

Rotary

Longmont Twin Peaks



Club Meeting

Longmont Twin Peaks
Meets at Friendship Center at
First Evangelical Lutheran Church
803 Third Ave
Longmont, CO 80501
Time: Thursday at 12:00 PM

Speakers

August 29, 2019

[Julie Lupien](#), volunteer
coordinator from the OUR
Center
Introduction to the OUR Center

September 5, 2019

Erin Fosdick, Longmont Senior
Planner

◆ Planning for Longmont ◆

Main Street Corridor ◆

Events

August 22nd
Club Meeting

September 2nd
**OUR Center Meal: Prepare
and Serve**

September 5th
Club Meeting

September 12th
Board Meeting

September 12th
Club Meeting

September 12th
Twin Peaks After Hours

September 13th
**Foothills United Way Day of
Caring @ The Learning
Center**

September 19th
Club Meeting

September 26th
Club Meeting

Club Leaders

[Dietra Porter](#)
Club President

August 15, 2019

Visitors and Guests

No visitors or guests.

Announcements

The club unanimously voted to elect Dean Lehman as President Elect Nominee to lead the club in 2021-22.

President Porter read thank you notes from a scholarship recipient and the St. Vrain Rotary.

Dietra is looking for volunteers to staff the Rotary booth at Unity in the Community on the evening of Friday, 8/23. It's an opportunity to interact with the community and tell them about Rotary. All three clubs are participating. Contact Dietra at potts2porter@gmail.com if you can help out.

Mark your calendars! The Holiday Ball will be held on Saturday, 11/23 at the Dickens Opera House. Entertainment will be provided by the Wash Park Band. We really need to get out and sell tickets because this event is ALL OURS this year! Tickets are \$75 per person and each club member is asked to commit to selling two tickets. You can buy them for yourself or can sell them to someone else, but this will go a long way to getting the 300 tickets sold! If you are interested in volunteering prior to or at the event, please contact Kurt Finley at kurtjoefinley@gmail.com.

Charlene Santala-Gearing is our new Service Director and is looking for people who want to help organize Service Projects this coming year. Please contact her at santalagearing@gmail.com if you are interested. We have a couple of service events coming up soon:

- More people are needed to serve lunch at the OUR Center from 10-2 on Monday, 9/2.
- The United Way Day of Caring is Friday, 9/13 from 8 a.m. - 11 a.m. We are looking for about 15 volunteers to help with projects at TLC.

You can contact Charlene at the e-mail above if you are interested in either of these opportunities.

Al Guse announced that while he was working as a staff member at the Boy Scout World Jamboree he had the opportunity to meet and have lunch with Rotary International President Mark Maloney.

Brag Bucks

John McLean bragged about scuba diving in the Cayman Islands around the ship that covered the black box from Space Shuttle Challenger.

Ray Derr bragged about John Sundberg's significant other, who did the work of twelve people cleaning up from the Chuckwagon Breakfast.

Kurt Finley bragged about the 50th Anniversary of Woodstock and Santana's *Soul Sacrifice*.

Myrna Sullivan bragged that, while she still has Santana's album on vinyl, she has upgraded to the CD.



Kirsten Pellicer
Club President - Elect



Dean G. Lehman
Club President -
Nominee



Keri Davis
Club Secretary



Wendi A. Nafziger
Club Treasurer



Carol Schack
Club Admin Chair



Richard Samson
Membership Chair



Ashley Nichols
Kasprzak
Public Relations Chair



Donna E. Mercier
Rotary Foundation
Chair



Charlene Santala
Gearing
Club Service Director



Kent Schnegelberger
Youth Services
Director



Stephanie McKay
Club iPast President



Steve Benscheidt
Charity Fundraising
Director

Birthdays

Dean Coulter bragged about working the coffee station at the Chuckwagon Breakfast with Dean Lehman. It was really hot. They both turned around every time someone said, ♦Hey Dean.♦

Trivia

Rich Schenker presented some interesting trivia about ancient Rome. While the Coliseum held about 50,000 people, those spectacles were high brow events. The real deal was Circus Maximus, held outside the city and hosting over 200,000 spectators. The big sport there was chariot racing. At the time, most Romans only lived between 25- 40 years due to death during childbirth, poor water and sanitation and their conquests. (They could have really benefitted from Rotary♦s areas of focus!)

Fish Bowl

Steve Benscheidt won the \$14 pot.

Programs

Thaxter introduced Stephanie, a Physical Therapy Rehab Services Manager from UC Health, who gave a presentation on fall prevention.

Falls are a serious issue among older adults and are a leading cause of injury. In Colorado, residents age 85 and older had the highest rates of injuries due to falls.

Having one fall puts someone more at risk for falling again. Two thirds of older adults who have fallen will fall again in the next six months. This frequently has to do with not addressing the cause of the fall in the first place. Also, there is a psychological impact after falling that may results in a decreased quality of life due to limitations.

Risk factors associated with falls include; being older, a past history of falls, poor vision, difficulty with balance and/or walking, leg or core weakness, decreased sensation, dizziness or vertigo, cognitive changes, orthostatic hypotension (dizziness upon standing), home safety hazards, four or more medications and pre-existing conditions.

What can someone do to prevent falls? People can work on improving balance with exercises that help strengthen the ankle, knee and hip muscles and with exercises that improve posture. The most critical action older adults can take is to maintain physical activity. Also, implementing small changes in the home environment can help prevent unintended falls.

UC Health also offers Fall Prevention Classes in the community. The next Stepping On Fall Prevention Workshop begins Thursday, 8/22 from 10 a.m.- 12 p.m. and will be held on Thursdays through 10/3. Call 303-772-0710 ext. 1129 to reserve your spot.

Social Media

Have you visited our Rotary Facebook page?
<https://www.facebook.com/longmonttwinpeaksrotary/>

Editarian

Kirsten Pellicer

Chris Treharne
August 15

John McLean
August 16th

Jim Young
August 16

Eric Kittelberger
August 18

Anniversaries

Holly Hughes
August 15

Kirsten Pellicer
August 18th

Jim Marty
August 21

