



THE BETTENDORF ROTARY CLUB NEWS

Bettendorf, Iowa, Rotary Club
May 20, 2015, issue

Next meeting:

Wednesday, May 27, 2015,
at **Tanglewood Pavilion**

Helping teens, parents cope with depression

Christine Schmidt is honoring the loss of her 12-year-old daughter, Morgan, who took her own life in April of 2014 as the result of depression – even though she was a straight-A student and participated in cross country at Pleasant Valley Junior High.

Although Morgan’s parents noticed their daughter started exhibiting some signs of depression, “Unfortunately, we noticed too late,” Christine said.

To honor Morgan, Christine created a non-profit organization – the “It’s All Love, Only Love Coalition” – to help youth and their families who may be dealing with depression. The name came from words spoken to her by Morgan in a dream.

Christine Schmidt is the scheduled speaker at our May 27 meeting.

She worked with a licensed therapist to develop a curriculum in school to educate students about mental health. “It’s very important that we need to be educating the kids where they are the most,” she says.

Last meeting:

Wednesday, May 20, 2015



Worker wellness pays big benefits

An organization derives a number of benefits from having a workplace wellness program for its employees, according to **Ken Asta**, director of Corporate Health Solutions at Rock Valley Physical Therapy, who was the featured speaker at our May 20 meeting.

He noted such employers pay less for employee health insurance and workers compensation, experience less employee absenteeism and may earn as much as a 3-to-one return on their investment in a wellness program in terms of such benefits as increased worker productivity and on-the-job injury prevention.

Rock Valley Physical Therapy offers three “tiers” of programming to promote

employee wellness for its client organizations, Ken said:

→Tier 1, “Awareness.” To determine a group’s state of health, Rock Valley screens employees’ blood pressure, cholesterol, health risks (such as smoking and obesity) and other factors to appraise the group’s health status. It shares that group appraisal with management – and



provides a personalized health status report for each individual in the group. This information forms the basis for strategies to improve the overall health of the organization. Part of the package includes a summary of the productivity and economic benefits to the company of having a healthier workforce. Regular follow-up helps both the individuals and the group stay on track towards better health.

→Tier 2, “Intervention.” A 10-week worksite course called Wellness 101 is designed to help participating workers adopt healthier actions. They may choose goals such as losing weight, quitting smoking, making other lifestyle changes and pursuing a fitness regimen. Weekly jobsite presentations focus on nutrition, exercise stress relief and more. Participants meet weekly with a wellness coach to measure and chart their progress. Online programs, or lunch-and-learn sessions focus on specific health issues, such as quitting smoking, managing weight, living with diabetes, managing stress or alcohol use and “learning to love exercise.”

→Tier 3, “Health solution.” A year-long wellness plan aims to achieve “Wellness for Life” for an organization’s employees through regular screening, tracking the individuals’ scores on the screened factors, motivating them to keep going through individual coaching and issuing “team” challenges – and continually measuring both the individual and group progress.

To learn more, contact Ken: 309-743-2070 / Kenneth.asta@rockvalleypt.com.



Scholarship recipients...

→Pleasant Valley High School: **Jim Spelhaug** introduced the 2015 PVHS recipients of \$1,000 Bettendorf Rotary scholarships, **Gabriela Peticova** and **Brandon Arends**. Both intend to attend Scott Community College next year. Gabi plans to transfer to Iowa State University the following year to major in logistics and international business. Brandon said he likely would transfer to the University of Illinois.

Gabi volunteered actively during her high school years and was selected to attend RYLA (Rotary Youth Leadership

Academy) before her senior year. Brandon's volunteerism focused on Boy Scout activities and leadership – including earning his Eagle rank.

Announcements...



→ **John Deere Classic marshaling:** It's just 7 weeks to the JDC, and **Jeff Hassel** is looking for some more marshals for our hole – No. 1! – at the JDC. He already has about half a crew for each day Wednesday-Friday and Sunday, but still needs to fill almost the full roster on Saturday. For volunteer and get more details, contact Jeff (**332-1982 / hassel14@gmail.com**).

→ **LobsterFest: Penny McGimpsey** said about 13 tables worth of tickets remain unsold – out of the event's 40 tables of 8. She reminded all who will attend – especially sponsors – to coordinate seating assignments with her (**pmcgimpsey@qctimes.com / 333-2649**) as soon as they purchase tickets.

→ Speaking of tickets, remember to purchase yours and your guests' – or make your \$75 contribution. If you haven't yet done either, please see **Secretary Johanna** at the next meeting.

