



# Rock Island Rotary Weekly Review



February 26, 2019: Volume XXVI, Issue 33

MEETING EVERY TUESDAY NOON - QUAD CITY BOTANICAL CENTER

## Community Health Assessment



Daniel Joiner is the Director of Community engagement for Unity Point Health - Trinity. He has a master's degree from Ashford University in Organizational Management. Sherri Behr DeVrieze



is Community Health Project Coordinator at UnityPoint Health – Trinity. She has a bachelor's degree in psychology from Augustana College and a Masters' Degree in Criminal Justice from St. Ambrose. Today they teamed up as our featured speakers at Rock Island Rotary on the topic "The Community Health Assessment Report". Mr. Joyner stated that a Community Health Assessment is made every 3 years. The Assessment is a systematic, data-driven approach to determining the health status, behaviors and needs of residents in the Quad-Cities and Muscatine areas. The "community" defined for this study included residents of Scott and Muscatine Counties in Iowa and Rock Island County in Illinois. The goal was to identify the top health risks for our area. The data identified the following health issues: 1) Access to health Services 2) Cancer 3) Diabetes 4) Heart Disease & Stroke 5) Homelessness 6) Injury & Violence 7) Kidney Disease 8) Mental Health 9) Nutrition, Physical Activity & Weight 10) Oral Health 11) Substance Abuse and 12) Tobacco Use. The Assessment then established goals and strategies for dealing with each identified issue. They also prioritized their efforts based on importance to the community and the capacity and resources available to address the issue. The top five issues identified for action were mental and behavior health; cancer; heart and stroke; diabetes; and access to health services. Strategies identified to improve access to health services are increasing the number of express care locations to lessen the burden on emergency room facilities. They also hope to identify and solve barriers to getting care to veterans. In addition, they hope to expand community partnerships to better inform the public on health services and issues. To address Behavior Health issues a high school drug safety program is being implemented. They are also working with military officials to identify gaps in mental health coverage for veterans. The plan to combat Diabetes has several aspects. The study found that 72.8% of adults in the Quad Cities are overweight, a prime factor in the onset of diabetes. 14.9% of the Quad Cities population, based on the sample studied, has been diagnosed with Diabetes and an additional 8.2% have been diagnosed with pre-diabetes. The strategy to combat the disease includes screening to identify high risk individuals, education to promote prevention, and programs to encourage physical activity and proper nutrition. Heart disease is the leading cause of death in the United States. The strategy to combat heart disease includes implementing programs to lower the risk of heart attack and stroke and an increase in community screening. Early detection is critical to avoiding catastrophic emergencies. To deal with cancer, the 2<sup>nd</sup> leading cause of death in our country, the assessment suggests a need for more education to teach the warning signs and the known causes of specific cancers. Skin cancer is the most prevalent increasing malignancy in the Quad Cities. Increasing awareness of the many ways to lessen the chances of cancer development (sun screens, ceasing smoking, etc.). Screening can also identify many forms of cancer and again early detection results in greater success in curing the disease. It was evident that the many health professionals and institutions involved in the Community Health Assessment have our better interests at heart. The key however is our willingness to participate in screening, and to take appropriate steps to follow up on what is learned. Maintaining our own health is the responsibility of each of us. We can get the education and screenings offered; or, we can ignore what is available and take our chances. What choice will you make?

### February - April Calendar

- Feb 28 - Earl Hanson Birthday Books
- Mar 5 - Dave Herrell, CEO of Visit Quad Cities
- Mar 12 - Jim Sanderlin Dir. Dev. & Com. Bethany for Children & Fams
- Mar 19 - Henry Hall – Rocky Girls Basketball
- Mar 26 - Clair Peterson, Tournament Director, John Deere Classic
- Apr 2 - Laura Fontaine – 2020 Census
- Apr 9 - Bert Blood Scholarship
- Apr 16 - Rotary Awards Luncheon
- Apr 23 - Earl Hanson Inspire Choir
- Apr 30 - Past District Governor Jim Nelson, Peru Aquarium & Botanical Garden Project



