



# Perry Township Kiwaniis

*Perry Township  
Kiwaniis  
2005-2006  
Officers*

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Indianapolis, Indiana  
Linda Melton, Editor

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## Who we help. . .



The Ronald McDonald House of Indiana is a home-away-from-home for families of seriously ill or injured children hospitalized in the Indianapolis area. These families often travel hundreds of miles to seek medical treatment for their child, far away from the comfortable surroundings of their family, friends, and home. The Ronald McDonald House helps these families by offering them a refuge from the hospital setting.

The Indiana House is one of over 200 Ronald McDonald Houses throughout the world. Since opening in 1982, the House has served thousands of families during their child's medical crisis.

The Ronald McDonald House of Indiana can accommodate up to 52 families per night. The 50,000 square foot House has 46 family guest rooms, six apartments for transplant recovery patients and their families, 27 bathrooms, 8 kitchens, 5 laundry rooms, 2 dining rooms, library, recreation and TV rooms, playroom, sunroom and an outdoor play area.

Most family guest rooms have a queen bed, twin bed, sink vanity and small refrigerator. Cots and cribs are available if needed. Bed linens and bath towels are provided. Each room has assigned refrigerator space and a food storage locker. Families purchase their own groceries, however some staples are available in the House pantry.

Families are eligible to stay at the Ronald McDonald House if they have a child under the age of 21 who is a patient at Riley Hospital for Children, Indiana University Hospital, Methodist Hospital or any other Indianapolis-area hospital. The child may be either an in-patient or an out-patient who must stay close to the hospital because of their treatment schedule.

The Ronald McDonald House is located just a few blocks west of both Riley Hospital for Children and the Indiana University Hospital on the IUPUI campus. A free shuttle is available to and from Riley, IU and Methodist hospitals.

To make arrangements to stay at the Ronald McDonald House, families can either call the House directly or may be referred by a hospital staff person. After receiving referral information, the family is placed on the House's waiting list. Due to the high demand for rooms and the fact that hospital discharge dates are uncertain, families are placed on our waiting list in the order in which the referral was received.

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## Ronald McDonald House (cont'd)

Families are asked to pay \$10.00 per night to help cover the cost of providing the room. Families that are unable to pay the donation may have reduced fees based on their financial circumstances. In addition, families must pay a refundable key deposit fee (\$3.00 for one key/\$5.00 for two keys) upon check-in.

Volunteers play a key role in the day-to-day operations of the Ronald McDonald House of Indiana. Since the House opened in 1982, volunteers have made it possible for our doors to remain open for thousands of families in need. There are many ways for groups and individuals to volunteer their time for the Ronald McDonald House. Groups can prepare a home-cooked meal for the families.

Members of Perry Township Kiwanis continue to serve meals at the Ronald McDonald at least twice per year. In the past a breakfast of pancakes, eggs, biscuits, cereal, orange juice, and milk has been prepared for approximately 60-70 house guests. The next opportunity to help serve breakfast is Saturday, April 22.

Kiwanians are also making plans to serve a BBQ dinner on the evening of Saturday, June 3. Both of these service projects are a rewarding way to interact with those we are helping.

### "HELP PICK UP THE TAB" YOUNG CHILDREN: PRIORITY ONE

#### INDIANA DISTRICT OF KIWANIS INTERNATIONAL PROJECT

The Ronald McDonald House needs all the aluminum tabs you can find. \$.50 to \$.56 a pound paid by recyclers for aluminum tabs. 40,000,000 tabs will fill a semi trailer. Last, but not least, a semi trailer load generates \$20,000.00 for the Ronald McDonald House. **Collecting aluminum tabs is easy.** You will find tabs on soda cans, beer, cat food, tennis ball canisters, and other containers. Ask your community schools to participate, along with your fellow office workers.

With Riley Children's Hospital as the Kiwanis Indiana District on-going project, Kiwanians realize the importance of the Ronald McDonald House.

#### Pop Tab Facts

\* The Ronald McDonald House of Indiana's Pop Tab Recycling Program has raised over \$217,000

\* 1,000 tabs = one pound

\* 1,000 pounds = one million pop tabs

\* The pop tab was invented by Eral Fraze in 1962

#### WHY VOLUNTEER?

As a volunteer working with others, you'll learn to appreciate and work with people's differences.



Serving the  
Children  
of the World



*All children deserve the best possible start in life. Yet, every day, 113,000 babies are born at risk of iodine deficiency.*

*Iodizing salt can provide the iodine we need to grow, to develop, and to achieve our greatest dreams for ourselves and for our children*

*Kiwanis International & U.S. Fund for UNICEF are giving children A SMART START in life.*

# Service Opportunity



Rebuilding Together Indianapolis is dedicated to preserving and revitalizing houses and communities, assuring that low-income homeowners, particularly those who are elderly, disabled and families with children, live in warmth, safety and independence. Our goal is to make a sustainable impact in partnership with the community.

Christmas in April will be held April 29, 2006 in the United Northwest Area Development. This year, we hope to offer home rehabilitation services to 25-30 homeowners.

Contact Clyde Fields if you are interested in this project.



*Scott Gayheart 3/10*

*Joan Harrell 3/15*

*Sarah Branham 3/21*

## Click on it . . . at [www.kiwanis.org](http://www.kiwanis.org)

Kiwanis International President Steve Siemens' messages now are available online. The **Member Resources**, **Club Resources**, and **District Resources** pages contain President Steve's monthly video message to members, club presidents, and lieutenant governors.

Check these pages monthly for updated messages from President Steve. Also, check out **President Steve's page** for more articles and resources regarding the 2005-06 Kiwanis year.

## March Speakers

- Mar 2 — Planning meeting
- Mar 9 — Bob Haverstick, Never Too Late
- Mar 16 — Craig Potter, Curriculum Coach
- Mar 23 — Terry Karwowski, Heart Test
- March 30 — Martha Smart, Marketing your Home



Perry Township Kiwanis Club meets every Thursday at the International House of Pancakes on South US 31, Indianapolis, IN at 7:00 am. Visitors welcome!

**Kiwanis**  
**Young Children**  
Priority One

## Upcoming Events

Mar 15-17 — Daffodil Days delivery preparation

Apr 22 — Breakfast at Ronald McDonald House

April 29 — Christmas in April, Rebuilding Together

Apr 30 — Homeward Walk 2 pm at Veterans Memorial Plaza

June 3 — Evening BBQ at Ronald McDonald House

June 28-July 3 — Kiwanis International Convention in Montreal

July 21, 22 — Fish Fry

### A 'COMFORTING' THOUGHT . . .

*Joan Harrell spoke to the Club on Feb 16 about her hobby of making and collecting quilts over the years. She has become interested in the history of quilting and the history of the ones in her own collection as well. It was obvious that the hobby has brought her*



### Did you know????

The benefits of hobbies go well beyond the physiologic effects of physical movement. Hobbies can provide a workout for the mind, improving alertness and diverting the mind's attention from physical and psychological pain. In recent years, studies have proven the impact of several specific interests and activities on arthritis and other health conditions. In a study published late last year, for example, doctors found that older people with Osteoarthritis who listened to music 20 minutes a day had significantly less pain than those who simply sat quietly for 20 minutes. Pain improvement increased the longer (in days) the participants continued their listening habit.

Other hobbies -- as diverse as volunteer work, poetry reading, pet care, crossword puzzles and keyboard playing -- have been connected to health benefits such as lower blood pressure and heart rate, improvements in pain and depression and even decreased risk of dementia in old age.