



The Sower

Official Publication of
Lincoln South Rotary

Club #21799 - Chartered April 30, 1984



WEEK OF JUNE 19, 2015

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PRESIDENT'S MESSAGE



Please use the following link to find the most current message from President Jenny Cardwell:

<http://portal.clubrunner.ca/6040/>

CLUB SERVICE TEAM ON DUTY

Brad Carter
Bob Vrana
John Herdman
Jessica Kolterman
Neal Lyons



HAPPY DOLLARS (For Polio Plus)

Jen Yung Lee, Bob Vrana, Joyce Schmeeckle, Tom Cardwell, Bernie Poppe, Gene Swinton, Don Anderson, Jenny Cardwell and Jessica Kolterman.



Visiting Rotarians and Guests

Susan Hilderbrand (daughter was sponsored by LSR as a Youth Exchange student to Taiwan and John McCaig from State Games of America

THE ROTARY FOUR-WAY TEST OF THE THINGS WE THINK SAY OR DO:

- ♦ Is it the TRUTH ?
- ♦ Is it FAIR to all concerned ?
- ♦ Will it build GOODWILL and BETTER FRIENDSHIPS ?
- ♦ Will it be BENEFICIAL to all concerned ?



Notes & Announcements

- 6/26/15 Changing of the Guard— LSR Annual meeting.
- 7/3/15 No Meeting—HAPPY 4TH OF JULY!
- 8/28/15 Official visit of District Governor Rod Bates.
- [Events & Projects](#)
- 6/27/15 District 5650 Changing of the Guard— Day of Service Event at Mahoney State Park
- 7/11/15 Rotary Leadership Institute—Dundee Presbyterian Church Omaha, NE; 8:30 AM-3:30 PM.
- 8/21/15-8/22/15 District Conference— Mid America Center in Council Bluffs.

Upcoming District Event – *Changing of the Gu-arr-d and Family Day o' Service* – www.rotarydistrict5650.org for details and to register. Saturday, June 27; a family event; 11:00 AM – 8:00 PM Mahoney State Park; we will do a service project – packing 500 backpacks for needy kids; additional service projects will be available if time allows. There will be a scavenger hunt type of activity for the kids. Lunch and Dinner will be provided. Water, Pop available all day (beer and wine in the evening) all for the prices of admission. (You are welcome to bring your own refreshments – just no glass, please.) Rotarians - \$35, Spouse / Guest - \$25; Children under 12 FREE. We will have access to the kids activity center, swimming, paddle boats, mini-golf at no additional charge. Free can koozies (while they last). And you can order a t-shirt. Out with the old – in with the new – Rotary Club Presidents will be escorted out and the Presidents-elect will be welcomed in for the new year.

Strike Out Polio—Mark your calendars for August 1st for the annual Strike Out Polio event at a Lincoln Salt Dogs game. This event is for all Lincoln Rotary clubs. Tickets are \$16 per person which gives you access to air conditioned club seating if you need it. Rotary receives 1/2 of proceeds from the tickets sold by Rotarians to the event.

Youth Exchange—Susan Hilderbrand whose daughter was sponsored by LSR as a Youth Exchange student to Tawain brought in treats/snacks that she shared with the group.

State Games of America— John McCaig and Harlan Johnson were at the meeting to promote the State Games of America being held in Lincoln. They gave away two all access passes to the Games. Don Anderson won the passes.

QUESTIONS?
COMMENTS?
ARTICLES?

Contact Newsletter
Editor

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PLACES TO MAKE UP

Tuesday 7 a.m.—Sunrise Rotary at International House of Pancakes at 4501 North 27th (27th and Superior Ave.)

Tuesday Noon— Lincoln #14-Nebraska Club at 13th & M.

Wednesday Noon—Lincoln East at Valentinos at 70th & Van Dorn

PROGRAM

2014-2015 Club Goals

1. *Earn the Presidential Citation.*
2. *Attain & Maintain 55 total members.*
3. *Successfully utilize New Grant Program by submitting 1 District Grant and 1 Global Grant.*
4. *Increase \$ raised from Golf Tournament and Grocery Grab by 5% over prior year.*
5. *Increase Rotary Foundation giving to \$9,300 with 100% participation.*
6. *Continue to participate in End Polio Now giving at \$32/member level by using Happy \$ and participating in End Polio Now events.*
7. *Continue to have Club participation at District Level.*
8. *Host a Rotary Days event with other clubs in Lincoln.*
9. **HAVE FUN AS ROTARIANS IN SERVICE TOGETHER!**

Heather Talbot from Bryan Health was our speaker. Heather is an MSN, RN and the Trauma Outreach and Injury Prevention Coordinator at Bryan Health. Heather's topic was risk and injury from falling and fall prevention.



An older adult in America falls every 13 minutes. An older adult in America dies from a fall related injury every 20 minutes. Nearly 1/3 of people over age 65 fall at least one time per year. Of the people who fall less than 1/2 seek treatment for a fall injury. They want to keep it secret to prevent being moved from their home and independent living. Older adults who fall one or more times can develop a fear of falling inhibiting their life style.

In the year 2013, \$34 billion in medical costs were incurred for fall related injuries. From June 2014 to May 2015 Bryan Health admitted 834 people for fall related injuries and 2,925 patients were seen for fall related injuries. This equates to 8 people per day for the entire year.

The most common injuries are hip break/fracture, brain trauma and lacerations. The death rate from falls is 40% higher in males than females, due to risks taken, but

fractures/breaks related to falls are double in females verses males.

Falls are most common in older adults due to several factors including other medical conditions, life style (lack of exercise, incorrect or bad footwear, dehydration, diet, etc.).

This is what we can do to prevent falls: (RITUAL)

- R—Review self-assessment brochure
- I—Identify risk factors
- T—Test gait & balance
- U—Undertake multifactorial assessment
- A—Apply interventions
- L—Later, follow up

June Birthdays

Pat Grewe
 Jessica Kolterman
 Don Schoening
 Darrel Huenergardt
 Neal Lyons
 Kate Jarecke
 Wayne Moore

Rotary is on the Web!

Lincoln South-Meetings & Speakers
<http://portal.clubrunner.ca/6040/Speakers>

Lincoln South-Calendar of Events
<http://portal.clubrunner.ca/6040/Events/Calendar>

Rotary International— www.rotary.org
District 5650— www.rotarydistrict5650.org