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## Officers

Sue Cassatt, President  
Mark Mayeski, 1st VP  
Angela Campbell, 2nd VP  
Anne McGlynn, Secretary  
Carrie Crossen, Treasurer  
Bruce Peterson, Past Pres.  
Co-Sergeant at Arms  
Bob Swanson & Vic Boblett

## Board Members

Rick Emery  
Sarah Gorham  
Kathy Lelonek  
John Oliger  
Justin Peterson  
Molly Shattuck  
Bill Stengel  
Tammy Weikert

## Program Chairs 2018-19

Aug – Sept: Stan Coin  
Oct – Nov: Mike Locander  
Dec – Jan: John Wetzel  
Feb – Mar: John Wetzel  
Apr – May: Gary Rowe  
June – July: TBA

# Club Notes & Announcements!

- **WELCOME GUESTS!** Rock Island Rotary was pleased to welcome many guests to today's meeting. Alleman Jr. Rotarians John Do and Parker Smith were present as was Rocky Jr. Rotarian, Aislinn Geedey. JoAn Tadlock, wife of Dr. Larry Tadlock joined us today. Their daughter Sherri Behr DeVrieze, was one of our guest speakers. Todd Michael Hirst, a prospective member, was the guest of Anne McGlynn. A visiting Rotarian, Mark Zimmerman from the Davenport Club was with us, as was Kelly Giovanine, President of the Moline Rotary Club. Guests are always welcome at Rock Island Rotary!
- **BIRTHDAY BOOKS** – Coming on Thursday, February 28<sup>th</sup>. Extra help is needed to handle two months' worth of kids. January's presentation was "iced out" when school was cancelled. Mark your calendar!
- **SERVICE** – Help is needed with the Heart of Hope Food Pantry. We help every Thursdays from 5:30 to 7:30pm. It's easy duty and is truly Service Above Self at its most basic definition. Volunteers have been scarce lately, so please contact Al Metz to join our team of volunteers! Used but sound plastic bags are needed too. They also are collecting men's and women's winter clothing for their free clothing exchange. Drop off anytime the Heart of Hope Center is open. Call Al Metz to volunteer to help at 309-236-2013.
- **CLUB FUNDRAISER AND INTEREST SURVEY** – If you have not filled out and returned your survey, please do so and send it to Bob Swanson or Sue Cassatt; or bring it with you to next Tuesday's meeting. Additional blank forms are available at the Sergeant's table.
- **DUELING PIANOS IS JUST AROUND THE CORNER** March 7<sup>th</sup>, is the date. Our Dueling Pianos is a fun event and one of our major fundraisers. The talent we hire puts on a great, hilarious performance and does it without being crude or raunchy! Please join us. See the flier on page 4 for ticket details. Free beer is included with this year's ticket.
- **Have Items for our Newsletter?** Email to [bobdebswanson@att.net](mailto:bobdebswanson@att.net). If you attend a Rotary event and take pictures, please also email or text them to Bob. The newsletter is much better with lots of photos!

## FOUNDATION RAFFLE REPORT



Today's raffle featured cash and wine from the Lo Milani cellar. The first ticket was held by student guest Parker Smith who took the cash. A wise decision for our teenaged guest! The second lucky ticket was purchased by our own Linda Golden and she took home the Milani wine.

Thanks to all who participated. Proceeds from our raffle got to the Rotary International Foundation.

## BIRTHDAY BOOKS – WE NEED YOUR HELP!

Since schools were closed due to ice and cold on the date scheduled for birthday books last month, this Thursday Rock Island Rotary will present books to all Hanson Elementary students with birthdays in January and February. Servicing a double dose of kids and books will require extra help. Rotarians autograph and give away the books. If you can help, please arrive at Hanson elementary at 2:15. You'll be treated to refreshments and the happy smiles of children eager to get their new book. With adequate help we'll be done and on our way by 3pm. This is an easy and "no cost" way to demonstrate Service Above Self. Spouses welcome to help too!



