



The Cog

Rotary Club No. 3503
P. O. Box 544,
St. Marys, OH 45885.

www.stmarysrotary.org
April 4, 2012

Call to Order

President Linda Vogel called the meeting to order. Kathy Sampson offered the invocation, followed by the Pledge of Allegiance. Kraig Noble led us in singing "Four Leaf Clover." There were had no birthdays. Paula Johnson from the Bluffton Indiana Rotary Club was a guest of Tanya Temple and Terry Potter was a guest of Loraine Fischio.

Happy Dollars

Linda Haines was happy for our speakers from JTDMH today and for the upcoming Hospice fundraiser. Sandy and Rick Gerdeman and Tanya Temple were also happy for the Hospice event (get your tickets now). Kevin Harlan was happy for today's speakers, Marty Dodrill for JTDMH cardiac group, Ed Noble for the Jefferson Award, Jon Hall for the alumni meeting at the cardiac

health group, Jerry Skiver for UK beating Kansas, Jim Heinrich for a visit to the Duke/UNC Peace Center for the Rotary Peace Scholar event, and Alex Pittman because he is a UK grad.

Fines

Bill Maki did the fines and limited exposure to one dollar. He fined Jon Hall for wearing such a dull shirt. He then fined everyone in the medical profession or who works for the hospital, everyone who mowed the lawn in March, every OSU grad, everyone who was not wearing the Rotary pin, and everyone who has not brought a guest to Rotary. He got a dollar from everyone...

Announcements

The club is going to the Reds v. Cubs May 1st. A sign up sheet is being passed around. Contact Kathy Sampson.

Administrative Professional Day is April 25. We will be the program talking about our administrative professionals. Please sign up so we have a count.

Please pay your dues...

The District Conference is April 19-22 in Toledo. You can register for any or all of the Conference from the District 6600 web site.

Program

PE Robbie Burke introduced our two speakers for the day. First up was Janet Darr, a registered nurse with the Cardiac Care Unit at JTDMH. She has been at the hospital 27 years and was with us today to talk about heart disease. The heart can have problems with coronary artery disease, with valves, with pumping and with rhythm.

Sometimes the problems can be interrelated.

The CDC reports that heart disease is the leading cause of death in men and women. Each year 800,000 people have his or her first heart attack. In 2010 it is estimated that coronary artery disease alone cost about \$109 Billion dollars. Most patients have controllable risk factors, such as smoking, weight, diabetes, and high blood pressure. The cardiac center gets clients from the hospital and assesses the client's condition. They work with monitored exercises to measure the hearts function and to see how the clients react to exercise. They work with clients to ensure independence and to focus on wellness. They educate clients on how to minimize risk factors and monitor them to make sure that they are complying with doctors' orders.

They also offer a congestive heart failure program that contacts patients to reinforce the hospital diagnosis. The goal is to keep patients out of the hospital and to alleviate symptoms of the disease. They use the AHA guidelines and recommendations.



Michelle Vorhees works with the sports medicine department. She works with heart patients with exercise and education. She said that it is important for the clients to want to get better. They

try to encourage a sense of community among the clients.

Michelle also talked about the sports medicine at JTDMH. They are now affiliated with the Orthopedic Institute of Ohio. They have a sports training program that will allow patients to be evaluated quickly for sports related injuries. The trainers can then refer the patients to an orthoped if the injury calls for it. The service is available to student athletes as well as adult patients.

Queen of Hearts

Gary Newton won the daily drawing but could not find the Queen.

Upcoming Programs

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| 4-11 | Loraine Fischio, St. Marys Living Center |
| 4-18 | Denise Pugh, JTDMH Vascular Screening |
| 4-25 | Administrative Prof. Day |
| 5-2 | Bill Huber, War of 1812 |

Upcoming Greeters

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| 4-11 | Linda Haines |
| 4-18 | Fred Wiswell |
| 4-25 | Kevin Harlan |
| 5-2 | Tami Sanford |

**Please note: All Rotarians scheduled to greet, please be in place by 11:30 a.m.*

The meeting was adjourned following the recitation of the Four Way Test of the Things We Think, Say or Do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?