

Helping veterans comes naturally to Sundae Dowdle

Ted Hall

Special to The Gazette

Growing up in a military family and working early in her career for the U.S. Army fuels a passion within Sundae Dowdle to help veterans and senior citi-

zens.

Her job as general manager at Home Instead Senior Care, which provides home care for patients, gives her lots of opportunities to connect with people in need of help.

While she goes the extra mile for ev-

ery patient, nothing pleases her more than being able to make a veteran, or a surviving spouse, aware of a benefit to which he or she is entitled.

She shared recently with Belmont Rotary Club members a personal experience with Covid that made her more

aware than ever what it's like to be desperately sick and dependent on others. She spent a month in the hospital on a ventilator and feeding tube, with doctors uncertain if she would survive.

See DOWDLE, Page 2A



Sundae Dowdle, left, general manager at Home Instead Senior Care, spoke recently to the Belmont Rotary Club about her work to connect veterans with benefits and services available to them. The program was arranged by Rotarian Michelle Petty, right, of Gaston County Hospice and Palliative Care.

PHOTO PROVIDED BY BELMONT ROTARY CLUB

Dowdle

Continued from Page 1A

Then came another month in rehabilitation, followed by more time in a wheelchair with home care.

The near-death experience, she said, has made her more determined than ever to help as many in need as possible.

“We have 13,000 veterans in Gaston County,” she said, “and just over 5,000 of them are in the health care system.” Many need services for which they are eligible, but they don’t know about the benefits, she said.

There are three health or home care benefits that will pay for home care for a veteran or a surviving spouse who remains at home. Dowdle said anyone who thinks they may qualify can con-

tact her for a free consultation. She can be reached at 704.864.5500, or by email at sundae@homeinstead.com.

Rotary is an international service organization with 1.4 million members in more than 200 countries. “Service Above Self” is the Rotary motto. Rotarians work together to promote peace, fight disease, support education, grow local economies and protect the environment.

Belmont Rotary Club, which will celebrate its 100th anniversary in 2025, meets for lunch and a program on local topics each Wednesday, 12:30 - 1:30 p.m., at the Home2 Suites by Hilton in Belmont. Guests interested in learning more about local businesses and issues and how Rotary serves the community are welcome. For more information, visit www.belmontrotaryclub.com.

Ted Hall is a member of Belmont Rotary.