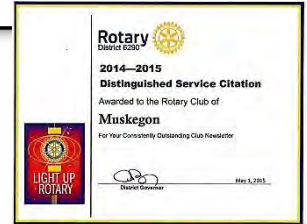


"Service Above Self"

Muskegon Rotary in Motion

<http://www.muskegonrotary.org>



Jane Clingman-Scott, President
Ginny Sprague, President-Elect
Tim Arter, President Nominee
Jason Piasecki, Past President
Kristi Nagengast, Treasurer
Don Hutchins, Secretary
Kim Boersema, Club Coordinator



Muskegon Rotary Club

Club 16 (2809) – District 6290, Chartered May 1, 1916

Next Mtg—March 16, 2023, 12-1:30pm

The Lake House – Hybrid

ReWine Sat Club—Next mtg 3/16/23 5:15 pm

Walker's (in the Delta)



Marty Gerencer, Director
Aaron Maiké, Director
Roger Morgenstern, Director
David Ramos, Director
Asaline Scott, Director
Marty Sytsema, Director
Kathy Moore, RIM Reporter
Roger Morgenstern, RIM Photographer
Susan Besteman, RIM Editor



THE FOUR WAY TEST THAT ROTARIANS USE IN MAKING ETHICAL DECISIONS:

Is it the **truth**? Is it **fair** to all concerned? Will it build **goodwill** and better **friendships**? Will it be **beneficial** to all concerned?

Next Meeting (3/16/23) — USS Silversides

This is it: the absolute edge of no return: to turn back now and make home or sail irrevocably on and either find land or plunge over the world's roaring rim" - William Faulkner

MEETER - GREETER

Daniel Hartmann &
Rev. Eileen Stoffan

REFLECTORS

Rabbi Alan Alpert Mar 9
Nancy McCarthy Mar 16
OPEN Mar 23
Eric Seifert Mar 30
(Contact Alan Alpert if you can help)

NEXT WEEK'S BIRTHDAYS

Edward Alexander Mar 18
Cathy Brubaker-Clarke Mar 19
Timothy Lipan Mar 20
Steve Edwards Mar 21

[Caring Connections Fund](#)

PROGRAMS / EVENTS

Mar 9—AgeWell Services of West MI
Mar 16—USS Silversides
Mar 16—**ReWine at 5:15 pm**
at Walker's (Delta)
Mar 23—Youth Development Sports Program

Muskegon Rotary Board

Jane Clingman-Scott	Ginny Sprague
Tim Arter	Jason Piasecki
Kristi Nagengast	Don Hutchins
Marty Sytsema	Kim Boersema
Jeff Lewis	Asaline Scott
David Ramos	Marty Gerencer
Aaron Maiké	

Please email Club Board

Members through this [link](#):

VISITORS & GUESTS



John Bradfield (Step Up Executive Director) – guest of **Tom Palmer**



Stacey Kennedy (Youth For Christ Mission Adv. Lead) – guest of **John Noling**



Paige Alkire (Frauenthal Center Marketing), Courtney Burkett (Detroit Public Theatre), and Sarah Clare Corporandy (Detroit Public Theatre) – guests of **Eric Messing**



Brandy Carlson (Healthwest) – guest of **Jackie Farrar**



Chris Burnaw (AgeWell Services/Safe Seniors Coordinator) & Rhonda Rosenberg (AgeWell Services Associate Director) – guests of **Kris Collee**

Student Guests

Ravenna High School came with their high achievers! **Marty Sytsema** introduced School Counselor Tia Filippelli who introduced Carmela Klenk and Ellie Solern.



New Member Inductions



Sean Burns and Rachel Gorman

Sean is sponsored by **Eric Seifert**. Sean has been married to his high school sweetheart Kristie Burns for 30 years. Kristie is also a small business owner. She owns KBC Communications and provides Public Relations, Corporate Communications, & Content. Kristie serves as the Global Block Chain Brand Marketing & Communications Leader for Ernst & Young. They have two adult children Connor & Emma Burns. His son Connor graduated from GR Catholic Central and Baker College at their Cadillac location where he received his associate degree in agriculture technology. He currently works as a Hi-Lo Driver at Michigan Natural Storage. Emma graduated from GR Catholic Central and DePaul University in Chicago where she received her bachelor's degree in film & Television. Emma works as a Production Assistant for the TV Show "Press Your Luck" in Los Angeles. Kristie & Sean moved to the Muskegon area in the Summer of 2019 after their youngest graduated from high school. They raised their children in Grand Rapids and now are enjoying the lake life on Mona Lake.

Sean graduated from GR Catholic Central High School,



Aquinas College, and Adler University in Chicago. He has a master's in counseling psychology and has been practicing as a psychotherapist for 25 years now. Sean owns Burns Psychotherapy and has an Outpatient Counseling Office in Grand Rapids & here in Muskegon at the North Town 794 Building on Pine Street.

