



LODI ROTARY



SERVICE Above Self

# STRIPPINGS

AUGUST 4, 2005

ROTARY YEAR  
2005-2006

## SHAWN FERRELL AND LONG-TIME NURSING CARE

**ROTARY INTERNATIONAL PRESIDENT**  
CARL WILHELM  
STENHAMMER

**DISTRICT 5220 DISTRICT GOVERNOR**  
MARK OLIVER

**PRESIDENT**  
MARK CHANDLER

**PRESIDENT ELECT**  
MIKE SMITH

**SECRETARY/TREASURER**  
PAUL DONAVAN

**BOARD OF DIRECTORS**

RON BECKMAN  
STEVE DARLING  
KAREN DILLARD  
JERRY EVANS  
TERRY HICKEY  
CHRIS LITTLEFIELD  
RON METTLER  
PAT PATRICK  
STEVE SENIOR  
SCOTT WILSON

**FOUNDATION CHAIR**  
JERRY FRY

**STRIPPINGS EDITOR**  
BOB BADER

Today: Shawn Ferrell will discuss long-time nursing care. I have a clue for Mr. Ferrell; some of us have been getting long-time nursing care only we have called it marriage. I ain't mentioning no names, but I know some people right here in Rotary who have been married to the same care giver for half a century and are getting their good shirts washed, starched and ironed the same way as they did when they went out and interviewed for their very first job, and in a couple of instances, they are still working at that job and are still looking like the guy on the front cover of Gentleman's Quarterly.

Mr. Ferrell may be talking about people who are no longer able to be in the work force and have been relegated to nursing homes and have been given what is ostensibly a life sentence between the sheets or being seated in a wheel chair.

(For no reason I am reminded of the woman who was reading the paper, she looked up and said to her husband, "It says here that in the average marriage, one spouse outlives the other by some fifteen years. When that happens, I'm going to Hawaii.")

There is no easy answer, and I am pretty sure Mr. Ferrell will be talking about long-term nursing care as it relates to those in it or who are heading that way.

My preference is to attend to my personal long term nursing care by working my butt off all my life.

Longevity has been more interesting to me since I turned 65 than it was before then. As a group, Seventh Day Adventists and Iowa farmers outlive everyone. Basically, those two life-styles are out, so we have to work on it ourselves. I am learning what it takes to live a long time. Essentially, it involves a lot of preventative measures: Don't smoke at all, or quit young. Drink all you want but learn to want very little. Eat like a pig: Lots of vegetables. Work your ass off all the time. If you haven't a physical kind of job, get physical every day and bring your heart rate up to a basic maximum for at least fifteen minutes every day. If what you do isn't fun, make it fun. I remember working out at General Mills. If there was ever a boring routine, it was putting little boxes into bigger boxes. When I was on the Bisquick line, I finally got as quick as the machines on the line and could stay caught up, I started doing tricks with stacks of boxes, twirling them, tossing them, anything to take away the tedium...it was show time!

We can do that with any job.

Most of us are in a business in which we deal with people. Remember the rule from one of my mentors: Dr. Parker and his advice in dealing with incorrigibles: "I'm going to love you...if you don't like it you can go to hell."

If you are dealing with a negative person, never let him or her set the mood. (Unless you are talking politics and Hillary is the subject, then jump in with both feet and enjoy yourself,)

Remember when I mentioned how things are here in the USA compared to anywhere else. **WE HAVE EVERYTHING AND THE REST OF THE WORLD HAS NOTHING IN COMPARISON!** How can we even justify having a bad attitude about anything? Your toilet stopped up? Try living without a toilet in your town, much less in your house. Is your car running poorly? Do what some have to do in Africa, crawl in the dirt to where they are going. Does your lawn have weeds? Picture a dirt yard and no running water with which to grow even a weed. Are you hungry? Go to the refrigerator and eat something. Ask yourself what you would do if walking all day still wouldn't find you a meal that would fill your stomach or that of your children.

And finally, look up and thank your Maker for the abundance surrounding you all the time and then, if you don't have something nice to say, don't say anything, even God gets bored with a bellyacher, especially one that eats regularly.

Next week we will have a presentation by [Mike Smith](#). Mike is working on a procedure by which we will have programs that will entertain as well as inform. Mike and I have been talking about the Programs and the consensus between the two of us is that 8 to 10 brains are better than one. We really have to have all of us work at getting people in here that keep even the most sorely afflicted low blood sugar victim awake long enough to hear both the introduction of the speaker and his eventual conclusion.

One speaker that was a surprise treat was the Egg Man. Who woulda thunk talking about hen fruit could have kept everyone wide-eyed and anticipatory of the next comment? There are a lot of people around who can keep us awake, it is up to us to find them.

So you never know how well a program will turn out until you try. There is one disclaimer you can observe, if your speaker represents a bureau of government dedicated to the preservation of native species of anything or wants to spin you into the belief that it is your fault that this planet will implode because you still use a ten-year old aerosol can of insecticide to kill an occasional stink bug in your garage, forget it. You won't be able to forget the fact the man is being paid with your tax money and your lunch will churn inside of you for the rest of the day.

Hmmm, we haven't had the Babe from Bosnia here for a while.....

[SUMMER IN THE JUNGLE—AUG 12TH](#)

**And finally, look up and thank your Maker for the abundance surrounding you all the time and then, if you don't have something nice to say, don't say anything, even God gets bored with a bellyacher, especially one that eats regularly.**