

THE VALE NEWS

March 21, 2012

Vol. 36 Issue No. 35

Rotaract & Interact Month - an opportunity to promote services to youth and young adults.

Club Calendar & Speaker Assignments

Mar	28	Jon Jamieson- Darryl Depot 5 Puroclean
Apr	4	Trish Hopkins John Lynch of Vermont Driving
	11	Joe Klimek - Peter Neilson of Higher Mind Media & Quench Art Space; Sheri Deflavio of 4 ourty Bridge
	18	Joe Koch
	25	Dave Koepele

Editor's Note: Please inform Wini (496-6710) of the name of your speaker at least 2 weeks in advance. If you can't get a speaker for that date, please try to trade with another person on the list.

Birthdays -Ralph Walker 3/26/34 - Dave Ellison 3/25/41- Ken Friedman 3/24/45
Anniversaries

This year Vermont is having a NYC spring - going from heating to air conditioning. Normally we are chipping away ice from the driveways, this year everyone is raking up the debris from their yards.

Meeting News

Another good crowd on this beautiful sunny morning including guests: Danielle Hampton & Laura Rosen from CVHHH, Benjamin White, and YBYI winner, Alex McClay from Warren

Lorraine started the meeting by calling up Ken Amann & Manny to perform the last act of their four month YBYI project by giving the winner a check for \$1,000. Jim Leyton took their photo. Alex generously promised to return half of it to our charity. This was the most productive of the seven YBYI Raffles, bringing in nearly \$16,500. So far Sponsorship money totals \$9,850.

The second prize winner was a lady new to our Valley; skied Sugarbush for the first time, bought a raffle ticket, and won a season pass to Sugarbush. She will be coming here a lot more next year.

Lorraine thanked Ken & Manny again for a job well done.

Reminder District Conference May 18-20 at The Mountain Club on Loon in Lincoln New Hampshire see me or district website for more info packages to Packages still available to reserve a day or more.

* Rotary Quiz Rotary recently celebrated an anniversary on February 23rd any idea how many years? 107th

* Upcoming Rotary Leadership Institute classes Saturday, March 31st Dartmouth-Hitchcock Medical Center Parts I, II, III. Encourage all members to consider. Registration is low

The Rotary Club of South Portland-Cape Elizabeth is celebrating its 50th Anniversary this year and honored that Rotary International President Kalyan Banerjee will be their esteemed guest for the evening. They want to ensure that he gets a warm welcome and meets many Rotarians and guests from our District and beyond.

The event will be held Friday March 30th at the newly updated Hilton DoubleTree Hotel (formerly Wyndham) Exit #45 (Maine Mall Rd.) off of I-95 in South Portland. Space is limited and your response is requested by Friday, March 16th. I will forward e-mail to everyone with more information.

Al Molnar here today from Middlebury. Hope he will visit often.

Next week's meeting may be at the Inn or at Castle Rock Pub. Lorraine will let us know as soon as she hears from Adam.

*Megabucks: \$610 Ralph was hoping for a big birthday present - but drew the 4 of clubs for \$5.00 (down payment on a Bloody Mary)

*Happy Bucks

Brian Crandall - Happy to be back in the Valley

Dinsmore - MR Path - new president on 4/2/12

Stan - recovered from accident but season almost over

Laura - Thanked Henri for hosting fund raiser

Gene - happy spare parts still working

Jim Groom - Cataract operation successful

Dave Koepele - favorite teams winning

Jim Leyton - Lola working well

Al Barillaro - Can't wait to start mowing

Clayton-Paul - Father-in-law back

Lorraine - Happy to have Laura here

Ralph - \$5 better than nothing

Bob Holden - finished corporation income tax returns

Manny - S.C.

Dave Ellison - celebrating another birthday

PROGRAM

Lorraine asked Laura and Danielle, reps from CVHHH to come up front and make their presentation. Last year was the 100th anniversary of the Central Vermont Home, Health & Hospice organization.

Their mission is to provide high quality, medically-necessary home health and hospice care to all Central Vermonters, regardless of their ability to pay. In addition, the agency promotes the general welfare of the citizens of Central Vermont with health promotion and long term care services.

Danille is a director of several programs - wears many hats. She came to the Valley 40 years ago and loves the area. She bought a house in Vermont and was offered a job at the Central Vermont Medical Center.

She started with CVHHH 4 years ago. She has also been an adaptive sports coach and a ski coach. These experiences help her a lot with her patients today. She learns a lot from her patients and it helps her get acquainted with the people here. She enjoys treating neighbors and loves to help people.

Laura - We save the public a lot of money by treating people in their homes and nursing homes. Hospitals are very expensive.

Taking Steps - Planning for critical health care decisions.

An Advance directive is any written communication from you properly signed and witnessed, that speaks about your future wishes and instructions for health care

Every adult should have one - no matter how young or old, how healthy or sick you are. At any time you could have an accident or unexpected illness and suddenly be unable to speak for yourself. Also, if you expect to have surgery of any kind in the near future, it is a good idea to prepare or review and update your Advance Directive and share your wishes with those who will be caring for you.

One of the helpful features of an Advanced Directive is that it enables you to indicate the kind of care you do want as well as the treatments you don't want.

It has been shown that people live longer on hospice care as a result of TLC from caretakers and family.

CVHHH covers 23 counties in VT - every town is covered by visiting nurses.

CVHHH also gives training to family members on how to care for a baby, old parents, etc. If you are in need of services, such as cleaning cooking, bathing etc. they have people who will come to your home for a minimum of 4 hours to perform out-of-pocket services

A lot of our members bought the booklet "Taking Steps- Planning for Critical Health Care Decisions."

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?

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Club Officers

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