He has assisted the homeless population by acting as a Family Promise Coordinator. Sean has been a Stomp Out the Stigma Leader several times to raise money for the Mental Health Foundation of West Michigan/Be nice program. He

provided Grief Counseling for Camp Compass and has also coached youth sports.

Sean likes to hike, bike, boat, travel, try all the local restaurants, and always has music on.

Sean looks forward to helping the Muskegon area grow and thrive. He aligns himself fully with the Rotarian goals and looks forward to assisting in any ways that he can.

Rachel Gorman is a Muskegon native and went to Oakridge High School. She completed her undergraduate degree in Hospitality and Tourism Management from Grand Valley State University and a master's in business administration from Michigan State University.



Rachel works as the Director of Development at Pioneer Resources. In this role, she provides leadership, direction and coordination for a comprehensive fundraising program that secures financial resources from all donor segments of Pioneer Resources, Pioneer House, and Pioneer Harbour.

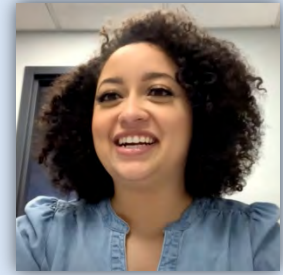
Outside of her role at Pioneer Resources, Rachel is an active member of our community! She serves as a Commissioner At-Large in the City of Muskegon and was elected with the highest number of votes ever recorded for the position, is the first person of Asian descent to be elected and is the youngest member of the current commission by over a decade.

Rachel is a member of the Greater Muskegon Jaycees, LEAD Muskegon, Muskegon Civic Theater Board of Directors, and the Parties in the Park Board of Directors. She is married to Brennen Gorman and they live in Downtown Muskegon with their dog, Maple. Rachel is sponsored by **Michael Ramsey**.

RIM Reporting Team

Susan Besteman	Jackie Farrar
Susan Holkeboer	Kathy Moore
Roger Morgenstern	Meredith Smillie
Lori Weiler	
Bill Johanson, Contributor	
John Noling, Contributor	

Member Spotlight:

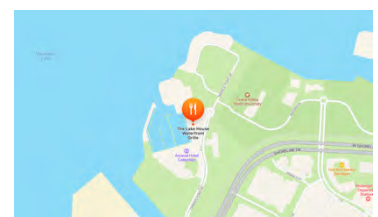


Contessa Alexander moved away from Muskegon but found her way back after a few years. She was introduced to Rotary by **Cathy Brubaker-Clarke** and joined in 2021. Contessa graduated from Reeths-Puffer High School and went on to achieve a bachelor's degree from Central Michigan University. She works for the City of Muskegon as a Development Analyst and volunteers for many initiatives and causes in the community. Contessa also serves as co-chair, along with **Andy Buelow**, of Rotary's Diversity, Equity and Inclusion Committee. She is married to Lionel Alexander and has a 4-year-old daughter. Contessa is excited about the many opportunities and future possibilities with Rotary. She feels that she can offer a fresh new perspective to the club. View the video [here](#).



Next two meetings are at the Lake House!

The next two noon meetings (March 16th and March 23rd) are at the Lake House Waterfront Grille.



THIS WEEK'S PROGRAM: AgeWell Services



Speaker: **Kris Collee**

Introduced by: **Tim Arter**

Reporter: **Kathy Moore**

Tim Arter introduced **Kris Collee** as a



fellow Rotarian, Program Committee Chairperson, former President of the Muskegon Jaycees, Volunteer Director/Board member of the Michigan Irish Music Festival, and of course - Executive Director of AgeWell Services. Prior to her employment with AgeWell Services, Kris worked as the Muskegon Program Manager for Kids Food Basket and Executive Director of Child Abuse Council of Muskegon County. She has received numerous accolades and awards in recognition of her professional accomplishments and community service activities.



To start the program, Kris Collee highlighted some trends and misnomers about the growing number of senior residents and how it will have a significant impact on the economy and society in general.



"Silver Tsunami" is a metaphor used to describe the expected increase in the senior population. Kris shared that most communities will experience worker shortages, transfer of wealth, and changes in philanthropy and volunteerism activity as the baby-boomer generation ages. She explained that many older individuals are isolated and lonely which increases their susceptibility to scams and other crimes of opportunity. Kris explained that "language matters" when referring to or speaking with older people; and "age-ism" is a growing concern both ways (younger and older generations). The presentation included very interesting and very informative statistics relative to health, well-being, and escalating costs of healthcare for older adults.

Shifting to specific organizational activity, we learned that AgeWell Services follow the same geographic service region as Senior Resources...covering Muskegon, Oceana, and Ottawa counties. Kris complimented the exceptional staff, volunteers, and supportive Board and expressed tremendous appreciation for their ability to pivot and respond to changing needs and demands during the pandemic. She indicated that they

partnered with local municipalities and community-based organizations to expand their reach and achieve greater efficiencies.

