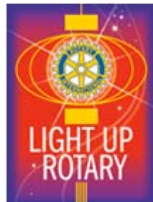


THE ROTATOR

WEEKLY BULLETIN OF THE ROTARY CLUB OF COUNCIL BLUFFS

CLUB NO. 1506 ORGINATED FEBRUARY 23, 1915 VOLUME 40 NUMBER 28

Rotary International Theme 2014-2015



2014-2015 Officers

President – Steve Chamley
Past Pres. – Jill Orton
& Membership
Pres. Elect – Rick Guill
& Sgt. at Arms
RI Fndn. – Mick McKinley
Treasurer – Paul Hamilton
Secretary – Donna Pritchard

Board Members

Susan Enewold 15
Chris Olson 15
Wendy Schultz 15
Scott Hartman 16
Stacy Schultz 16
Jay Simms 16
Tom Hanafan 17
Kathy Rieger 17
Verne Welch 17

Executive Director

Wendy Chubick

Thursday, January 29, 2015, 12:00 pm

Vocational Talks - Mike Koval & Misty Miller
The Center, 714 S. Main St.

JANUARY MEETINGS/EVENTS - Rotary Awareness Month

08 Amy Lintner, Local UI Student - Campus Life
14 Board Meeting, 12 pm, US Bank, 421 S. Broadway, 4th Floor
15 David Spalding, ISU Dean of College of Business
22 Homecare 101/Medicare 101, Kelly Morris
29 Vocational Talks - Mike Koval & Misty Miller
30-31 Souper Bowl Weekend Food Drive

JANUARY BIRTHDAYS

04 Jared Olson	20 Jon Leu
05 Scott Belt	22 Jim Hughes
08 Ed Shada	25 Tom Whitson
09 Marcia Antworth	28 Ron Tekippe
13 Del Campbell	29 Paul Bass
13 Jen Doebelin	

January	Song Leader, Thought for the Day, Pledge	Clipper	Greeter
08	Greg Witte	Mike Maher	Marcia Antworth
15	Rick Killion	Mike Kenealy	Donna Barry
22	Marcia Antworth	Terry LeMaster	Pete Tulipana
29	Carol Wood	Jon Leu	Keith Jones

Rotary Club of Council Bluffs
P.O. Box 673, Council Bluffs, Iowa 51502-0673
Phone: 712-326-9368
Email: cbrotary@cbrotary.omhcoxmail.com
Website: www.noonrotaryclub.org

MAKE UP OPPORTUNITIES

MONDAY

North – Noon, Eppley Airport Conference Center
Bellevue – Noon, DJ's Dugout, 10308 S 23rd St
Millard – Noon, German American Society, 3717 S 120th St

TUESDAY

Morning – 7 am, Happy Hollow Club, 1701 S 105th St
Northwest – Noon, Champions Run, 13800 Eagle Run Dr
Southwest Night – 5:15 pm, DJ's Dugout, 17666 Welch Plaza

WEDNESDAY

Downtown – Noon, Field Club, 3615 Woolworth Ave
Council Bluffs Centennial – 7 am, Hy-Vee, Madison Ave

THURSDAY

Suburban – Noon, Anthony's, 7220 F St
Western Douglas County – 7 am, Elkhorn Common Ground
Community Center, 1701 Veterans Dr

FRIDAY

West – Noon, Champions Run, 13800 Eagle Run Dr

E-Club Meeting Links:

www.rotaryclub7210.org
www.rotaryclubone.org
www.rotaryclubny1.com
www.rotaryclub7890.org
www.rotaryclubsouthwest.org
www.rotaryclub34.org

Rotary Events

Rotary Souper Bowl Food Drive - Fri., Jan. 30, 3-7 pm & Sat., Jan. 31, 10 am-4 pm. Stores: Hy-Vee (both), No Frills (both), SuperSaver, Fareway. Volunteers needed to work 2-hour shifts collecting food/cash donations. Please sign up at a meeting or contact **Wendy Chubick at 712-326-9368 (call/text - include name in text) or cbrotary@cbrotary.omhcoxmail.com**. 2 attendance credits will be granted. **We will kick off the Food Drive weekend by contributing Jan. 29 meeting fine money to the food pantry. Please give generously!**

Annual Chili Luncheon – Thur., Feb. 19, 11:30 am-1:30 pm, Masonic Temple. Volunteers needed to work the luncheon, donate/make 10 roasters of chili, donate 20 store-bought desserts. **Each member is responsible for selling/purchasing a pack of 5 tickets for \$25.** Tickets and volunteer sign-up sheets will be available at meetings or you may contact Wendy Chubick. 2 attendance credits will be granted.