## FOUNDATION MINUTE

Rotary makes high-quality health care available to vulnerable mothers and children so they can live longer and grow stronger. It expands access to quality care, so mothers and children everywhere can have the same opportunities for a healthy future. An estimated 5.9 million children under the age of five die each year because of malnutrition, inadequate health care and poor sanitation – all of which can be prevented.

In Haiti where maternal and infant mortality is the highest in the world, Rotary provided a fully equipped medical Jeep for midwives and volunteers to reach mothers and children in remote areas.

In Chennai, India, Rotarians provided a mobile cancer screening unit and awareness training where there is a high mortality rate of women with breast and cervical cancer due to late diagnosis.

And in Nigeria, Rotarians launched a three million-dollar, five-year pilot program to save lives of mothers and children during home deliveries, and since 2005 they have repaired 1,500 obstetric fistulas restoring dignity and hope to vulnerable mothers.

Your contribution to TRF enables this to happen – Thank you.

## HOSTILE TAKE OVER AT ROCK ISLAND ROTARY!



Kelly Giovanine

Today our duly elected president, Sue Cassatt, was nowhere to be found. In her chair sat an unfamiliar face! When the meeting was called to order we learned that the “intruder” was none other than Moline Rotary President, Kelly Giovanine. She took the gavel and ran the meeting! Later we learned that Sue had done the same yesterday at the Moline Rotary Club. We also learned that Moline had donated \$260 to their Club charity project to get their President back. So not be out done, Rock Island Rotarians



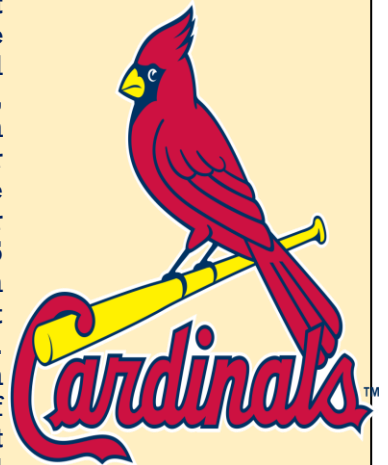
Sue Cassatt

started filling the donation box. By the end of the meeting the coffers had reached \$400, well beyond what Moline was able to do. So, you can count on President Sue being back next week and Moline getting the report that once again, Rock Island Rotary proved -- we are the Number 1 Club! Rotarians who contributed, let Bud know what you gave and get Paul Harris credit for it!!


## IT'S ON!



In the enthusiasm to raise donations as described in the above article, Frank Lambert rose and donated a \$20 wager that the St. Louis Cardinals would win the division, the National League, and the World Series! Bud Phillis, a Die-Hard Cub fan said, “I’ve got \$20 that says they won’t!” From there the bragging got heavier and heavier and a new bet emerged! Each month the guys will report which team had the better month. The loser of the month will make a \$5 donation to Polio Plus. Anyone else want in on the action? Just find a partner/foe and let Bud know you want to get in on the fun. Unfortunately, I don’t think there are enough Cardinal Fans to cover the Cub Fan bets! If you’re for either team and willing to “put your donation where your mouth is”, let Bud know and we’ll pair you up with an opponent fan! Come on Cardinal fans – reveal yourself!







# ROTARY DUELING PIANOS

Get A Little Off Key

featuring



hosted by Rock Island Rotary & Twin Rivers Rotary After Hours

Thursday  
**March  
7th**

**The**  
Establishment  
220 19th St. Rock Island

**7:00pm**  
doors open @ 6:30  
**\$40** tickets (\$45 at the door)

\$250 VIP Table of 4  
All tickets include beer  
After party at Icons Martini Bar

Tickets can be purchased online at **Eventbrite**  
keyword "A Little Off Key"

or

contact Sue Lerschen-Cassatt at 309-644-0101,  
SCassatt@wintrustmortgage.com

Money raised from the event will go to support  
local youth programs and other Rotary projects!





