



Greeter Tom Braun welcomes Polly Green to Rotary.

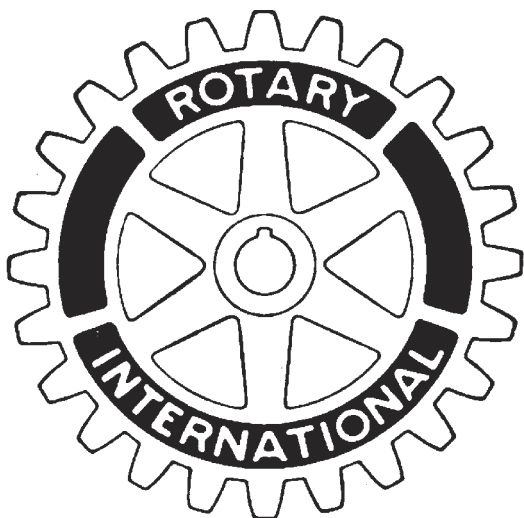
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VFW Make-Up Meeting

The September Rotary VFW make-up meeting will be Monday, September 14--the 2nd Monday in the month---because of the Labor Day holiday. Rotarian Chip Peal will talk about the programs and services of the Frankfort Regional Medical Center.

Board Action Aug. 17, 2009

The board acknowledged with regret resignation of fellow Rotarian Michael Vaughn.



THE Frankfortarian

THE OFFICIAL BULLETIN OF THE
 ROTARY CLUB OF FRANKFORT

P.O. Box 93, Frankfort, KY 40602

The weekly meeting of the Frankfort Rotary Club
 airs on Cable 10 at 7pm Monday and 9am Tuesday

OFFICERS AND BOARD OF DIRECTORS: 2009-10

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The Rotary Club of Frankfort Meets Every
 Wednesday at the Capital Plaza Hotel
 From 11:45 a.m. Until 1:00 p.m.

Frankfort Rotary Club website:
<http://www.frankfort-rotary.org>
 The URL for the district website is
<http://www.rotarydistrict6710.org>
 Rotary International Website is
<http://www.rotary.org/>

NEIGHBORING CLUBS

Monday:	Eminence-Henry County Public Library	12:00 noon
	Owenton-Smith House	12:10 p.m.
Tuesday:	Lexington Sunshine-LaFayette Club	7:00 a.m.
	Georgetown-G'town College Ldshp Trn Cnt.	12:00 noon
	Shelbyville-Centenary United Meth.	12:00 noon
	Versailles-At the Hospital	12:00 noon
Thursday:	Lawrenceburg-Anderson Public Library	12:00 noon
	Lexington-Fasig Tipton.....	12:00 noon
	Louisville-Galt House	12:10 p.m.

The Frankfortarian (USPS-384510) is published weekly by the Rotary Club of Frankfort, Paula Rarden, 1800 Benson Valley Rd., Frankfort, KY. Subscription price is \$1.00 per year. Periodicals Class Postage paid at Frankfort KY 40601. Postmaster: Send address changes to The Frankfortarian, P.O. Box 93, Frankfort, KY 40602.

THE
Frankfortarian

ROTARY CLUB
OF
FRANKFORT, KENTUCKY

DISTRICT 6710 • CLUB NO. 3717 • ORGANIZED DECEMBER 1922

Service Above Self

VOL. NO. XXXIV

ISSUE NO. 34

August 26, 2009

Next Week's Speaker...

Henry Jackson and **Jason Delambre** are Kentucky-based energy consultants. Henry recently performed an energy audit for the City, and will discuss that process and his findings. Jason will share some insights regarding large-scale conservation efforts, and will address the economic impact of energy conservation.

Sellus Wilder is the Program Chair for September

Opening Exercise.....RB Brown
GreeterJohn Loyd

Keeneland Tickets

This year's Keeneland outing will be October 10, 2009. The cost of the tickets is \$37 a person. Please contact Lee Troutwine at 875-1868.

Rotary Picnic

The annual Rotary picnic is on Lee Troutwine's farm on September 27. Please bring a covered dish.

Make-ups for Aug. 19

Bob Bullock	Gus Ridgel
Clay Hulette	Richard Watkins
Bob Johnston	

Attendance Percentage: 73%

Make-ups Needed for Aug. 26

John Avent	Jason Middleton
Pat Badgett	Chris Olds
Joshua Brand	Wayne Onkst
Olivia Brittian	Carol Palmore
Chris Broaddus	John Palmore
RB Brown	Josian Passalacoua
Ron Bryant	Chip Peal
David Cobb	Mary Poling
Ted Collins	Tim Rose
Boyce Crocker	John Shasky
Bryan Dill	Phillip Shepherd
Bruce Dungan	John Sower
Gregory Fuchs	Richard Taylor
Sarah Gowins	Jess Thompson
Van Ingram	Dave Weller
Phyllis Liebman	Sellus Wilder

This Week's Speaker...

Nancy McKay Lynch, Counseling Supervisor for Hospice of the Bluegrass, discussed advanced care planning and its importance. She noted that a living will couldn't be created for someone who is unable to verbalize what he or she wants. The family's wishes would be followed in such cases, but there may be disagreements within the family. Living wills also make it easier on the family, because they don't have to make difficult decisions about the person's care. She said that it is important, though difficult, to talk to one's family and doctors about end-of-life options and preferences. In designating a health care surrogate, it is important to name someone who is able and willing to follow through. You need to make sure the surrogate will follow your wishes, even if he disagrees with them. She and program chair Dora Hall reviewed forms



Speaker for day Nancy McKay Lynch poses with August program chair Dora Hall.

for living wills, financial power of attorney, and emergency medical services do not resuscitate (EMSDR) order. You can go to an attorney for the preparation of a living will, but you do not have to do so. You can complete a form downloadable from the Attorney General's or Hospice's website, complete and sign the form,

Ice Cream Social at KSU

A big thank you to Don Dykman, Jim Graves, Dennis Van Horn, Joyce Honaker, and Joe Johnson who participated in the recent Freshman Orientation Ice Cream Social sponsored by the Rotary Club at Kentucky State University.



and either have it notarized or signed by 2 witnesses. (Website's: www.ag.ky.gov/livingwill and www.hospicebg.org). You should see an attorney to complete a power of attorney designation. You need an EMSDR order even if you have a living will. Emergency medical personnel are required to perform CPR and use other heroic measures, even if there is a living will. You can also attach a letter to your living will giving more specific wishes about your end-of-life care. Do not put the living will in a safety deposit box. Give it to your doctor, health care surrogate, and family members. You can put it on file at the local hospital. A living will is good until you change it. If two living wills are presented, the one with the later date prevails. You can specify your wishes about donating your body or organs in the living will, but it should also be on your drivers' license. In Ms. Lynch's honor, the Club is donating Joan Didion's book, *The Year of Magical Thinking*, to Frankfort High School.