



All the News That's Fit to Print And More

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Quick Glance



Kiwanis Meeting March 17, 2018



Senior Meals Drivers

Meal Delivery Location
Mennonite Church - Hwy 105
Delivery Days
Tues, Wed, Thurs



Thanks to Jim Murphy

Scribes

March 17
Dan Lopez

March 24
RF Smith

March 31
Rich Rima

April 7
Ted Bauman

April 14
Dennis Beasley

Let's Talk About Stroke Adrienne Walsh

Future Program Announcements

March 24

Antarctic Adventure

John Spidell

March 31

Doing Business in the Middle East

John Torez

Member Concerns

Rich Strom updated member concerns.

We were all glad to have Sharon Williams back with us!

Kay Scott is continuing to improve.



Thanks to
Pat Losey

Upcoming Programs

March 24, 2018

Antarctic Adventure

John Spidell

March 31

Doing Business in the Middle East

John Torez

March 31

Religion and Race

Dr Paul Harvey

April 7, 2018

Overdrive Raceway

Jim Rundle

Dennis Beasley is recovering from skin cancer surgery and will undergo plastic surgery later next week.

Rich quoted Mother Theresa:

"People are often unreasonable and self-centered. Forgive them anyway.

If you are kind, people may accuse you of ulterior motives. Be kind anyway.

If you are honest, people may cheat you. Be honest anyway.

If you find happiness, people may be jealous. Be happy anyway.

The good you do today may be forgotten tomorrow. Do good anyway.

Give the world the best you have and it may never be enough. Give your best anyway.

For you see, in the end, it is between you and God. It was never between you and them anyway."

Charlie Brown led the Pledge of Allegiance.



April 14, 2018

Creative Co-Parenting Marlene
Bizub



Thanks to
Benny Nasser

Board of Directors
2017-2018



President - Barb Broshous

President Elect - Larry Young

Immediate Past

President Barb Broshous

Barb called the meeting to order at 8:00 am.

When out doing our weekly activities, Barb encourages us to invite one stranger to our Kiwanis meetings - tell them about us and invite them to join us! Cards are available as handouts.

GUESTS



Larry Young introduced Al Fritz who had membership paperwork in-hand. Welcome!

President - RF Smith

Secretary - Mike Luginbuhl

Treasurer/ CFO - Jack Fry

Sergeant-at-Arms - Steve Keefer

VP - Programs - Benny Nasser

VP - Memberships - Paul Short

VP- Fundraising - Joe Foreman

VP - Public Relations - Ofie Lopez

VP - Service Leadership Program -
Max Williams

VP - Community Service - Marian
Taylor

Dir - Bingo & Raffles -
Mark Zeiger



Brian Damerath visited the club again this week accompanied by Jim Hatley. Welcome back!



Rich Hicks welcomed our guest speaker, Adrienne Walsh and her colleague Jody Aguilar. The ladies were accompanied by their husbands, Dave and Tim, respectively.

ANNOUNCEMENTS

Dir - Granting and External Relations -
Jim Taylor

Dir - Member Recognition -
Ron Mangiarelli

Dir - Plans, Analysis, & Resources -
Rich Rima

Dir - Special Needs - Rich Strom

Dir - Interclub & Social - Mark Silvanic

Special Thanks To



Bonnie Nasser for photographs

We have our St. Patrick's Day mixer on Friday, March 23, 5:30 - 8:30 pm at the Woodmoor Barn. Bagpipes are promised. Bring a dessert or hors d'oeuvre to share.



Dr. Mike Maddox was inducted into the MHK club by Barb Broshous, receiving a club pin, Kiwanis hat and nametag. Mike is the Executive Director of the Tri-Lakes Center for the Arts, and has been a sponsor of our Foundation. He has also been Mayor Pro Tem for the town of Palmer Lake. Mike said it was a real privilege to join the club. He knows some of us and is looking forward to getting to know more of us and to become friends with all. He offered special thanks to RF Smith and John Spidell for encouraging him to become a member.

