



# NOR'WESTER

Rotary Club of Northwest Des Moines  
[www.clubrunner.ca/northwestdesmoines](http://www.clubrunner.ca/northwestdesmoines)

## Prez Sez...

Wendi Wilson

August 7, 2009  
 Program:

Mark Heppner  
 Salisbury House

Arranged By:

Dave Piersel

Greeter:

Don Chafa

Invocation:

Kevin Smith

Sergeant:

Bill Grask

Scribe:

Dianne D-Nelson

## 2009-10

OFFICERS AND DIRECTORS

- Wendi Wilson, President
- Eric Dickinson, President Elect
- Brad Helgemo, Secretary
- Wanda Armstrong, Treasurer
- Ed Arnold, Director
- Jim Arthur, Director
- Chuck Corwin, Director
- Rick Grant, Director
- Marcus Dunn, Director
- Cam Torstenson, Past President
- Dianne D-Nelson, Exec Sec
- Mark McAndrews, Exec Treas

Future Programs

- 8/21: Tiffany Spinner  
Heart Connection
- 8/28: Boy's and Girl's  
Club of Central IA

I was very inspired this week as I read the latest issue of the Rotarian. There was an article about a Rotarian who raised \$12,000 by riding across the United States on a bicycle. He used this money to help an African village. He made a trip there, discovered that what they wanted most, even above food, water, and clothes, was education. He was able to purchase bicycles for the teachers who walked 12 miles each way to the village. And eventually brought them clean water. It is amazing what 1 person can do. That is really what Rotary is about. Helping people. What starts out as an idea can be brought to fruition by each of us working together for a common good. Thank you to each one of you for being a part of this club. We couldn't do great things without you.



## Scribbles

### Michelle Hamilton Alzheimer's Association

Michelle Hamilton, Community Relations Coordinator for the Alzheimer's Association presented a heartfelt talk with the NW Rotary on this devastating disease that is a progressive & degenerative disease of the brain. Michelle began her career with the Association because of a personal relationship with Alzheimer's when her grandmother was affected from the debilitating effects.

There are 6,500 Iowans living with the disease. A person is diagnosed every 70 seconds. 70% of Alzheimer's patients are taken care of in the home environment with a quarter of a million kids aged 8-18 being caregivers for either their parent or grandparent in the home.

10 warning signs: 1) Memory changes that disrupt daily life 2) Changes & challenges in solving problems 3) Difficulty completing familiar tasks 4) Confusion with the time & place 5) Trouble understanding visual relationships 6) Problems with words/speaking/writing 7) Misplacing things & losing ability to retrace steps 8) Overall decrease of

judgement 9) With drawl from social activities they used to enjoy and 10) Changes in mood & personality.

The brain of a stage 5 Alzheimer's patient is equivalent to a 4 year old. 7 out of 10 of these patients will "wonder" from the caregiver so it is important to have round the clock care or good locks on the doors! To ward off this painful disease, Michelle said to keep your brain active with activities such as cross word puzzles, Suduko, read, write, crochet, do whatever your favorite hobby is that will stimulate your brain and keep you guessing.

Michelle wanted us to remember to "live in the moment" if we have an Alzheimer's patient in our family. Don't fight with them. Find a way to enjoy the time you have with them and ask them additional questions about their mixed up comments.

Scribe,  
 Leslie Malcom



## Other Local Meetings

### 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)

### Thursday

Waukee, Des Moines Golf & Country Club, (6:45 am)

Des Moines, Hotel Fort Des Moines, (Noon)

Winterset, Northside Cafe, (Noon)

### Friday

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

## Rotary Minute...

### **100 Percent Attendance**

Regular attendance is essential to a strong and active Rotary club. The emphasis on attendance is traced back to 1922, when Rotary International announced a worldwide attendance contest that motivated thousands of Rotarians to achieve 100 percent year after year. Many Rotarians take great pride in maintaining their 100 percent record in their own club. Rotary's e-clubs make it easy for members to make up meetings online. To earn an attendance credit, Rotarians log on to an e-club's Web site, read online material on a range of subjects, post comments, and submit a form to the club secretary.

([www.rotary.org](http://www.rotary.org))



### *We'll Be Singing . . .*

Opening: My Country 'Tis of Thee

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:

**Chuck Corwin**

Phone: 515-226-7605

Fax: 515-223-9301

[ccorwin@bryton.com](mailto:ccorwin@bryton.com)

BIRTHDAYS



August 1  
**Marcus  
Dunn**

BIRTHDAYS

## Future Information

### Program

Chairperson:

**Gil DeRoos**

TBA, Aug. 14

Dave Nagel, Aug. 21

Nancy Johnson, Aug. 28

### Greeters

Chairperson:

**Nancy Johnson**

New Member, Aug. 14

New Member, Aug. 21

Nancy Johnson, Aug. 28

### Invocation

Chairperson:

**Jim Pittman**

David Smith, Aug. 14

Marv Johnson, Aug. 21

Doyle Sanders, Aug. 28

### Sergeant

Chairperson:

**Kevin Smith**

Marv Johnson, Aug. 14

Brad Helgemo, Aug. 21

Julia Taylor, Aug. 28

### Scribe

Chairperson:

**Larry Sample**

David Nagel, Aug. 14

Heidi Nebel, Aug. 21

Roger Nyberg, Aug. 28