



THE COG

Rotary Club No. 3503

P. O. Box 544,

St. Marys, OH 45885.

www.stmarysrotary.org

September 23, 2020

Call to Order

President Wes Protsman called the meeting to order, and Pastor Tim Benjamin offered the invocation.

We recognized the birthdays of Emily Post, Linda Vogel and Travis Elsass

Visitors included Rotarian Lisa Arnett from the NB/NK club, Jake Dowling (Evening Leader) and Katie Gilhooly from WLIO.

Happy Dollars

Travis Elsass was happy for 2nd wedding anniversary, his son has top two teeth, his birthday, and first time family pictures; Bill Ruane was happy for Gatekeepers students supporting students struggling with mental health and/or suicidal thoughts; Mike Lee was happy for

chance at the queen and son's promotion; Wes was happy for nice gardening and boating weather.



Fines

Zach Ferrall did fines based on trivia revolving around movies, books and television. Group fines for those who haven't watched Rider football on Rider Station Nation and anyone who hasn't taken a walk since the temps dropped.

Announcements

- Sept 30: DG Keith Hodkinson is speaking
- Board meeting moved up to Sept 30 so DG can be included.
- After Sept 30, all are welcome to join DG in tour to see new signage.
- Thank you note from Nathan Knatz, scholarship recipient.

Program

Tracy Smith from Grand Lake Health System manages the New Day Pain Management Center, which opened in 2014.

Tracy has been at GLHS since 1991, starting as a Respiratory Therapist.

Chronic pain is pain that has lasted more than three months (as opposed to acute pain, which is short-term pain that is brought on by a new injury.) Over 100 million Americans suffer with chronic pain. It is the #1 reason Americans enter the health care system. Back, migraine, facial, and neck pain are the most common types seen at GLHS. GLHS has a board certified pain physician who takes a balanced approach (including medication management, surgery, and physical and other therapies) for patients with chronic pain. The GLHS pain specialists include a physician board certified in pain management and a nurse practitioner. Patients with chronic or acute pain are encouraged to meet with a pain specialist instead of expecting their primary care provider to solve the problem.

Medication is not the first line of treatment. When it is done, screening is done to determine how much monitoring a patient may require while they are on a treatment plan that includes an opioid, and patients sign an agreement that they will only use one pharmacy, they will voluntarily do drug screenings/pill counts, and that they will take the medication as prescribed.

Common diagnoses seen at the Pain center are arthritis pain; neck and back pain (frequently caused by work injuries), nerve damage, and shingles pain.

Common interventional services at GLHS are epidural steroid injections, facet joint injections,

selective nerve root block, and radio frequency ablation. GLHS providers open to referring for all types of alternative medicine for pain management, except for medical marijuana.

A physician referral is not required to meet with a pain specialist. Call the office to set up an appointment.



Queen of Hearts

Bill Ruane's ticket was pulled, but he could not find the queen.

Upcoming Programs

- 9/30 Keith Hodkinson, 2021 District Governor
- 10/7 Galen Cisco, Little League Galen Cisco Award
- 10/14 Craig Riedel, District 82 State Representative

Upcoming Greeters

- 9/30 Sue Pittman
- 10/7 Rob Bechtel
- 10/14 Brian Botti
- 10/21 John Wale

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

*** Please note: 'Greeter' should be in place by 11:30 AM**