Barb Broshous provided a report from the Rocky Mountain District conference she attended last weekend. At the awards banquet on Saturday night, she was proud that several MHKC members were recognized:

- Bob Hayes received the Silver Award for his work at Membership Vice President. Club members were recognized who brought in new members. They included Brian McMeekin, Dennis Beasley, Frank Bittinger, Steve Stephenson, Lynn Severson, Mary Ann Black, Paul Gourley, Rich Munsell and Rose Fortune. Thank you all!



Tom "Media Master" VanWormer for
Media Services



Rich Hicks
K-News Editor
rich7100@comcast.net

MHKC Service Recognition

Kiwanian of the Year

2017 Russ Broshous

2016 Larry Young

2015 Mark Zeiger



- The I-Plan Impact Award was given to Rich Strom for his outstanding job organizing the visit of Kiwanis International President, Jane Erickson, and the discussion panels for that visit. Barb presented the plaque to Rich. Congratulations!



- Out of 82 clubs, MHKC received the Distinguished Club Award along with four other clubs. Barb awarded pins to RF Smith and Mike Luginbuhl. Great job!

Barb has brochures for the Kiwanis International Convention in Las Vegas from June 28 - July 1, 2018. One delegate slot is still open so see Barb if you want to attend - the club will defray the cost for attendance up to \$500.

2014 RF Smith
 2013 Tom Nelson
 2012 Ron Heard
 2011 Bonnie Biggs
 2010 Dennis Daugherty
 2009 Ed Kinney
 2008 Don Johnson
 2007 Ted Bauman
 2006 Glenn Scott
 2005 Dick Durham
 2004 Benny Nasser
 2003 Sharon Williams
 2002 Bill Cook
 2001 Jim Taylor
 2000 Rich Rima
 1999 Rich Lybolt
 1998 Jack Johnson
 1997 Larry Cheatham
 1996 Ed DeValois
 1995 Paul Bacalis
 1994 Jerry Losey
 1993 Denny Myers
 1992 Bill Tope
 1991 Max Williams



March Madness! March Madness status was reported by Barrie Town. Barrie acknowledged that all the brackets were broken right out of the gate with the loss of #1 seed Virginia to #16 seed University of Maryland Baltimore County. So far, Dennis Beasley is in the led followed closely by Kay Scott and Glenn Scott. In last place is Barrie Town!



Jim Murphy said he could use some help for pick-up and delivery of senior meals on Tuesday, Wednesday and Thursday, year-round. We provide drivers for the Golden Circle Nutrition Program. We go downtown and pick-up containers of freshly prepared food and

1990 Dick London
1989 Len Dodson
1988 Dave Turner
1987 Charlie Emmons
1986 Bill Dudman
1985 George Goddu
1984 Jim Carroll
1983 Rev John Snyder

*Additional Sertoman of the Year or
Kiwanian of the Year designates
include: Dexter Peak, JoAnn Peak,
Steve Hall - Sunset Sertoma Club,
Darlene Loudermilk & Joe Ashby

25 Year Legion of Honor

Rich Sayer
Don Smart
Jo Carroll
Steve Hall

30 Year Legion of Honor

Ed Devalois
Chuck Dunham
Jerry Losey

bring them back to Monument. Jim needs two to three additional drivers. See him if you can help. Barb recognized the drivers who were present at the meeting.



Sharon Williams was recognized by Ron Mangiarelli with the Kiwanis Legion of Honor Award for 25 years of service. Congratulations!

HAPPY BUCKS

Max Williams

35 Year Legion of Honor

Ben Bellis

Bud Sterling

40 Year Legion of Honor

Watt Hill

4th of July Parade is Powered by



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of July Parade

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Lewis-Palmer School District 38



Joe Foreman was happy to have gone to a "Meet and Greet" at the Emily Griffith Center where he met the new Executive Director, Christina Murphy. Many people told Joe "thank you to Kiwanis for all you do," and the kids all seem to know about our support for the Soap Box Derby. Joe said it felt good to be receiving all the accolades that belong to this club for our work with those boys. It was a real pleasure to do it.



