

Today June 5, 2018

Program: Karen Pomroy – *Equine Voices*
Greeter: Nick Clement
Invoker: Chet Davis

Next Meeting June 12, 2018

Program: Drew Elliot Eppehimer – *Santa Cruz River Ecology*
Greeter: Katie Carter
Invoker: Charlie Reppenhagen

Last Meeting May 29, 2018

Visiting Rotarians / Sojourners --
Ken Frahm Colby, Kansas

Guests --
Jennifer Wilkinson Marvin Hass

Birthdays / Anniversaries --

Make-ups --

Raffle Update from May 29

Pot: \$1006
Cards: 32
Club ytd: \$3144



*Invite a Friend
to Lunch*

Paul Harris / Wine / Raffle Winners		
May	Marvin Hass	
June		
Card Drawing	Michael Pease	3♠
Wine	Joyce Finkelstein	

School Supplies



Imagine being a new teacher, ink on the credential not even dry, and your new classroom has nothing in it but old broken-down desk, no (or very few) books, no pencils, no paper, no dry-erase markers, no computers or calculators. You were worried about discipline and capturing the students' attention

and interest, and now you find you have nothing to work *with*. That is why AZ teachers were protesting recently, quite aside from poor pay.

Our Club Board is starting a new project: helping local schools and teachers with school supplies. **Pat Pease** is working on writing a District Grant to help, and the plan is to have a basket at each meeting to collect basic supplies. Everyone has gotten a list, and every little bit will help. The basket will be available at every meeting, not just once a month like our Peanut Butter Tuesday project for the Food Bank.

Coming Events

- **District Governor Installation**, June 16, 6 PM, U of A Student Union
- **RI International Convention**, June 23-27, Toronto, Canada
- **Installation of Club Officers**, June 26
- **4th of July Flags and BBQ.**

Homewatch CareGivers

Andrea Smith is Community Outreach Coordinator for Homewatch CareGivers of Green Valley. She has worked in Green Valley as a caregiver herself, and she was once an account manager for a marketing company in Dallas. She told us



that while seniors (65+) were 12.4% of our population at the turn of the century, by 2030 they (we) will be 20%, but although we are living longer, we are not particularly living better. The combination of unhealthy eating and physical inactivity is responsible for 14% of preventable deaths each year. The *Homewatch Guide to Senior Health and Wellness* focuses on 4 areas: nutrition, exercise, socialization, and mental health.

While over half of Americans are obese, which contributes to heart disease and diabetes, after age 70 being underweight is an even greater risk. Seniors who live alone are often depressed and skip meals, and seniors need more fiber, liquids and antioxidants than younger people.

Exercise! Maybe no more triathlons, but yoga and tai chi are certainly doable, as is regularly walking that dog. Focus should be on strength, balance, and flexibility. Increased mobility and flexibility allow seniors to stay in their homes longer.

Chronic health conditions can make transportation and social connections more difficult. Homewatch helps with that, providing rides to medical appointments and other activities. They can help with organizing an entire health and socialization program, but they cannot give out medication. They do work with hospice and with nurses.

Learn more at homewatchcaregivers.com/green-valley.

The Rotary Club of Green Valley

Board of Directors 2017-2018

President:	Julie Reppenhagen
President-elect:	Jill Leach
President-nominee	Paul Loomans
Secretary:	Michael Pease
Treasurer:	Becky Roberts
Past President:	Andy Heideman
Member	Jack Carter
Member	Marvin Hass
Member	Katie Carter
Member	Charlie Reppenhagen
Member	Jerry Kriebel

General Information

- **Joe Hentges**, District 5500 Governor (RC of Marana-Dove Mountain)
- **Joyce Finkelstein**, ADG (RC of Green Valley)

Club website: www.rotaryclubofgreenvalley.org

Secretary email: gvrotary@yahoo.com

Facebook: Rotary Club of Green Valley. *Like us.*

Green Valley Rotary Foundation Trustees: 2017-2018

President	Joyce Finkelstein
Vice President	Bill McCreery
Treasurer	Paul Loomans
Secretary	Katie Carter
Club President	Julie Reppenhagen
Club Past President	Andy Heideman
Member	Nick Clement
Member	Frank Coggins
Member	Chet Davis
Member	Justin Dodds
Member	

Make-up Locations

**On-line - www.rotaryclubone.org
www.recswusa.org**

Wednesday @ 6:45 AM - Rio Rico Rotary Club,
Rio Rico Golf Club - I-19 Exit 17 West

Wednesday @ 12:00 noon – Tucson Rotary
Club, Double Tree Hotel, Alvernon

Thursday @ 6:45 AM - Valle Verde Rotary Club,
GV Community Church - Esperanza at La Cañada

Thursday @ 7:00 AM – Tucson Sunrise Rotary
Club, Arizona Inn

Thursday @ Noon, Nogales Rotary Club,
Americana Hotel

Friday @ 8:00 AM - Tubac Rotary Club, Tubac
Country Club



Club President Julie Reppenhagen

*Service is love made
visible.*

The Desert Wheel



**RI President – Ian Risely
Rotary Club of Sandringham,
Australia**

The Rotary Club of Green Valley
meets on Tuesdays @ 11:30 AM at the
Grill on the Green
5800 S Camino Del Sol
Green Valley, AZ

P.O. Box 701 - Green Valley, AZ 85622