7th Annual Rotary Poker Tournament - Sat., Feb. 28, 2015, 1-5 pm, Elks Lodge. \$50 original buy. Members who wish to sponsor a player are asked to provide the player's name. Please sign up at a meeting or contact Wendy Chubick. 2 attendance credits will be granted.

Announcements

Election of Club President 2016-17 was held at the Jan. 22 meeting. Stacy Schultz has been elected. Congratulations Stacy and Thank You for your service to the Club!

Thank you to Celebrate Catering for providing our weekly meals. Please contact Stacy to cater your event. Call 712-322-2580 or visit www.celebratecatering4u.com.

Links:

Rotary International Website: www.rotary.org
District 5650 Website: www.rotarydistrict5650.org
District Facebook: www.facebook.com/rotarydistrict5650

January 22Program

Homecare 101/Medicare 101

Kelly Morris

Home Care Providers

- Home Health Agencies
- Hospices
- Non-Medical Agencies
- Staffing Agencies
- Infusion Therapy
- Durable Medical Equipment
- Independent Providers

Payers (depending on type of care)

- Medicare
- Medicaid
- VA
- Independent Providers
- Private Insurance
- Long Term Care Insurance
- Private Pay

Skilled Home Care

Physician Directed

- Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Services, Home Health Aide, Telehealth
- Typical care plans for all
- Skilled Nursing - 1-2 times/week, medications, disease management, wound care
- Therapy - 1-3 times/week to help restore or maintain function
- Medical Social Services - few visits

Medicare Home Health Benefit

- 60 day episode of care
- Homebound status
- Must be ordered by physician
- Face-to-face encounter
- Must be skilled - not just running through home exercise program

Highlights of Benefit

- No limits under Medicare
- No co-pay or co-insurance under Medicare
- Some difference with Medicare Advantage plans
 - Pre-authorization required
 - Ongoing authorization required
 - May have co-pays

Outpatient Therapy in Home

Physician Directed Skilled Services for clients who don't meet homebound criteria

- Physical Therapy, Occupational Therapy, Skilled Therapy
- Typical care plan 1-3 times/week

Differences from traditional Medicare benefit

- Certification period is 90 days
- No homebound requirement
- 20% co-insurance with Medicare
- Cap for services in calendar year

When to get Skilled Home Health Care Involved

- Recent hospitalization
- New medical diagnosis
- Significant medication changes
- Significant functional decline
- Fall or near fall
- Goal is to restore or maintain current level of independence

In-Home Personal Care

- Provide non-skilled assistance with a variety of activities to allow you to maintain independence: bathing, dressing, laundry, meal prep, companionship
- These services are excellent supportive services that may be able to help avoid transition to a higher level of care
- Typical plan of care varies widely
- Visit lengths from 30 min.-24 hours
- Specific information provided on pricing list

When to get In-Home Personal Care Involved

- Functional decline that will be long term (dressing, bathing)
- Increase safety with activities of daily living
- Extra assistance with housekeeping, laundry, meal prep
- Medication reminders
- To supplement those services that are needed without transitioning to assisted living

Hillcrest Home Care offers the most comprehensive array of services of any home health agency in the area

- Skilled Home Health
- Outpatient Therapy in the Home
- In-home Personal Care
- Palliative Care Services (in Nebraska)

For more information visit www.hillcresthealth.com or contact Kelly at 402-682-4808 or kmorris@hillcresthealth.com.

with a total family complement of 68 individuals, in our community. Thank you for making their Christmas brighter and for sharing your holiday spirit with them through this program!

Nancy Schulze
Vice President
Heartland Family Service

Dear Rotarians,

I want to extend our sincere appreciation to all the members of the Council Bluffs Noon Rotary Club for the \$600 contribution to Heartland Family Service for our Adopt-A-Family program over this past holiday season. With your generous support, we were able to provide gifts to 21 families,