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Tri-Lakes Women's Club

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The Wine Seller

Kathy Strom had a buck for forgetting her nametag and another to let us know that in two weeks she is sending out the quarterly dues statements, so let her know if you want to change your breakfast preference.

Paul Short was thrilled to have two new membership applications. Don't forget the new member mixer on Friday night!

RF Smith paid Rich Rima's "whining" fine - \$2.50 for complaining about how much he got paid for all the work he does for the club. RF's real happy buck was for the USAFA hockey team win over Canisius 3 to 0, Friday night. They are now in the finals of the Atlantic Hockey Championship (which they beat Robert Morris, 5 to 1). Air Force hockey is now headed back to the NCAA Tournament.



Watt Hill was really happy! Eunice has not been able to walk since September, but is now able to get out of her wheelchair and walk, and is happy as hell!

Al Fritz was happy and expressed his thanks to be with MHKC again. He said he looks forward to being part of the club!



Rich Rima was happy to have attended the Prairie Winds Elementary School with Russ and Barb Broshous for a gala science fair, bake sale, pizza party and basket sale. Rich thought they raised about \$4,000 for the school! Rich loves being their K-Kids advisor!



For the Navy guys, Paul Short let us know the attack submarine, USS Colorado, was being commissioned on Saturday. Charlie Brown added that when his granddaughter recently attended a John Fielder photography workshop, he heard from John that he is attending the commissioning and is providing Colorado photos throughout the ship. Haze gray and underway!

There are two free, easy ways to donate money to the MHKC - **without paying a nickel out of your own pocket**. One is by getting a gift card (available from Mike Wangeman that comes with \$5 credit) for Safeway or Kings Soopers. You can then indefinitely add money to the card. Also, at Amazon.com Smile, you can designate Monument Hill Service Club as your charity organization and purchase items through Smile. Then Amazon donates .5% of all your purchases to our club. Shop at: <https://smile.amazon.com/ch/84-6113536> and Amazon donates to Monument Hill Service Club.

BIRTHDAYS

Jim Taylor told us of member birthdays for next week and Pat Losey provided humor.



March 18 - Sally Gettelman and Jim Clemans

Jim Taylor noted that March 18 is the 77th day of the year. 77 is the only number less than 100 with a multiplicative persistence of 4. (I.E. $7 \times 7 = 49$, $4 \times 9 = 36$, $3 \times 6 = 18$, and $1 \times 8 = 8$)

Multiply all the digits of a number n by each other, repeating with the product until a single digit is obtained. The number of steps required is known as the multiplicative persistence, and the final digit obtained is called the multiplicative digital root of n .



Jim's final thought on St. Patrick's Day: As I get older...

Wouldn't it be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?

Progressive Drawing



March 17, 2018

Winner this week is:



Bob Evans

Kiwanis Progressive Drawing Stats:

Date of drawing: 3/17/18

Chips this drawing: 6

Carry over from last week: \$130

Today's 1/2 ticket sales: \$20

Total for today's drawing: \$150

Amount won & donated back: \$5

Amount won and kept by winner: \$0

Available for next week's drawing: \$145

Chips for next week's drawing: 5

Kiwanis Program

March 17, 2018



Let's Talk About Stroke

Adrienne Walsh

Scribe: Rich Hicks

Our guest speaker was Adrienne Walsh. Adrienne is a retired Critical Care Clinical Nurse Specialist working for fun now a couple days a week as a Stroke Coordinator for UCHealth Memorial Hospital. Adrienne was joined by her colleague Jody Aguilar, who is a Stroke Nurse Navigator. A Stroke Nurse Navigator helps guide a patient from admission to discharge, and with post hospital care.

