



Spoke Newsletter

Wednesday October 10, 2018

President—Paul

Attendance: 24(60%) Attendance with make ups: 28(70)

Program Wednesday, October 17, 2018

Shauna Davidson—Orit Primary School, Uganda

Arranged by Wayne Casper

Program Wednesday, October 10, 2018

Karla Frese & Andrew Carlson—Home Care Partners of Nebraska

Arranged by Wayne Casper



Home Care Partners of Nebraska is locally owned by Andrew Carlson and Karla Frese. Community involvement helps you connect with others, it improves lives and strengthens communities but most important is the intangible benefits of pride, satisfaction and accomplishment. It warms our hearts in knowing we are giving back. We are involved in various community events and serve on several committees and Boards. **Karla** has dedicated her entire professional career to seniors. She enjoys being able to inspire elders to live self-directed lives. She is dedicated to empowering older adults and their families to make informed choices wherever they call home. **Andrew** is a long-time professional in the hospital and 'patient-centered' care has a passion to promote education, communication, and coordination among providers by sharing information and identifying services and needs which impact older adults in Nebraska. He strives to find ways

to improve the way we engage with our senior community and anticipate their needs.

Andrew's discussion on Fall Statistics:

- ◆ **1 in 4** adults age 65 and older falls each year.
- ◆ Among older adults, falls are the leading cause of both fatal and non-fatal injuries.
- ◆ **1 in 5** falls causes a serious injury such as broken bones or a head injury
- ◆ Each year, 2.8 million older people are treated in emergency departments for fall injuries.
- ◆ Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture.
- ◆ Each year at least 300,000 older people are hospitalized for hip fractures
- ◆ 50% of people that have fractured a hip can no longer live independently



A Rotary Thank You to Karla Frese & Andrew Carlson on a very informative presentation about "Fall Prevention and Preparation for Care Givers"

***Lincoln East Rotary Club
Meetings at Valentino's—70th & Van Dorn
Noon Luncheon starting @ 11:45 a.m.***

October 10, 2018

What You Can Do to Prevent Falls

Exercise & Mobility

- ◆ Staying physically active is one of the best ways to prevent falls. The more muscle strength you have the less likely you are to fall.
- ◆ Walking is one of the best exercises you can do
- ◆ Tell your doctor if you notice you have balance problems or are tripping frequently
- ◆ Tai Chi
- ◆ Use your walking devices and use them correctly
- ◆ Always wear well fitting footwear. Avoid sandals, shoes, slippers without a back strap

Have Your Eyes Checked

- ◆ Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed. It may be time to get rid of your “cheaters”.
- ◆ Always wear sunglasses to protect from glare
- ◆ Place colored tape on the floor where the flooring changes from tile to carpet

Karla's presentation on Prepare to Care:

Introduction: Caring for a family member or close friend is one of the most important roles you'll play. It may start with driving your loved one to get groceries or going to the doctor. Later, you may find yourself taking more time off from work, preparing meals or handling bills. No matter where you are in the journey of family caregiving—just beginning to anticipate a need, helping coordinate a big move, or taking care of a family member full-time—having a good framework to help guide both you and your loved one will make the process easier. A guide, available from **AARP** called ***Prepare to Care*** (www.aarp.org/caregiving) is a practical tool to help you care for your family member or close friend. You'll find information, resources, and checklists to help you get organized and find the support that you might need.

The guide follows five important steps that will help see you through your caregiving journey.

Start the conversation. Many people wait until a crisis occurs before they talk about their values and preferences, wishes for health care or details of their finances. If you wait until a fall, accident, or serious diagnosis, big decisions may be driven by assumptions.

Form your team. No one should try to approach the responsibilities of caregiving alone. While other family members are likely sources of support, don't overlook friends, colleagues, clubs or religious and other organizational affiliations as resources too.

Make a plan. Putting together a family caregiving plan now will help you respond more quickly and effectively should the need arise. It can also provide some peace of mind. A plan helps everyone get on the same page and keeps the focus on what's best for your loved one.

Find support. Many issues may arise during your caregiving experience that requires additional information and resources. Don't hesitate to reach out to organizations and professionals with experience in helping *family caregivers*.

Care for yourself. As a family caregiver, it's easy to forget about your own needs. Keeping up your energy and maintaining your health is critical in order to care for others. It's just as important to make a plan to take care of yourself as it is to create a caregiving plan for others.

