



# The Appleknocker

## Sebastopol Rotary Club's Weekly Bulletin

**Kelly Grant- Long Term Care Strategies**

 <p><b>IMAGINE ROTARY</b></p>	<p><b>Date:</b> <span style="float: right;"><b>September 23, 2022</b></span></p> <p><b>Volume:</b> <span style="float: right;"><b>2022/23 — Issue E21-11-3</b></span></p> <p><b>Scribe:</b> <span style="float: right;"><b>David Still</b></span></p> <p><b>Photog:</b> <span style="float: right;"><b>Robin Maybury, David Schreibman</b></span></p> <p><b>Editors:</b> <span style="float: right;"><b>J. Dunlap, J. Blasco, D. Rasmus, D. Still, P. Dirden, HH, T. Boag</b></span></p> <p><b>President 2022-2023:</b> <span style="float: right;"><b>Hal Kwalwasser</b></span></p>	
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“All the News that Fits We Print”


AT THE BELL


**President Hal Kwalwasser** rang the bell at precisely 12:15 PM to officially start the September 23, 2022 meeting of the Rotary Club of Sebastopol.



He called on **Dan Rasmus** to lead the Pledge of Allegiance.

**Gene Nelson** came forth to lead us in song. This week's selection was *"This Land is Your Land."* Right on key.



**Ellen Harrington** provided the Thought for the Day –

*Losing an Illusion makes you wiser than finding a truth*  
– Ludwig Borne.



## Future Programs

**September 30, 2022**

**Whitney Rueling**

**Executive Director of Sonoma  
Family Meal**

**October 7, 2022**

**Patti Wick**

**Dementia Facts, Research, and  
the Walk to End Alzheimer's**

## Miscellany

**MAKEUP NOTIFICATIONS:**  
[scottbriggs50@yahoo.com](mailto:scottbriggs50@yahoo.com)

**On-line Make-Ups:**  
[www.RotaryEClubOne.org](http://www.RotaryEClubOne.org)

**Domestic Violence Hotline:**  
**707-546-1234**

**[sebastopolrotary.com](http://sebastopolrotary.com)**

## VISITING ROTARIANS & GUESTS

Marnie Tattersall was our lone visiting Rotarian. Marnie came with two missions.



Her first mission was to present **President Hal** with a check for \$1,740 as reimbursement for the fine volunteer work done by many from our club on the recent Apple Fair.

It's not often we actually get \$\$\$\$ for doing volunteer work in town, but the Apple Fair people came through. Now we have to decide how to give it away.

Marnie also pitched the upcoming Lobster Boil that the Sunrise Club is putting on this coming October 8, called the Maine Event. It is being held at the Sebastopol Center for the Arts and should be lots of fun. Details are in After the Bell.



Guests included our speaker, Kelly Grant – introduced by Kathy Hicks.

Ellen Harrington introduced old friend Barbara Beedon visiting the club today. Nice to see you, Barbara.



**David Schreiber** introduced Luis Ojeda.



**Larry Ford** introduced wife Gerry

**Bob Rogers** introduced Lyn Gannon. Lyn is back for another visit to the club. Welcome back Lyn.



## 🍎 ANNOUNCEMENTS 🍎

And aren't there a lot of announcements? Must be a lot of things going on in West County and beyond.

**Dan Rasmus** and **Dorothy Rodella** announced the District 5130 Foundation fundraising raffle. Every club in the district is creating a gift basket which will be raffled off at the big District 5130 event on October 8. Donate to this raffle before October 1 and buy chances on these gift baskets. **Dorothy** also mentioned that our club will be having its own raffle this coming November. Stay tuned.



**Linda Irving** from Parkside School is looking for help with two third grade girls who will be enrolling in the School next month. These girls are twins and speak no English as they are refugees from Ukraine along with their father who was recently widowed. **Linda** is looking for language help – anyone who speaks Ukrainian, Russian or Polish would be of immeasurable help here. **Linda** and others will also be looking for other help for these kids, possibly in the form of Target Gift Cards. Watch your email for details.