AgeWell Services is redefining age through connections that support health and wellness for older adults. Known best for their Meals on Wheels program, they offer a plethora of programs, services and activities that disrupt aging by bringing accessible supports to the older population.



For 60% of the Meals on Wheels home delivery clients, the driver may be the only person that they see that day. They provide congregate meals and activities at many neighborhood centers in a safe and fun social environment. Through the Senior Transportation program, they provide door-to-door, no-cost, non-emergency medical transportation for low-income Muskegon County adults aged 60 and older. Their Wellness Center at Tanglewood Park provides comprehensive and affordable wellness, creative, and social activities, which is also taken on the road to local senior and activity centers with the support of community partners. Their Project Fresh program helps low-income older adults eat healthier by providing nutrition education and a free \$25 coupon booklet for fresh fruits, vegetables, and other healthy foods sold

HEALTH, WELL-BEING, AND ESCALATING COSTS OF HEALTHCARE

- Older adults make-up 35% of all healthcare spending (as of 2019).
- By 2030, Medicare participants will DOUBLE
- Complexity of Care
- Geriatric Physicians and Direct Care Worker Shortages
- 11 minutes is not enough
- Overuse of Emergency Departments
- Accessing services due to lack of transportation
- Increased dementia and Alzheimer's
- 1 in 4 adults aged 65 and older are socially isolated (National Library of Medicine).
- Social isolation was associated with about a 50% increased risk of dementia (CDC).
- Loneliness among heart failure patients was associated with a nearly 4x increased risk of death, 68% increased risk of hospitalization and a 57% increased risk of emergency department visits (CDC).
- 1 in 15 US seniors face hunger (Feeding America).
- 1 in 10 older adults experience abuse, neglect, exploitation. 85.5% of perpetrators are family.

at local farmer's markets. Kris invited us to meet friends for a meal, a snack after class, or to catch up over a cup of coffee at the Driftwood Café, where fresh, homemade, healthy food is served with a smile! The SafeSeniors Program is designed to educate, advocate, and seek justice through collaborative teams working together to prevent abuse, neglect, and financial exploitation of older adults. AgeWell Services of West Michigan will celebrate their 50th Year Anniversary this year (1973 – 1923)! Stay tuned for more...



Kris Collee, Executive Director
kris@agewellservices.org
 231-733-8630

Wellness Center & Driftwood Café
 at Tanglewood Park
 560 Seminole Road
 Muskegon, MI 49444
 (231) 733-8643

Admin Offices at Berkshire
 275 W. Clay Avenue, Suite 100
 Muskegon, MI 49440
 (231) 755-0434

Heels for Meals & More!



AgeWell Services of
 West Michigan Invites

You and tickets are on sale now through April 14th! This festive fundraising event is on April 22, 2023 at 6 pm at Trillium Event Center in Spring Lake will knock your socks and shoes off with great food, a signature drink, live music, live & silent auctions, best shoe contest and hand-painted signature drink glasses. All funds raised will help support our aging neighbors. Tickets are \$60/person or tables of eight are \$420. Sponsorships are still available. Visit agewellservices.org/heels-for-meals for more information and to purchase tickets.



ANNOUNCEMENTS

Uniforms still delivered to Honduras!



Despite there not being a formal group work trip to Honduras this year, student uniforms (donated from **Darlene Collett**) were still delivered. A special thank you to **Gail Ringelberg** and **Bari Johnson**, members of the Grand Haven Rotary Club, who made this delivery to a Rotary Club in Honduras happen.

NEEDED: Used clothing child and adult and shoe donations, to take to El Salvador on Mar 29. If you can help, please **bring to Rotary this week** or contact **John Noling** for pick up. Thanks to **Darlene Collett** for a suitcase full of school uniforms and basic reading books to donate!

Rotary Apparel



Contact **Carim Calkins** if you want Rotary Apparel or visit

<https://trophyhousebrands.chipply.com/rotary/>

Carim's email is carimcalkins@gmail.com.

DEI Committee Updates

Join our DEI Committee for a screening of the documentary "13th" on Wednesday, March 29th at 5:30 pm at Muskegon Area District Library's main office (4845 Airline Rd, Suite 5, Muskegon, MI 49444). "13th" is a documentary featuring scholars, activists, and politicians who analyze the criminalization of African Americans and the US prison boom. Snacks will be provided. Contact **Sarah Rinsema** at srinsema@madl.org for any questions. Sign up through this Sign-up Genius link: <https://www.signupgenius.com/go/10C0C44AFAA2CABFFC16-rotary1>

Interact Insider

THANKS to our club for \$1000 from our Sister Cities reserve fund to help five Interactors with El Salvador trip expenses. **THANKS** also for the generous \$1,000 (plus WEHOP's \$1,000) to help with the Gambia water pump project.

