

Mountain Foothills Rotary of Evergreen, CO.



<http://mountainfoothillsrotary.org/>
-----CHECK THE SITE OFTEN!!!

Wednesday April 16, 2008

Mt. Vernon Country Club

THE PRESIDENT'S CORNER

It was good to have Caroline Fricky back with her second in the series concerning Hospice. It was also good to know that she was not as seriously ill as we had thought (allergic reaction). Her information concerning hospice care is timely for several of us and informational for all of us. Looking at the later years in life (usually) and what we can expect in the way of health care for the terminally ill is information that we all need to have. Although the subject of hospice care brings about the reality that this is the end of a life, Caroline approaches it with a positive attitude and encourages us to do the same. Making the last days of a life comfortable and pleasant would certainly mean a lot to the patient as well as the family. Having had a friend in hospice (cancer) and seeing how happy and very comfortable she was in her last few weeks of life, I commend people like Caroline who do all they can to provide this needed care.

For those of you who were not able to attend, Caroline passed out a pamphlet entitled 5 Wishes. She will have more with her when she gives her next presentation and I encourage you to ask her for one. It puts on paper the wishes and wants of the hospice patient both

during hospice and after.

Judi

Our Club Web Site: <http://mountainfoothillsrotary.org/>

DISTRICT GOVERNOR NEWS:

Remember the District Conference, April 25, 26 & 27 at the Vail Marriott

SOME ANNOUNCEMENTS:

Jerry is leaving town for a couple of weeks, and asked if some could help with the bowling on Tuesdays at Brunswick lanes.....check with Maren!

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CRUTCHES 4 AFRICA

Please take a look at the attached Word doc., it tells some of what Dave has been up to lately....he will be at the District Conference!!

Dave's the man to talk to!! Crutches4africa@comcast.net

BRUNO UPDATE:

Great to see Bruno, again, prom is this weekend, and Bruno has a date....several members wanted to know if we were going to meet the young lady?!!

SPECIAL ANNOUNCEMENT:

The club is nominated for several recognitions this year at the District Conference, including:

- World Community Service, for Crutches4Africa program
- Scott Metcalf Award, for the Van project
- Les Bevins Award
- Ed Bemis Award, for newsletter
- Helping Hand, for Van; and
- The Van is nominated for the Significant Achievement Award!!!!!!!

Bob Jones updated us with the needs of EChO, the Food Bank still has tremendous needs for all food items. Also the St. Raphael's clothing center could use the following:

- | | |
|----------------------------|---------------------|
| Men's outdoor work clothes | Adult hats & coats |
| Men's jeans & shirts | Children's pants |
| Men's rugged boots | Cookware & Blankets |

PROGRAM

Caroline Frickey, The Collier Hospice

It was nice to have Caroline back with us, and she is doing well. Caroline has been a nurse for 32 years, with 20 of those spent in nursing home/ hospice.

Her message this evening centered around the "Five Wishes" many have as they approach death. This Booklet that is available for use

by not only those in hospice but for all to consider for our parents and ourselves. It helps answer the questions:

- The person I want to make Care Decisions for me when I can't.
- The kind of Medical Treatment I want or don't want.
- How Comfortable I want to be.
- How I want People to Treat me.
- What I want My Love Ones to know.

Caroline will be back and will bring more of the Booklets for us.

PROGRAM SCHEDULE:

April: Rotary Magazine Month

4/23/08 Dr. Bill Bergman "Reducing the Risk of Alzheimer's"

4/30/08 Sandy Jones & Assistant "Horses Helping People"

May: District Conference Month (although our District Conf. is in April)

5/7 Caroline Fricky -Lutheran Medical Center Hospice "What to Say When You Don't Know What to Say" [part # 4]]

Tom Hale is our Program Chair, asks that all members please advise him of any potential speakers for our group. Please contact Tom at 303-674-9422 or mlthale@comcast.net

PLANNING AHEAD:

July 14, 2008, The Annual Club and Special Needs Golf Tournament!

Evergreen Oil has committed to be our major sponsor for 5 years!!!
Way to go Golf Committee!!!

GUESTS: Bruno (he even stayed to have dinner with Nan and Judi!!!)

VISITING ROTARIANS:

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ROTARY MAKE-UPS ARE FUN, EASY AND ENCOURAGED!

Note: New eClub One URL for make-ups (Book Mark It!)
eClubOne, www.rotaryclubone.org (7 x 24 x 365). Be sure to get
a printout to turn in for meeting credit.

Some Nearby Rotary Clubs:

Evergreen Rotary, Friday, 7:00 am - El Rancho Restaurant
Conifer Rotary, Tuesday, 7:00 am - Mountain Resource Center
Golden Rotary, Tuesday, 7:15 am - Rolling Hills Country Club
Lakewood , Tuesday, 7:15 am - Lakewood Heritage Center
Lakewood Foothills, Tuesday, 12:10 pm - Warren Tech Center
South Jefferson County , Tuesday, 7:15 am - Fox Hollow Country
Club
Clear Creek County , Friday, 7:00 am - Rocky Mountain Village ,
Empire
Gilpin County Peak to Peak, Thursday, 12:00 pm - Farraday's Rest.,
The Isle of Capri Casino, 401 Main St. , Black Hawk

Rest of the World: www.rotary.org
Dist. 5450 Web Site: www.rotary5450.org

Our Club Web Site: <http://mountainfoothillsrotary.org/>

ED SEZ - "Personality can open doors, but only character can keep them open. "

Elmer G. Letterman

Bob Zavodsky, Editor

303-674-1518