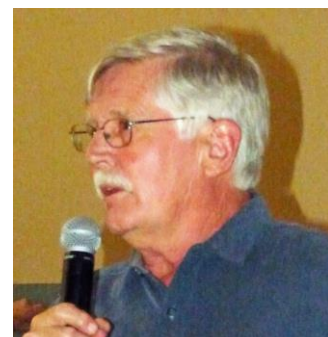


[The communities of Sebastopol and Santa Rosa are doing a lot to help several Ukrainian refugee families by providing sponsorships and temporary living quarters. They are also sending donations to Ukraine including suitcases filled with shoes for children. The shoes come from the “Shoes 4 Kidz” organization chaired by our own **Myriah Volk** and the suitcases were donated by Sebastopol Rotarians – **Ed**.]



**Frank Mayhew** again announced the upcoming Festival of Brotherhood in Mexico coming up October 14-21. Dale Ann Knight is heading up this event and **Frank** speaks very highly of her. **Frank** also hinted that at least one person from our club is planning to attend. Who could it be?

**Richard Power** asked for walkers to attend the upcoming *Alzheimers Walk* on October 8. (Wow, another 10/8 event) Several from our club will be there. You should be too.





**Kathy Hicks** took the lectern to preview an important upcoming program on October 21. There will be a panel discussion on Kid's Mental Health. This program would be an excellent opportunity to invite guests.

If you can find the time on October 8, you don't want to miss the Oktoberfest party which will also be the district 5130 Foundation Celebration. Register by October 2.

Other upcoming events not on October 8 include October 15 Mardi Gras dinner in Eureka. Also the District Conference on May 4-7 at Konocti Resort. Also not on October 8 will be the International Ride/Drive event on January 13-28. It's in Mahabalipuram, India so it will take a little planning. [WWW.RideforRotary.com](http://WWW.RideforRotary.com)

## ROTARY NEWS

What is happening in Rotary News. Just look.



**President Hal** was presented a plaque of Appreciation at the Aged to Perfection event on September 17 thanking our club for its good work.

**Aleia Coate** announced that our own **Myriah Volk** has been named Executive Director of the Sebastopol Chamber of Commerce. Congratulations to **Myriah**. **President Hal** levied a \$5 fine for the honor.



Our own sharp-eyed bird spotter **Keller McDonald** took the microphone to make a startling announcement. It seems that several Vaux's Swifts have been seen with regularity right in Sebastopol.

Why is this startling? Vaux's Swifts are very strange birds. They migrate this time of year going from Canada to Mexico and stop along the way to rest. But they can only stop in chimneys or smokestacks. Most years they can be seen by the thousands in Healdsburg funneling into an unused chimney. This

year some, as many as 1,500, found an unused duct at Parkside School and have been spending several nights there. Or at least stopped for a break.



**Linda Irving** put out the word that Swifts were in the smokestack and many residents have come out to see them at sunset circling and diving into the chimney. Thanks for letting us know **Linda**. It's a rare sight. And **Keller** says no one knows why they do this or where they go next. Probably on to Mexico.

## 🍎 THE PROGRAM 🍎



**Kathy Hicks** introduced our program presenter Kelly Grant. Kelly is with New York Life but also has her own financial advising company. She also works in conjunction with AARP. Kelly brought us a program on Long Term Care (LTC) insurance.

Information about LTC is actually difficult to access. It is highly regulated and considered *Marketing to Seniors* which adds another layer of regulation. Complete information about LTC is not readily available on the Internet due to the regulatory environment.

Only eight companies offer Long Term Care Insurance. LTC kicks in, you might say, when one becomes so elderly that one is unable to do simple tasks that everyone takes for granted without assistance such as dressing, eating, continence, etc. When these tasks become unmanageable you can access an insurance policy that you have taken out previously.

You can use LTC insurance to stay in your home with assistance or move to a care facility. One must keep in mind that this assistance can be expensive if there is no insurance, however it does not usually last for more than a few years. The best advice is to speak with an expert about individual needs and desires.