North Muskegon Interact Club has pledged to raise \$1000 to support former Interactor Bella Lindsay's **Maternity Ward Renovation Project** in Gambia. **Muskegon High Interact** is also contributing. All funds raised by all of us will be matched 100 percent by Seeds of Change. Goal is \$57,000. If you can help in any way, please see **John Noling**.

Earth Day April 22 will feature major tree planting at Harbor Dunes County Park by our Interact clubs. All Rotarians welcome to assist.

EarlyAct at Lincoln Park Elementary Update



They have raised over \$2500 so far and are working on:

1. Starting a school leadership group
2. Feeding America Food Truck
3. Choosing an impact from an existing organization – Heifer International



EarlyAct at Lincoln Park Elementary Update (Cont'd)



Kudos to **Jay Wallace Jr** and Bill for your leadership! Jay added, "Really proud of this group and super impressed with the enthusiasm of our Mona Shores faculty. Mr. Zinger, Mrs. Recor, Mrs. Ralston, and Mr. O'Brien. Also very much appreciate the support and cooperation of our Rotary club! I really hope to see this group continue at the middle school next year, and 'reload' at Lincoln Park!"

Raise a Glass to Rotary!



Pours for Community, a series of happy hours at local drinking establishments to support the Muskegon Rotary Foundation, will run April 21-May 6.

This is an updated version of the successful Pours for Polio we had last spring. There will be a special Rotary Happy Hour at each location. Proceeds from drinks purchased, including a special "Rotary Drink" at each location, will benefit our Foundation. Rotarians and guests are welcome and light appetizers provided.

Foundation funded activities include youth leadership and service mentoring, food security and nutrition, education, public health, DEI, community cultural enrichment, community development and park development, and international aid initiatives.

MUSKEGON ROTARY CLUB 2023 MARCH MADNESS BRAVE ROTARIANS CONTEST

Men's Sweet Sixteen Round
March 23, 2023

Women's Sweet Sixteen Round
March 24, 2023

2023 NCAA MEN'S TOURNAMENT	2023 NCAA WOMEN'S TOURNAMENT
1. Tim Arter	1. Nancy Crandall
2. Pam Babbitt	2. Jackie Farrar
3. Don Crandall	3. Marty Ferriby
4. Gene Fethke	4. Judy Hayner
5. Lisa Hegenbart	5. Susan Holkeboer
6. Ed Hendrickson	6. Rich Houtteman
7. Annette Jack	7. Don Hutchins
8. J.J. Lewis	8. Leigh Ann Mikesell
9. Jenny McNeill	9. Melissa Moore
10. Mark Meyers	10. Kristi Nagengast
11. Steve Olsen	11. Emma Peterson
12. Jason Piasecki	12. Christine Robere
13. Larry Sanders	13. John Rupert
14. Joanie Smith	14. Josh Silvis
15. John Snider	15. Rem Sprague
16. Brandon Turnbull	16. Marty Sytsema

Be a happy hour host! Contact **Mary Anne Gorman** or **Lisa Metzdorf** with the New Member Engagement Committee. Sponsors will help ensure a successful event and range from \$250 - \$2,500. All donation amounts are welcome. Checks can be made out to: **Muskegon Rotary Foundation – Pours P.O. Box 66, Muskegon, MI 49443.**

Contact **Tim Arter** at 231.750.8827 or timarter935@gmail.com for any sponsorship related questions.

Dates and times!

- *Friday 4/21 at 4-6 pm:
-Salty Pecker
- *Monday 4/24 at 5-7 pm:
-Unruly Brewing Company
- *Thursday 4/27 at 5-7 pm:
-Socibowl
- *Saturday 4/19 at 3-6 pm:
-18th Amendments Spirits Co.
- *Tuesday 5/2 at 5-7 pm:
-Wonderland Distilling Co.
- *Thursday 5/4 at 5-7 pm:
-Pigeon Hill
- *Saturday 5/6 at 3-5 pm:
-Pints & Quarts



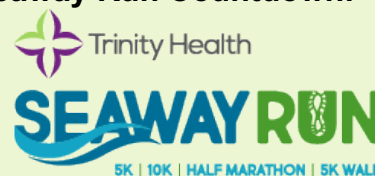
MUSKEGON COUNTY COMMUNITY READ 2023



A literacy event is happening in Muskegon County in March and April. Contact **Doug Wood** or click the link below for more Information: <https://wmeac.org/muskegon-county-community-read/>

**READ THE BOOK AND
JOIN THE DISCUSSIONS!**

Seaway Run Countdown!



<https://seawayrun.com>

Sign-up sheets will be at the meetings.