finney & Dave Tranby

December 24 — NO MEETING

December 31 — NO MEETING