

Nor'Wester

Rotary Club of Northwest Des Moines

www.clubrunner.ca/northwestdesmoines / Fridays @ Noon - UGCC 4000-86th St. Urbandale

Prez Sez

Kelly Peterson

Time, it's such a hard to grasp concept. Time passes so quickly. How did I become old enough to have a daughter old enough to be getting married? How is it possible that this is my 54th summer at camp as either a camper or staff? How is it that the reality of making later-in-life choices for our parents, our spouses or ourselves could be sooner rather than later? We are also constantly aware that life can change in a moment with our health, our careers, and our relationships.



What I continue to be amazed and proud of is how Rotary has stood the test of time. Since 1905 we have endured as an organization. Only 16 years after being founded, Rotary had clubs on six continents. We have stayed the course through not one, but two pandemics. Our efforts and work with polio eradication began in 1972 (which is what I think of when someone says "30 years ago") ... Two billion dollars and we continue to persevere until the job is done. Now there are 46,000 clubs serving their communities through resources and time in service above self.

I hope as we begin a new Rotary year that you think about the time you spend in Rotary. I hope that each one of you considers ways to increase your involvement in the club. A service project that you haven't participated in, joining us for a social and going beyond just showing up for the meetings. Take time to get to know your fellow Rotarians in the club that are new or new to you. All time well spent.

Yours in Service, Kelly

Scribbles...

Becky Montgomery - Senior Home Finders of Iowa



Becky Montgomery spoke to us today about some things that we don't want to think about or plan for but at some point we may have to. What I learned today is that we don't have to go through it alone! When I look back at this presentation all I can think about is passion to help others through her own life experiences. Becky's path to founding this business started in 2002 when her mother was diagnosed with Alzheimer's disease. Her father Johnny Orr and family had little knowledge about the disease and what was to come. Being in sales, Becky realized that she had the ability with a flexible schedule to take the lead in helping her parents during this time in their lives. So she took this opportunity to learn everything she could about the disease and the process of finding her a home that could support her needs. Through her experiences Becky developed a passion to help others through this difficult time in their lives.

Today's presentation was very enlightening in regards to senior communities: how they operate and how to identify the good and bad facilities. Becky talked about the services she offers which is all of the above, but also about protecting you from the scams that are out there. Becky helps you through the whole process from start to finish. Becky has 55 current clients who range from dealing with this for the first time and are planning to individuals who are ready to make a move today.

What I have to say about Becky is that she has done her due diligence learning the business to help you make the best decision for your family at the right time.

Continued...

July 29, 2022

This Week's Program:

Rudy Trujo
CFUM

Arranged By:

Ed Arnold

Greeter:

Julia Taylor

Invocation:

Bill Grask

Sergeant:

Dan Boes

Scribe:

Jake Heston

2022-23 Officers & Directors

Kelly Peterson, President

Jack Bell, President Elect

Bill W. Corwin, Treasurer

Dianne Downing, Secretary

Ed Arnold, Board Member

Eric Idehen, Board Member

Donna Larson, Board Member

Tim Olejniczak, Board Member

Kyle Pieper, Board Member

Larry Sample, Board Member

Bill D. Corwin, Past President

Future Programs

8/5: Amy Doyle
Iowa Homeless Youth Shelter

8/12: Jessica Pruitt
Clinical Trial Testing

8/5: Steve Wieneke
District Governor

Other Locations

Monday

West Polk County, Toyota of Des Moines, (Noon)

Tuesday

Ankeny, Ankeny Golf & Country Club, (11:45)
 Johnston, Hyperion Golf & CC, (7:00 am)
 Dallas Center, Memorial Hall, (Noon)
 Norwalk, Echo Valley Golf Course, (6:30 am)
 West Des Moines, DM Golf & CC, (Noon)

Wednesday

East Polk County, Caring Hands, (7:00 am)
 Adel, Patrick's Restaurant, 211 S 7th St, #C, (Noon)
 The Greater Des Moines Club, check the District 6000 website for time and location

Thursday

Waukee, Des Moines Golf & Country Club, (6:45 am)
 Des Moines, Embassy Club - Ruan Bldg, (Noon)
 Winterset, Pizza Ranch, (Noon)

Friday

Des Moines, AM, Drake University - Courtside Club (7:00 am)

Upcoming Events

District Governor's Visit
 Friday, August 19
 Board Meeting @ 10:30 ahead of visit
 at UGCC

Items for the Nor'Wester should be submitted by end of the day each Monday. Please send to:

Jenifer Mercer-Klimowski

Phone: 515-490-3539
 elliotspudmom@yahoo.com

Scribe Continued...

Some takeaways from the presentation:

- Becky stressed the importance of keeping your loved ones close to you so you can visit often. The more you visit not only comforts your loved ones, it can play a big role in how the staff care for you!
- Not only does Becky know the community business, she knows how insurance works and legal if needed.
- Becky had this to say when selecting the right home for your family: "Have you ever been on a cruise ship? The rooms are small but it's not always about the room size, you own the whole ship? What else do they have to offer? There is no single community that is right for everyone."

I really enjoyed this presentation and I hope you all did too. Should you or someone you know need Becky's services, you can contact her at 515-770-8831 or email her at Becky@SeniorHomeFinderOfIowa.com

Derek Sparks, Scribe



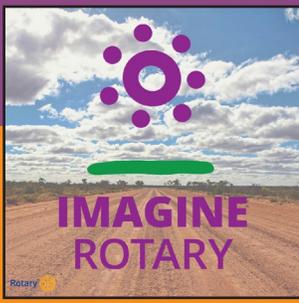
6 Ways to Beat the Heat!

1. Drink plenty of water
2. Don't exercise in the heat
3. Sleep on a wet cool cloth
4. Apply cold compress to best cooling points which include wrist, forehead and back of neck
5. Avoid spicy foods
6. Get a portable fan

Future Information



	Ed Arnold - Program Chair			
	<u>Greeter</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
July 29:	Wendi Wilson	Shannon Heinen	Bill D. Corwin	Kyle Pieper
Aug 5:	Tim Olejniczak	Joe Kobes	Dianne Downing	Jack Bell
Aug 12:	Mark McAndrews	Donna Larson	Jake Heston	Shannon Heinen
<i>Can't complete your assigned duty? Please assist Kelly Peterson by finding your substitute!</i>				



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Rotary On Vacation!

Met some rotarians from the Winnetka Rotary Club at the farmers market in Winnetka, Illinois. Good guys from the club with about 40 members doing some PR at the farmers market. Plus other pics from our summer vaction! Bill D. Corwin



Send In Your...

SUMMER VACATION PHOTOS!

Email us your "Summer Vaction" photos so we can show how Rotarians enjoy summers here in Iowa or around the world!

