

# THE ROTARY BANNER

WHAT'S FOR DESSERT EDITION

EAST ALTON ROTARY CLUB [WWW.EASTALTONROTARY.ORG](http://WWW.EASTALTONROTARY.ORG) CHARTERED OCT. 28, 1971 DISTRICT 6460

## WHEN IT'S TIME TO GO

LAST WEEK WE HAD THE PLEASURE OF HEARING FROM TERI SABO, PATIENT CARE MANAGER AT ALTON MEMORIAL. TERI'S BACKGROUND IS IN ONCOLOGY, BUT SHE WAS WITH US IN HER CAPACITY AS A COMMUNITY NURSE. ONE OF THE MOST CRITICAL DECISIONS THAT WE WILL EVER BE FACED WITH IS, WHEN IT IS TIME TO RELOCATE TO A CARE FACILITY, EITHER FOR YOURSELF OR A RELATIVE? SHE TOLD US THAT THE NUMBER ONE DRIVER IN THIS PROCESS SHOULD BE SAFETY. ARE YOU SAFE IN YOUR HOME, IN YOUR NEIGHBORHOOD? HOME SAFETY CAN BE SOMETHING AS SEEMINGLY SIMPLE AS NAVIGATING A SET OF STAIRS. OTHER QUALITY OF LIFE ISSUES THAT NEED TO BE CONSIDERED ARE THE ABILITY TO WALK, SEE AND DRIVE. TERI POINTED OUT THAT THERE IS A GROWING MOVEMENT IN THE U.S WHERE NEIGHBORS BAN TOGETHER TO HELP EACH OTHER WITH EVERYDAY TASKS: TRIPS TO THE DOCTOR, GROCERY, COOKING, CLEANING, YOU GET THE PICTURE. THE SERVICE IS USUALLY PROVIDED FREE AND IS DESIGNED TO KEEP PEOPLE IN THEIR HOMES AS LONG AS POSSIBLE. THERE ARE ALSO AGENCIES THAT WILL PROVIDE IN HOME CARE FOR A FEE. THE HOURLY COST RANGES FROM \$14-\$24. THESE HOME CARE PROFESSIONAL CAN PROVIDE A RANGE OF SERVICES, BUT ANY RISKS THAT ARE ASSOCIATED WITH LIVING AT HOME DON'T GO AWAY. ONCE THE DECISION HAS BEEN MADE TO MOVE, THE CHALLENGES BECOME MORE COMPLEX. THE CHOICES INCLUDE: INDEPENDENT LIVING COMMUNITY, SUPPORTIVE LIVING COMMUNITY, ASSISTED LIVING COMMUNITY AND NURSING HOME CARE. NURSING HOMES PROVIDE LONG TERM CARE AND ALZHEIMER'S CARE. TERI TOLD US THAT, EVEN THOUGH THE FACILITIES MAY HAVE THE SAME "COMMUNITY" TITLE, THE FACILITIES' LEVEL OF SERVICE MAY VARY CONSIDERABLY BETWEEN INSTITUTIONS. THE COST OF THESE FACILITIES CAN RANGE FROM \$1000-\$7000 PER MONTH. TERI PASSED OUT A CHART THAT COMPARED EACH LEVEL OF CARE, A SHEET INCLUDING DEFINITIONS FOR THE DIFFERENT LEVELS OF CARE, A BUDGET WORKSHEET AND A LIST OF RESOURCES LINKS. SHE ALSO POINTED OUT THAT MOST PEOPLE WANT TO STAY AT HOME. THE BIGGEST DOWNSIDE TO THIS IS THE LOSS OF SOCIAL CONNECTIONS. THIS LOSS USUALLY LEADS TO FAILING HEALTH. IF STAYING AT HOME IS THE CHOICE, THERE ARE OPTIONS SUCH AS "LIFELINE" THAT CAN PROVIDE AN EMERGENCY RESPONSE WHEN ACTIVATED. IT'S IMPORTANT TO DO YOUR HOMEWORK BEFORE MAKING ANY MOVE. IF YOU SEE ANYTHING LIKE THIS IN YOUR FUTURE IT'S NEVER TOO EARLY TO START THE GROUNDWORK. WE THANK TERI FOR SHARING THIS IMPORTANT INFORMATION AND SERIOUS FOOD FOR THOUGHT. HER AUDIO PRESENTATION IS AVAILABLE AT OUR BLOG OR ITUNES.