Lincoln East Rotary Club

Teacher of the Month—September 2018

Abby Rezac—St. Patrick Catholic School



Jackie Pribyl, U.S. Bank—Abby Rezac, Teacher—Wayne Casper, Chairman—Kristine Placek, Principal

Lincoln East Rotary Club Members extend a **sincere thank you and congratulations**
To Abby Rezac, as an outstanding teacher in Lincoln Elementary Schools.

Lincoln East Rotary Club Teacher of the Month Program History

- ◆ Everett Shirk, 2001, initially started the program due to a similar program at a Rotary Club in Arizona that Everett attended in the winter months. Everett was also responsible for U.S. Bank being a co-sponsor.
- ◆ The initial program was Alternating years—Elementary—Middle/High School
- ◆ Jonathan Beukelman, First chairman—Wayne Casper, Chairman since 2002
- ◆ The first teacher to be recognized: Dwayne Currie, Lincoln Christian High School, December 2001.
- ◆ Principal: Mark Wilson—U.S. Bank President, Steve Erwin—First year—there were five recipients.
- ◆ Teachers receive two checks both for \$100.00. One for classroom supplies and one for personal use.
- ◆ Total number of teachers recognized—17 years (140)
- ◆ Total monies awarded in 17 years.

◆ Lincoln East Rotary Club	\$ 14,000
◆ U.S. Bank	\$ 14,000
◆ Total	\$ 28,000

Paul Harris

Rotary started with the vision of one man—Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse background could exchange ideas, form meaningful, lifelong friendships, and give back to their communities.

Paul Harris Fellows

The Paul Harris Fellow program recognizes individuals who contribute, or who have contributions made in their name, of \$1,000 to The Rotary Foundation of Rotary International. The honor was established in 1957 to show appreciation for contributions that support our Annual Fund, PolioPlus, or an approved Foundation grant.



Lincoln East Rotary Club

Congratulations!

President Elect Dennis Duckworth receives Paul Harris Fellow award. Presentation made by Minnie Stephens, RI Foundation Chairperson.



Minnie's World Polio Day Challenge

A challenge to all Lincoln East Rotarians to help eradicate polio around the world. If you are not aware, October 24th, is World Polio Day. My birthday happens to fall on October 24th and I am willing to give Lincoln East \$10.00 toward Polio and ask that each member match or go beyond that during the month of October. All donations would go toward eradicating polio. Please think about this. I would not like the donations to try and match my age. Sorry. Want to make it easy to match.



Anniversaries & Birthdays

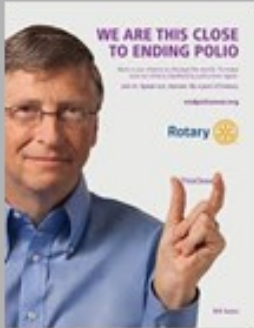
Weeks of October 11—17

Birthdays:

NONE

Anniversaries

NONE



Happy Dollars

Dennis Duckworth	\$ 1.00
Minnie Stephens	\$10.00
Darrel Huenergardt	\$ 2.00
Barry Stelk	\$ 5.00
Karla Frese	\$ 1.00
Duane Tappe	\$ 2.00
Gene Roth	\$ 2.00
Greg Schnasse	\$ 1.00
Mike Carr	\$ 1.00
Dale Lloyd	\$ 1.00
Ed Stivers	\$ 1.00
Andrea Ahrens	\$20.00
Paul Horton	\$ 5.00
Wayne Casper	\$ 4.00
Total	\$56.00



Greeter Duty

October—Gordon Bair
November—Minnie Stephens
December—Wayne Casper

Make Ups

Gordon Bair
Deb Durre
Charles Erickson
Ozzie Gilbertson

Board Meeting
Concessions F.B.
Board Meeting
Concessions F.B.



Cashier Duty

October—Rachel Martin
November—Barry Stelk
December—Chris Klingenberg
Contact Dick Cumming

Guests & Visitors

Abby Rezac
Ryan Rezac
Troy Schweiger
Kristine Placek
Jackie Pribyl
Karla Frese
Andrew Carlson

Teacher of Month
Spouse
St. Patrick School
Principal
U.S. Bank
Speaker
Speaker

Lincoln East Rotary Club—October Speaker Schedule

October 24—Hugh McDermott, Principal, University of Nebraska High School, arranged by Wayne Casper
October 31—Open

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Published by Wayne Casper