



NOR'WESTER

Rotary Club of Northwest Des Moines
www.clubrunner.ca/northwestdesmoines

May 13, 2011

Prez Sez...

Eric Dickinson

Terri Hamm
Mercy Hospital

Arranged By:
Leslie Malcom

Greeter:
Kevin Smith

Invocation:
Paul Kirpes

Sergeant:
Marv Johnson

Scribe:
Brenda A-M

This week I would like to give some 2010 information on eradicating polio from the face of the earth. There were 950 cases around the world. Twenty countries reported cases in 2010, compared with 23 in 2009. Unfortunately, the number of children paralyzed by the virus jumped by 60 percent (from 88 in 2009 to 144 in 2010).



President Jose Eduardo dos Santos of Angola reaffirmed the governments and his commitment to eliminating polio. The president agreed to spearhead the country's 2011 vaccination campaigns. This is just one of several countries that are working hard to eradicate the world of polio. Closer to home, Ed Arnold received a District Service Award at this year's District 6000 Conference for all of his work in helping to eradicate polio. Thank all of you as well in your help to eradicate polio by purchasing tickets to this year's Iowa Energy/Polio Plus night.

Scribbles...

2010-11 Officers & Directors

- Eric Dickinson, President
- Wanda Armstrong, President Elect
- Brad Helgemo, Secretary
- Bill Corwin, Treasurer
- Ed Arnold, Director
- Jim Arthur, Director
- Dan Boes, Director
- Jenifer M-K, Director
- Diane Porter, Director
- Wendi Wilson, Past President
- Dianne D-Nelson, Exec Sec
- Bill Corwin, Exec Treas

Doug Bickford & Sue Freeman

The American Diabetes Association and the Iowa Methodist Diabetic Education Center were our Speakers.

Sue Freeman, a RN from Iowa Methodist educated us about diabetes. In the past several years, because of research (partially funded by the ADA) into diabetes, a more aggressive approach is now taken in the treatment of this devastating disease. New terminology and diagnostic test results are now used to more accurately describe the different disease stages. Borderline Diabetes is now called Pre-diabetes. Fasting blood glucose measurements under 99 are considered to be normal. Blood sugar readings of 100 to 125 are prediabetes (not normal numbers, but education should start here about where someone is headed), and above 125 is now considered a diagnosis of diabetes

and needs treatment. Prevention is a large part of the diabetic education and has become more valued over the past 15 years. Ninety-five percent of all diabetics are Type II on non-insulin dependent. In these individuals, the pancreas is still producing insulin but no longer in the correct amounts. Lifestyle is very important and portion size, exercise, nutrition and medications are needed to bring the disease under control.

The role of the American Diabetes Association is to advocate, educate and provide research. Doug Bickford is the new executive director of the American Diabetes Association of Iowa. The 3 year plan for the organization is to be the ultimate resource for patients diagnosed with diabetes. They watch legislatively to make sure nothing will have an adverse affect on diabetic patients. They raise funds like the University of Iowa Hospitals 3 research projects (worth \$750,000). Doug can be reached at dbickford@diabetes.org for any questions.

Future Programs

- 5/20:** Doug Elrick
Digital Intelligence
- 5/27:** Ann Olsen Schodde
US Center for Citizen
Diplomacy

Scribe, Wendi Wilson

Other Local Meetings

Health Corner

Tuesday

- Ankeny, Ankeny Golf & Country Club, (11:45)
- Johnston, Hyperion Golf & CC, (7:00 am)
- Dallas Center, Memorial Hall, (Noon)
- West Des Moines, DM Golf & CC, (Noon)

Wednesday

- East Polk County, Prairie Meadows, (7:00 am)
- Adel, Patrick's Restaurant, 211 S 7th St, #C, (Noon)
- The Greater Des Moines Club, WDM Marriott (6:00 pm)

Thursday

- Waukee, Des Moines Golf & Country Club, (6:45 am)
- Des Moines, Wakonda Club, (Noon)
- Winterset, Northside Cafe, (Noon)

Friday

- Des Moines, AM, Wakonda Club at 3915 Fleur Dr. (7:00 am)

- A natural way to keep counter tops clean is to sprinkle a little baking soda and scrub with a damp cloth. This keeps your counter tops clean without leaving any chemical residue behind.
- Exercise is a great stress reducer; physical activity releases endorphins which will improve your mood.
- Did you know that children laugh approximately 300 times a day, where the typical adult laughs less than 10 times per day? Laughter is a known stress reliever; find ways to add humor and joy to your life.



- Make getting fit a family activity. Sign up for a 1 or 3.1 mile fun run and train as a family. This will get everyone motivated to exercise and have a fun event to look forward to doing together.
- Cleaning experts have found that getting rid of clutter in your home will cut down your housework by 40%.



We'll Be Singing . . .

America the Beautiful
 Song Time:
 I've Been Workin' on the Railroad (#41)
 Smiles

Items for the Nor'Wester should be submitted every Wednesday by Noon. Please send to:

Jenifer Mercer-Klimowski

Phone: 515-237-2203

Fax: 515-237-2283

elliotspudmom@yahoo.com

BIRTHDAYS

May 9 Jim Pittman

Future Information

<u>Program</u>	<u>Greeters</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
<i>Chairperson:</i> Leslie Malcom	<i>Chairperson:</i> Wanda Armstrong	<i>Chairperson:</i> Jim Pittman	<i>Chairperson:</i> Beth Goedken	<i>Chairperson:</i> Larry Sample
Leslie Malcom, May 20	Josh Asche, May 20	TBA, May 20	TBA, May 20	Dan Boies, May 20
Chuck Corwin, May 27	Randy Taber, May 27	Jim Lipscomb, May 27	Dave Crandall, May 27	Brad Helgemo, May 27
TBA, June 3	Julia Taylor, June 3	Leslie Malcom, June 3	Dave Nagel, June 3	Chuck Corwin, June 3