To get LTC insurance, a full medical workup is usually required. The older the applicant, the more expensive the premiums. Of applicants aged 70-79 about 55% are approved for LTC insurance. It is clearly an individualized decision, and one would be advised to get assistance from an expert.

## 🍎 THE FINAL BELL 🍎

**President Hal** thanked our speaker and rang the meeting to a close at 1:30pm.

## 🍎 FUTURE PROGRAMS 🍎

### **September 30, 2022 - Whitney Rueling - Sonoma Family Meal**

Whitney Reuling is a native of Sonoma County, raised in Forestville on a small farm and vineyard. Prior to joining SFM, Whitney spent over a decade in New York City, developing and managing impactful programs providing nutrition and culinary education, healthy foods access, and job training. Whitney holds a sociology degree from Boston University, a culinary degree from Le Cordon Bleu in Paris, a Masters in Food Studies from NYU, and she was part of the 2020 class of the NYC Food Policy Center 40 under 40.



In her free time, Whitney loves to host dinner parties and enjoy the beauty and bounty of Sonoma County.

## October 7, 2022 - Patti Wick - Dementia Facts, Research, and the Walk to End Alzheimer's



My mom and mother-in-law both died of Alzheimer's. They were diagnosed a year apart and had the disease simultaneously for 12 years. They even ended up living in the same memory care community ten minutes from our home.

Their journeys, from the time they were diagnosed until they passed away, spanned 13 years. There were highs and lows for all of us throughout those years, but I learned incredible life lessons.

Alzheimer's can be a frightening experience...for those with the disease and for family and friends.

I learned a lot about life, laughter, and loss. But the biggest lesson was learning to live in the moment because with Alzheimer's there really is no past or future.

Nevertheless, there was always love, even if we had to learn new ways to communicate that to each other.

## October 14, 2022 - Jerriegrace Lyons - Creating a Graceful Passage



Jerrigrace Lyons is a Minister, death midwife, educator, home funeral guide and Reiki Master. She founded the educational non-profit organization, Final Passages in 1995 to inform people about little known funeral options, natural death care rights and practicalities, green burial and the benefits of bringing funerals back into the home and family care.



District 4140 invites District 5130 to a

## **FESTIVAL OF BROTHERHOOD**

dedicated to Rotary Champions

PDG Bruce Campbell and PDG Ken Moulton

**October 14-21, 2022**

**GUADALAJARA, MEXICO**

Our focus is FRIENDSHIP AMONG CLUBS  
through the opportunity of service.

Mexican clubs will each present 2 small projects.

Hotel rooms have been reserved for you at

QUINTA DON JOSE BOUTIQUE HOTEL

in Tlaquepaque. Please contact

Dale Ann Knight [daleanniek73@gmail.com](mailto:daleanniek73@gmail.com)

to register and receive the hotel room list.

WE LOOK FORWARD TO SEEING YOU!

## **CALENDAR OF EVENTS**

- Friday, Oct 14, Welcome Dinner
- Saturday, Oct 15, Project Fair 9-1 pm  
Tlaquepaque Cultural & Artisan Walk
- \*Sunday, Oct 16--Project Visits
- \*Monday, Oct 17--Project Visits
- \*Tuesday, Oct 18--Project Visits
- \*Wednesday, Oct 19--Project Visits
- \*Thursday, Oct 20, Cultural Event  
District Meeting & Farewell Dinner



**the Rotary Club of Sebastopol Sunrise presents  
an authentic Maine Lobster Boil**

**“Fundraising for projects that meet important needs”**



***Delicious!***  
**Appetizers ~ Cocktails**  
**Beer ~ Wine**  
**~Lobster ~ Corn ~**  
**Shrimp ~ Potatoes**  
**Sausage**  
**Live and**



**Silent Auctions “The Maine Event”**  
**\$125 per person**

**tables of 10 available for sponsor credit**



**October 8th 2022 5:30 ~ 8:30**  
**Sebastopol Center for the Arts**

**[www.sebsunriserotary.org](http://www.sebsunriserotary.org)**