### **Please Greet and Welcome Our Newest Member**

Today The Martin Luther King Center in Rock Island became our fourth Rock Island Rotary Corporate member. Jerry Jones, a current member of our club will be the MLK primary member. The second alternate member is Rebecca Arnold, the Center's Resource Development Manager. She is a former member of our club and a current member of the eClub One. The third alternate member applicant is Carlos Jimenez, the Center's Prevention Services Manager, the fourth alternate member applicant is Kristia LeShoure, the Center's Facility Supervisor. Today Jerry, Rebecca, and the MLK Rotary mentor, Kevin Koski, joined Carlos at the rostrum and witness his induction by Moline President Kelly Giovanine. Kristia will be inducted at a future meeting.

### **TAX TIME APPROACHING**

Many of us have reached, or are nearing, our 70½ birthday. Our tax experts tell us that upon reaching that age the IRS requires those with assets in a 401(k), 403(b), IRA, or other tax deferred funds to withdraw a least a minimum amount of these funds. The withdrawn amount is subject to federal income tax. Assuming a 20% tax bracket for illustration, a required withdrawal of \$2,000 would result in \$400 in tax liability.

There is an interesting way to avoid the tax, assuming you don't need the mandatory withdrawn funds for living expenses. You can designate that your mandatory withdrawal be directly transferred as a tax-free gift to a charitable entity such as the Rock Island Rotary "Club" Foundation. You won't owe any tax on the withdrawal and our Club Foundation will receive the entire \$2,000 tax free. If you itemize deductions you can deduct the entire distribution!

Our Club has a brochure entitled "Planned Giving" which explains the entire procedure along with many other ways to support the Rock Island Rotary "Club" Foundation. Many of us plan to annually support the Club Foundation, so why not get more bang for the buck! Give your support by directing your mandatory withdrawal (or part of it) be a tax-free gift to the Rock Island Rotary Club Foundation.

If you would like further information contact John Phillips, our Club Foundation Chairman. Call him at (309) 428-5495.

### **NOMINATIONS NOW BEING ACCEPTED FOR ANNUAL ROTARY AWARDS**

On Tuesday, April 16<sup>th</sup> Rock Island Rotary will host our annual Awards Banquet at which time the top two scholars from Rock Island High School, Alleman Catholic High School, and Augustana College will be Honored and presented with plaques in recognition of their achievements. We then present the Rotary Community Service, Rotary Excellence, and Rotary A. T. Pears Awards. The banquet also features a guest keynote speaker whose identity will be published in a future issue.

Rotarians are asked to nominate deserving individuals for our Awards Committee to consider for our Club Awards.

The EXCELLENCE AWARD may be presented to any community member who has demonstrated sustained excellence in their occupation or area of skill/expertise. The recipient need not be a Rotarian.

The COMMUNITY SERVICE AWARD may be presented to any community member who has demonstrated outstanding and dedicated service to our community. The recipient need not be a Rotarian.

The A.T. PEARS AWARD is the highest and most prestigious award given by Rock Island Rotary. It is given to a member of Rock Island Rotary in recognition of outstanding "Service Above Self" to our Club and the ideals of Rotary International. It is considered a lifetime award and may only be awarded once to the recipient. The recipient must be a member of Rock Island Rotary.

Rock Island Rotarians are urged to nominate potential award recipients in as many categories as desired. Please print the [nomination form on page 7](#). Submit your nomination(s) to Carrie Crossen.