→ The great raffle prize hunt continues – ask business folks you know for gift certificates or other gift items that can be gathered together in packages that will be raffled during the event.

→ Speaking of prizes, you have a 1 in 100 chance of winning The Grand Prize – a \$2,500 necklace from Doland Jewelers – if you buy one of the 100 boxes of exquisite chocolates now on sale during member meetings. Those little blue beauties sell for \$40 apiece – and each



box contains a Doland Jewelers gift certificate worth \$25, \$50, \$75 or \$100. And – here's the grand prize part – each purchase automatically enters you in the aforementioned grand prize drawing (need not be present to win).

→ During the meeting, **Secretary Johanna** asked for more volunteers – to be the “coffee runner” at dessert time, to help set up the bar (about 3:30 Saturday) and tear it down (after 10).

→ Lots of volunteer opportunities remain – and **Johanna** will do more recruiting in coming weeks. Or you can email her (**bettendorfrotary@gmail.com**) to see what jobs still need to be filled.

→ One more reminder: **Sponsors**, give your program ad materials to **Kurt Lokenvitz** (**KurtL@Hertz.ag / 309-944-2184**) as soon as possible.

➔**Upcoming meetings:** The June 27 meeting will be the last one of the current series at Tanglewood Pavilion. The June 4 meeting will be the first of a month-long series at Crust, near the corner of 53rd Avenue and 18th Street.



**Jon Ryan
Happy \$\$...**
(Named in honor of the late Bettendorf Rotarian, punster, jokester and all-around good guy)

[At the beginning of Happy \$\$, **President Sharon** read part of a May 14 email from Glenn Kass: “I want to share an update on my situation.



[“Went to Mayo last week and it was good. We got a consensus on treatment, which was the goal. However, the cancer has spread.

[“I begin chemo (May 18) in the QC.

Treatment, if I respond, will slow down the progress. However, it cannot be stopped completely.

[“My goal is to have successful treatment and buy as much quality time as I can get. I am at peace with the situation and ready for wherever the road leads....

[“Please thank everyone for their thoughts and prayers. It is appreciated more than I could ever say. Glenn”]

With those words in everyone’s minds, she said, “Saddle up – it’s time to ride,” as **Scott Naumann’s** musical laptop

played an appropriate Western song – and she collected **\$921**, with many special amounts, from:

President Sharon, who rounded her birthday \$\$ up to \$50... **Dr. Tom Olson** – said he’d have to round his age down to \$50... **John Sherrick** – 42nd anniversary + with hopes “that Glenn’s results at Mayo are as good as mine” + good words for excellent treatment at Genesis West: \$100... **Tom Howard** – May 16 was 1-year anniversary of open-heart surgery – thanks to the surgeons... **Bill Daley** – 20th anniversary “with thanks for good health”... **Dick Schillig** – congratulations to this year’s Carl Schillig Memorial Scholarship winners + 106 days to Labor Day and RWC... **Greg Blaske** – \$50 for Glenn + daughter is now a PVHS grad... **John Rabine** – \$\$ and best wishes for Glenn... **“Ozzie” Oswald** – best wishes and \$\$ for Glenn... **Fred Anderson** – happy 6th birthday to Eleanore Loraine Anderson + some \$\$ for Glenn... **Brad Morrison** – kudos to **Jim Spelhaug** for the special way he gave PVHS grads a send-off into the world... **Todd Ashby** – birthday puts him into 4th decade... **Jim Spelhaug** – son graduates Sunday + daughter in 4 events at state track meet + Glenn \$\$... **Bob Gallagher Sr.** - \$50 for Glenn + granddaughter in (maybe) 3 events at state track meet + congratulations to SCC grads... **Ann Kappeler** - \$25 for Glenn + birthday next month + thankful for health... **George (and Harry) Coin** – 2 granddaughters graduating – from PVHS and NYU... **Penny McGimpsey** - \$20 for Glenn “who has been a joy to work with at the *QC Times*”... **Sue Mannix** – daughter-in-law now a nursing graduate, headed for U of Iowa Hospitals... **Jonna Schuler** - \$100 for Glenn: “love working with him in radio marketing – always professional”... **Ryan Bell** – Glenn

brought me into Rotary + thanks for all who volunteered to work at Saturday cleanup downtown... **Kevin Kraft** – “Glenn’s attitude is humbling”... **Carl Loweth** – rounding birthday \$\$ up to 100... **Rich James** – a fond memory of Glenn and his daughter dancing... **Johanna Smith** – \$20 for Glenn: “I can’t do PR and marketing nearly as well as Glenn can.”