JUNE 4, 2009

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## THE SKINNY

-IF YOU HAVE A "BUSINESS OF THE YEAR" NOMINEE, GIVE THE NAME TO CHRIS.  
-JUST IN TIME FOR FISHING SEASON, LAKE WOOD RIVER HAS RETURNED, RIGHT DOWN THE STREET FROM THE NEWEST SIGNAL LIGHT. THE STRETCH OF HIGHWAY BETWEEN SHOP N SAVE AND THE OVERPASS ON 143 IN WOODVILLE MUST BE SOME KIND OF GUINNESS RECORD FOR SIGNAL LIGHT DENSITY.  
-RHONDA GOT A BYE FOR THE MOST COLORFUL TOP/SHIRT.  
-RED LED US IN GRACE, I WANT TO KNOW WHERE WE DRAW THE LINE FOR BEING THANKFUL FOR THE RAIN?  
-ACCORDING TO ROGER, IF IT LOOKS GOOD AND SMELLS GOOD, IT'S TIME TO EAT.  
-JUST A FRIENDLY REMINDER THAT THE BASEBALLMANIA SEASON IS ABOUT TO BEGIN! TODAY IS THE THE LAST MEETING TO TURN IN TICKETS TO GET IN ON THE FULL 17 WEEK SEASON. YOU MAY CONTINUE TO SELL, BUT THE TICKET WILL NOT BE ELIGIBLE FOR THE ENTIRE SEASON. WE NEED YOUR HELP TO MAKE THIS FUNDRAISER SUCCESSFUL! THANK YOU!  
-STEVE WAS LATE, PAUL WAS LATE-ER.  
-SOME OF THE TOPICS COVERED ON OUR BLOG THIS PAST WEEK INCLUDE: SAVING MONEY DINING OUT, CHARLIE, BASEBALL MANIA, TONKA TRUCKS, YOUR POWER BILL, GRAPE NUTS, PING PONG, LORI AND MARK V. AND THE LIBRARY OF CONGRESS. GO AHEAD AND CHECK IT OUT: [HTTP://EASTALTONROTARY.BLOGSPOT.COM](http://EASTALTONROTARY.BLOGSPOT.COM)  
-WENDELL AND ALLEN EACH HAD THE OPPORTUNITY TO CLAIM THE \$70 JACKPOT WITH PREDICTABLE RESULTS. THANKS GUYS!

## INSTALLATION DINNER

OUR INSTALLATION OF OFFICERS DINNER WILL BE HELD ON JUNE 25TH AT THE MOONLIGHT RESTAURANT. FELLOWSHIP BEGINS AT 6, DINNER AT 6:30. THE COST IS \$20 PER PERSON. SPOUSES AND GUESTS ARE WELCOME TO ATTEND. YOU MAY SIGN-UP ON LINE OR AT A WEEKLY MEETING. THE DEADLINE TO REGISTER IS JUNE 11TH. THERE WILL NOT BE A NOON MEETING THAT WEEK. PLEASE JOIN US FOR THIS FUN EVENING AND BE THERE TO CONGRATULATE KEVIN AS HE ASSUMES THE REIGNS OF OUR FINE GROUP.

## OUR HISTORY IS OUR LEGACY

THE NEXT DATE IN OUR HISTORY PROJECT IS TODAY. THE BOARD HAS DETERMINED THAT THERE IS NO TIME LIKE THE PRESENT TO START TO CAPTURE OUR HISTORY VIA A DIGITAL RECORDER. THE FORMAT IS A WORK IN PROGRESS. NOW IS THE TIME TO GET OUR MEMORIES AND OBSERVATIONS DIGITIZED. THIS INFORMATION WILL BE ARCHIVED AND AVAILABLE TO ALL MEMBERS.



Today's word—greenbacks—Union soldiers in the Civil War named U.S. Treasury legal tender banknotes greenbacks for the obvious reason that the backs of the bills were green.

#### IT HAPPENED TODAY

1070: Roquefort cheese discovered

1717: The Freemasons are founded in London.

