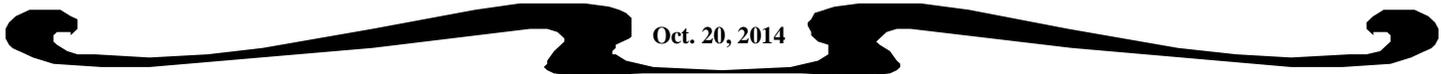




Kiwanis Club of the Foothills

Club Website: www.foothillskiwanis.org
Meetings: Every Monday at 7:00 a.m. at the Egg & I,
2574 Baseline Rd, Boulder, CO 80303, 303-494-0555



Oct. 20, 2014

Coming up . . .

- 10/20/14** – Laura Schafer, Surface Well Drilling
- 10/27/14** – Michael O’Neill, Switzerland Trail, Part 4
- 11/3/14** – Open
- 11/6/14– 7:00 a.m.** Foothills Board meetings at the Egg & I in Basemar Shopping Center
- 11/7-11/21** - Veterans Speak at Dairy Center; see President Adam for details
- 11/10/14** – Kathleen Alexander, Update on Emerald Ash Borer
- 11/17/14** – Kaylin Daniels, National MS Society
- 11/24/14** – Open
- 12/1/13** - Allen Carpenter, Seven Steps to Staying Healthy

Program Chairpersons:

- October – Bob Mohling
- November – Allison DeYoung
- December – (Open)

Snippets from Recent Club Programs

October 6 – Bettsee Gotwald, Navigating the Medical System

Bettsee, originally from York, PA and a CU graduate, operates a local patient advocacy and care coordination business. She also works as a transition coach at St. Anthony Hospital in Lakewood. She is trained in advanced patient navigation, including a focus on integrative cancer care. Like many of us, Bettsee has seen the dark side of our health care system. After overcoming a health crisis in her family, she decided to draw on her expertise as a financial planner, systems analyst, and life coach to help other families who are facing the challenges of aging and chronic illness. She told us that there are seven steps for a successful journey in healthcare: 1) know your insurance, 2) get legal documents in order, 3) stay safe in the hospital, 4) get a second opinion, 5) make informed & empowered decisions, 6) only pay what you owe, and 7) always have an advocate.



October 13 – Susie Fox, Update on Sweet Dream in a Bag

Susie gave us an update on Sweet Dream in a Bag, a 501 (c) (3) organization started in 2010 to provide needy children with their own new, colorful, and comfortable bedding. Presently her organization serves 32 agencies and has gifted over 3100 children. Susie explained that she started Sweet Dream in a Bag because of her own experience as a child, with encouragement from her church and help from family and friends. Her organization serves Metro-Denver, Colorado Springs, Fort Collins, Loveland, and Pueblo. Our check for \$1000 from the Foundation purchased 132 sheet sets and 10 comforters. She thanked us for the wonderful gift. Pueblo has many needs for families and children. They provide air mattresses, because most children do not have beds. In July Susie presented information about Sweet Dreams to 180 Kiwanis Clubs in the Washington DC area. Five clubs are very interested in starting Sweet Dream for their area. Key Clubs in the Castle Rock are providing domestic violence kits for abused children. Thanks, Susie, for the update on Sweet Dream in a Bag.



- President**
Adam Pauluhn
- Past President**
Gary Symes
- President-Elect**
Matt Wilson
- Secretary**
Dennis Hubbard
- Treasurer**
Jerry Gilland
- Board of Directors**
 - Paul Bailey
 - Rudi Baumann
 - Jim Creasey
 - Allison DeYoung
 - Bob Mohling
 - David Rogers
 - Mary Schweitzer
 - Pete Sprengle

KIWANIS: Serving the Children of the World

**October 5—Two family teams graduate from the “Alert Service Dogs for Kids” Academy
--Linda McMullen**

A hearty congratulation was forthcoming to Jaden Rivera and her dog KB (Kool Blondie) and Ezra Eakins and his dog Bob at a graduation party held at Jerry and Janet Gilland’s house on the afternoon of October 5. Jaden, who has Type-1 diabetes, her family, and KB have worked very hard over the last 2 years to become a successful team that will ensure that KB will reliably alert and protect Jaden from life-threatening diabetic episodes. Ezra, who has seizures, and his family continue to work with Bob who is learning to support Ezra when he has a debilitating seizure and also for physical support as Ezra becomes more mobile. More than 50 family members, friends, other Academy members, sponsors, and fellow Kiwanians celebrated as Jerry once again handed the leashes of these well-trained alert service dogs to families in need.

Since the beginning of the program in 2010, seven families and their dogs have graduated, and we now have five families and their dogs in training. We hope to add several enrollees to the Academy within the next year, and we currently have several qualified candidates as we continue to match deserving families with a life-saving partner and friend.

Thanks to all who contributed to make this a happy remembrance for Jaden and Ezra and their families and most of all for helping ensure the success of this worthy program.



**Foothills Kiwanis Lusche Awards Presented
--Bob Mohling**

On October 13, Lusche Awards were presented to Allison DeYoung and Adam Pauluhn by Dave Rogers and Bob Mohling. Since 1990 Bob noted that our club has presented over 50 Lusche plaques to our members. Dave informed the members that outstanding efforts of members are recognized in the name of Noris Lusche, a member of the Lakewood Kiwanis Club, who was Kiwanis International President from 1989-90. Congratulations to Allison and Adam!



**Perfect Attendance Years
--Bob Mohling**

The following members received perfect attendance pins at our October 13 meeting: Person, 27; Mohling, 26; Rogers, 22; Lefferdink, 9; Gilland, 4; Sprenkle, 3; and Pauluhn, 3.