The meeting opened...

At the sound of the bell, **President Sharon Sarver** called the meeting to order, led the recitation of The 4-Way Test and asked **Tom Howard** to lead the singing of the day’s patriotic song, “This Is My

Country” (accompanied by **Gail Baldwin** on keyboard). President Sharon returned to preside over the Pledge of Allegiance to the Flag and Moments of Silence.

After introductions, Tom and Gail returned to shepherd the singing on “Sing Out a Song of Rot’ry” and – with Memorial Day looming – “The Battle Hymn of the Republic” (verses 1 and 2).

Secretary Johanna Smith introduced...

Visiting Rotarian:

Eric Johannes, Moline Rotary

Guests:

Ken Asta, Rock Valley Physical Therapy (speaker)

Gail Baldwin, pianist

Gabriela Peticova, PVHS scholarship winner

Keezman Peticova, Gabriela’s father

Brandon Arends, PVHS scholarship winner

When all had been counted, 48 Bettendorf Rotarians attended, joined by 5 guests and 1 visiting Rotarian.



And at the end...

... of the meeting, **Brad Morrison** won a Happy to Have a Make-up in the drawing from among all those members who participated in Jon Ryan Happy \$\$.

Upcoming meetings...

... Thanks to program chair **Scott Naumann**, scottn@midlandcom.com, 445-4260:

May 27: Christine Schmidt, Only Love Coalition: “It’s all love,”

June 3: Kelly Thompson, Community

Foundation: Teens for Tomorrow

June 10: Miss Iowa contestants ON LOCATION at The Fountains

June 17: LobsterFest post-event meeting

July 1: Gavel Exchange



Missing...

(Number in parentheses: total meetings missed since July 1, 2014):

Bibik (30), Boeye (34), Bowe (45), Bush (46), Calabrese (7), Chambers (25), Coin, H., Daugherty (13), DeDoncker (29), Deuth (16), Dobesh (28), Doresca (14), Downing (11), Ellstrom (45), Falk (15), Featherstone (37),

Foster, Gallagher, Jr. (20), Garlach (3), Gause (27), Gudgel (36), Heninger (26), Hill (31), Hintermeister (8), Hinton (43), Hipple (40), Kennedy (46), Larsen (26), Lizak (25), Love-Sherrick (15), Marbach (8), Miller, L. (33), Mitvalsky (22), Naeve (39), Nanda, Nelson (36), Ploehn (9), Powers (16), Ricketts-McCool (33), Rutherford (12), Schutte (13), Scranton (39), Slavens (17), Sorenson (14), Stone (11), Tirone (25), Webster, Wells (2), Werner (46), Willsher (39), Zachary (27)



Make-ups...

Chuck Geisewite - Davenport Rotary
New member project – downtown Bettendorf cleanup: Todd Zachary, Will Doland, Ann Rutherford, Jennifer Naeve, Glenn Dugan, Mike Hurd, Jennifer Garlach, Ryan Bell, Sue Mannix, Ami Wells

BRC News staff...

Editor, reporter, photographer: Fred Anderson
Correspondent, Web-site host: Johanna Smith

Make up at another QC club...

Monday, noon: Davenport – The Outing Club
 Monday, noon: Moline –Trinity Lutheran Church, Moline
 Monday, 6 p.m.: QC Illinois – Club Rm., HyVee, 7th Street & John Deere Road, Moline
 Tuesday, 7:15 a.m.: River Cities – Brothers Restaurant, Rapids City
 Tuesday, noon: Rock Island – QC Botanical Center
Wednesday, noon: Bettendorf – Tanglewood Pavilion (during May)
 Wednesday, 5 p.m.: Mini Meet – Lunardi’s Restaurant, Davenport
 Thursday, 7 a.m.: Iowa Quad Cities – J-Bar, Elmore Avenue, Davenport
 Thursday, noon: East Moline – Christ United Methodist Church
 Thursday, noon: Milan – Pinnacle Country Club
 2nd and 4th Thursdays, 5:30 p.m.: Twin Rivers Rotary After Hours – Bierstube, Moline
 Friday, noon: North Scott – Steeplegate Inn, Davenport

For more on Bettendorf Rotary:

<http://www.bettendorfrotrary.com/>

For more on Rotary International:

<https://www.rotary.org/>

