



## The Cog

Rotary Club No. 3503  
P. O. Box 544,  
St. Marys, OH 45885.  
[www.stmarysrotary.org](http://www.stmarysrotary.org)  
February 17, 2016

### Call to Order

President Kathy Sampson opened the meeting and Bill Maki offered the invocation. The Club then recited the Pledge of Allegiance.

### Guests / Song

Lesia Arnett, visiting Rotarian from New Bremen/New Knoxville joined along with guests: Ruth Ramsey and Candy Dicke (guests of Sue Pittman), Linda Tebbe (guest of Kathy Sampson), Shane Hobeck (guest of speaker), Jan Heinrich (guest of Jim), and Claire Giesige (Daily Standard).

Jeff Squire led the singing of "Itsy Bitsy Spider" (for Family Life Center and little children everywhere).

### Happy Dollars / Fines

Happy Rotarians included Don Hinckley (Roughriders), Ellen Hunter and Linda Haines (for today's speaker),

Travis Elsass ("G-day from "Down Under via father Randy), Jim Harris (for renewed faith in students), and Sue Pittman (for song selection).

Zach Ferrall, fined DG Gary Newton for missing badge and asked Valentine's Day trivia questions. We learned: cupid was of Roman origin, ~50% of Valentine's Day cards are hand-delivered & 64% of males made no advance plans for Valentine's Day.

### Announcements / Presentations

- President Kathy read a note from the family of former Rotarian, Tom Hudson, who passed away recently
- Rotary Directory pages are ready
- Still taking Carp Derby donations
- President Kathy presented \$100 to Linda Tebbe, Auglaize County Educational Service Center (ESC) to help with academic/support services and promote graduation for hard-to-reach students. Kathy also thanked Rotarians who brought donated items for ESC to use.



- President Kathy and Literacy Committee Chair, Sue Pittman, presented the first of 118 packets to Candy Dicke, Family Life Center, to be given to expecting parents.

### Program

PE Ellen Hunter was pleased to introduce today's presenter, Dr. Juan Torres, who filled in without much advance notice. Dr. Torres serves as Medical Director for Joint Township District Memorial Hospital's Occupational Health Program and has been on staff at JTDMH for 25 years.



JTDMH offers a comprehensive array of occupational health services including physicals, immunizations, wellness programs, work-related injuries/illness care, drug testing, etc.

Today's presentation by Dr. Torres focused primarily on Executive Health Services aimed at promoting health and healthy lifestyle of top executives. Of course, those executives that participate in these kinds of programs are more likely to promote these same principles throughout their companies.

Executive health programs are supported by many factors, including

the reality that America's workforce is getting older. In addition, the incidence of obesity, chronic medical conditions, and prevalence of sedentary work is increasing.

Although we all face these health risks and others as we get older, there is good news. Regular examinations, physicals, diet, and exercise can help reduce these risks and improve overall health.

Executive health programs at JTDMH typically include a series of tests, exams, and consultations for smoking, sleep habits, stress management, and more. Although the program usually covers several days, it can be tailored to the needs of individuals and organizations.

If interested, you may contact Dr. Torres' group at JTDMH.

### Queen of Hearts

Jim Heinrich got to draw, but was not lucky enough to find the Queen.

### Upcoming Programs

- 2/24/16 Nick Moeller, Brew Barn
- 3/2/16 4-Way Test Contest and I-Read Program
- 3/9/16 Dayton Dragons

### Upcoming Greeters

- 2/24/16 Mike Makley
- 3/2/16 Gayle Masonbrink
- 3/9/16 Kraig Noble

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

The meeting was adjourned after recitation of the "Four Way Test".