- **Rotary Ramble 5K Run or Walk** – Raising Funds for **Rock Island Rotary** Community Projects
- **Sunday April 28<sup>th</sup> , 2019 at 8:00 am**
- **Location – The Establishment and Illinois Casualty Company Rock Island, IL**
- **5K Runners** – Overall Male and Female Winner Awards  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place awards for these age groups:  
0-9, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 +
- **Walker Category** – Overall Male and Female Winner Awards  
1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place awards for these age groups:  
0-29, 30-39, 40-49, 50-59, 60+
- **Food / Drinks Awards and Drawing** – Post race and at the Awards Ceremony.
- **Fees / Registration** 5K Runners and Walkers - **\$30.00** by 04/14/19 Mail or online registration  
**\$35.00** after 04/14/19 and on Race Day Morning  
**\*\*\* Entries after 4/14/19 cannot guarantee a race shirt. Quantities will be limited \*\*\***  
**Phantom Runner – \$20.00 Shirt Only with no race registration by 4/14/19** ( Must provide address and contact info.)
- **Additional Donations** accepted for Rock Island Rotary projects.
- **Packet Pick Up and /or Race Day Registration:** 7:00am - 7:30am on Race Day
- **Grand Prize Drawing for a \$200 Visa Gift Card** – Pre-Registered Runners Only that have Registered by 04/21/19  
**Must be present to win – No exceptions!**
- **Food and Drink** – Post Race at the Awards Ceremony – Snacks, Fruit, and refreshments.
- **Sponsors** – Rock Island Rotary, The Establishment, Illinois Casualty Co, The River Cities' Reader and many more  
**Online registration at:** Getmeregistered.com – Search for Rotary Ramble 5k – April 28<sup>th</sup>, 2019
- **Official Entry Form – Please Print !!! OR Register Online:**  
[https://secure.getmeregistered.com/get\\_information.php?event\\_id=MTU0ODAwNDUyNzU1NTRZ3fxHOpi9B8fX](https://secure.getmeregistered.com/get_information.php?event_id=MTU0ODAwNDUyNzU1NTRZ3fxHOpi9B8fX)

First name \_\_\_\_\_ Mid \_\_\_\_\_ Last name \_\_\_\_\_ Age on race day \_\_\_\_  
 Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Run \_\_\_\_\_ Walk \_\_\_\_\_ Phantom Runner Shirt only \_\_\_\_\_  
 Circle Shirt Size **S M L XL XXL (add \$2.00 for XXL)** Phone # \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_  
 e-mail address \_\_\_\_\_

- **Waiver must be signed and acknowledged:**  
In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do  
 Hereby release and discharge Rock Island Rotary, the city of Rock Island, any sponsors, supporters or volunteers,  
 for all claims, of damages, demands, actions whatsoever in any manner arising or growing out of my  
 participation in the **ROTARY RAMBLE 5K run or Walk**. I attest and verify that I have full knowledge of the risks  
 Involved in this event, and I am physically fit, and sufficiently trained to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_ (Participant or Parent / Guardian if under 18 yrs. of age.)

Make Checks Payable to **Rock Island Rotary / Rotary Ramble** and mail entry with payment to:

**Rock Island Rotary / Ramble 5K PO Box 4514 Rock Island, IL 61204-4514**

**\*\*\*\* No Refunds – Race will be held Regardless, and weather conditions may vary. \*\*\*\***

ROCK ISLAND ROTARY CLUB  
2019 Awards Committee



Rock Island Rotary's annual Awards Luncheon is scheduled for **Tuesday, April 16th**. The Awards Committee seeks nominations for the following awards:

1. **Excellence:** Recognizes distinction or superiority in a field of endeavor. This can be for a single accomplishment or for achieving high standards of achievement or performance over as sustained period of time.
2. **Community Service:** Recognizes individuals or organizations who have worked effectively for the betterment of our community.
3. **A.T. Peara Award for Service Above Self:** Recognizes the Rock Island Rotary member who has exhibited the dedicated service and faithful commitment to the ideals of Rotary that were personified by A.T. Peara, for whom the award is named after.

The first two awards are open to any individual or organization that has demonstrated excellence or worked for the betterment of the Rock Island community. The excellence award applies to all lines of work and to all ages.

The A.T. Peara Award is limited to current members of Rock Island Rotary.

To ensure that our committee has adequate time to evaluate, consider, make the selections, and have awards prepared, the deadline for nominations is March 26th. Please consider making one or more nominations using the lower portion of this form. Additional copies are available if you need them. We greatly appreciate your participation and assistance.

Submit Nomination to: Carrie Crossen or by e-mail to [ccrossen@choosethechief.com](mailto:ccrossen@choosethechief.com)

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**NOMINEE NAME:** \_\_\_\_\_ Your Name: \_\_\_\_\_

Nominated for (be sure to indicate):

\_\_\_\_\_ Excellence      \_\_\_\_\_ Community Service      \_\_\_\_\_ A.T. Peara Award

Reasons in support of your nomination:

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