1812: The Louisiana Territory was renamed the Missouri Territory.

1892: The Sierra Club was incorporated in San Francisco.

1896: Henry Ford wheeled his first car from a brick shed in Detroit, and drove it around the darkened streets on a trial run.

1911: Gold is discovered in Alaska's Indian Creek

1942: The Battle of Midway began during World War Two.

1944: The US Fifth Army entered Rome, beginning the liberation of the Italian capital during World War Two.

1954: French Premier Joseph Laniel and Vietnamese Premier Buu Loc initialed treaties in Paris according "complete independence" to Vietnam.

1992: The US Postal Service announced the results of a nationwide vote on the Elvis Presley stamp, saying more people preferred the "younger Elvis" design. Pakistan moves to end polio in the face of conflict

#### PAKISTANI EFFORT CONTINUES

Pakistan's effort to eradicate polio is moving ahead, despite the displacement of up to one million people by the military conflict in the country's North-West Frontier Province. Among the positive developments reported by the World Health Organization:

\* As of 19 May, nine immunization teams had vaccinated almost 17,900 children under age five on the three main transit routes out of the conflict zone.

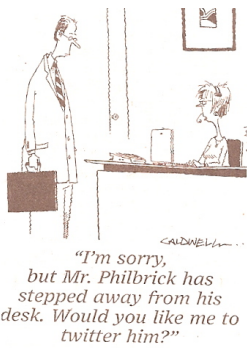
\* More than 87,000 displaced people are living in 26 camps in the province. Mobile teams have gone tent to tent to immunize 6,890 children and are deployed at registration points to vaccinate newcomers.

\* Almost 870,000 people -- about 90 percent of the total displaced population -- have registered as living with relatives or friends. Immunization teams are being trained to cover communities hosting displaced families to ensure that the children are vaccinated against polio and receive vitamin A supplements during National Immunization Days (NIDs) 28-30 May. Subnational Immunization Days are scheduled for 22-24 June.

WHO officials say it is vital to reach children of displaced families, because access to these children has been hampered by the poor security situation in the province. To promote the upcoming NIDs, aimed at reaching 33 million children nationally, Rotarians and social workers joined a walk against polio in Karachi on 21 May, led by the city's deputy mayor, Nasreen Jalil. "After the walk, the deputy mayor gave polio drops to kids and appealed to all citizens to participate," says Aziz Memon, a member of the Rotary Club of Karachi, Sind, and past governor of District 3270 (Afghanistan; Pakistan). "Because of the presence of the deputy mayor, the event was covered by all print and electronic media and will create a lot of awareness."

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## RETURN SERVICE REQUESTED



East Alton blog:  
<http://eastaltonrotary.blogspot.com/>  
online make-up:  
[www.rotaryclubone.org/](http://www.rotaryclubone.org/)

"Sometime they'll give a war  
and nobody will come."-  
Carl Sandburg

#### CLUB ARCHIVES

June 6, 1996

Our program was from Madco Coroner Dallas Burke. SAA John M. was considering issuing 1099's for fines. Jim M. was participating in the Olympic Torch walk. A donation to Beverly Farms was made in N. Taylor's honor.

#### FOUR WAY TEST

IS IT THE TRUTH?

IS IT FAIR TO ALL  
CONCERNED?

WILL IT BUILD  
GOODWILL AND  
BETTER  
FRIENDSHIPS?

WILL IT BE  
BENEFICIAL TO ALL ?

#### MAKE-UP OPPORTUNITIES

MON. NOON-WOOD RIVER  
ST. JOHN'S UCC  
NOON-JERSEYVILLE  
REACE UNITED CHURCH  
6PM-ALTON-GODFREY  
CASTELLI'S @ 255  
TUE. NOON-COLLINSVILLE  
HOLIDAY INN  
NOON-GRANITE CITY  
NIEDRINGHAUS  
METHODIST  
NOON-HIGHLAND  
MICHAEL'S  
RESTAURANT  
WED. 6:30AM-BETHALTO  
AIRPORT  
NOON-GOSHEN-LCCC  
CENTER-EDWARDSVILLE  
THU. NOON-EDWARDSVILLE  
FIRST CHRISTIAN