UCHealth Memorial Hospital provides endovascular treatment for complex stroke. Their initial primary Comprehensive Stroke Center certification was awarded by the Joint Commission in 2012 with successful recertification in 2014 and most recently in March of 2017. They obtained their comprehensive certification in November of 2017. Having this certification demonstrates that they have the ability to deliver the wide variety of specialized care needed by complex stroke patients. Prior to this, the nearest center complex stroke care was in Denver.

This means a lot not only to the people who live in Colorado Springs (population 465,101 as of the 2016 census) but also to people who live in Teller, Pueblo, Fremont, Otero and Prowers Counties. Memorial has established a telestroke partnership with University of Colorado Hospital and University physicians to provide direct visual contact between patients and specialist physicians. The telestroke relationship effort has continued with agreements with Pikes Peak Regional in Woodland Park and Parkview Medical Center in Pueblo. They now have a new relationship called BridgeCare with a group of Southern CO partners. It is a telemedicine agreement with Prowers Medical Center in Lamar, Mt San Rafael in Trinidad and Spanish Peaks in Walsenberg.



They have added a Mobile Stroke Treatment Unit (MSTU) to bring emergent stroke care to the patient, including a CAT scan and administration of the clot busting drug, tissue plasminogen activator (tPA). This is the region's first MSTU, the third in the nation, and the fifth in the world. They work closely with their EMS colleagues.

Stroke in the United States is the 5th leading cause of death...behind heart disease, cancer, chronic respiratory diseases and unintentional accidents. Stroke still remains a leading cause of disability. Below is a link to a simple animation explaining what a stroke is, how to recognize the key symptoms, how it is treated, and what we can all do to prevent strokes from happening - <https://www.youtube.com/watch?v=rylGnzodxDs>.

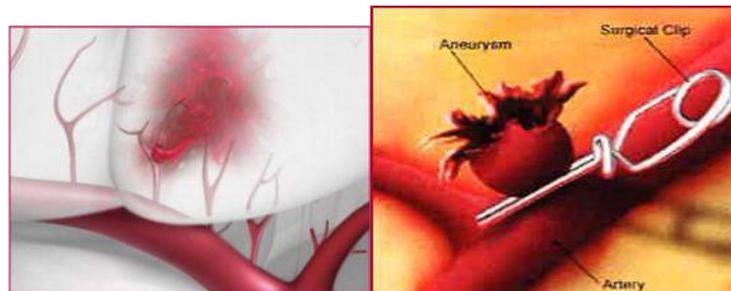
The biggest barrier to treating stroke is the lack of recognition of stroke signs and symptoms and delay in getting to the hospital.

Types of stroke:

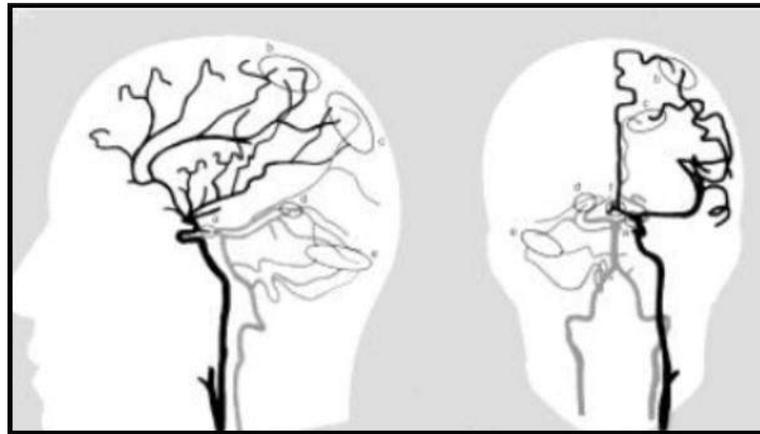
Ischemic Stroke (87%) occurs when a blood vessel is blocked preventing blood flow to the brain. Potential causes include blood clots and atherosclerosis. These account for about 87% of all strokes. Non-modifiable risk factors for Ischemic stroke include older age, gender, heredity, and prior stroke or TIA or heart attack. Modifiable factors include high blood pressure, smoking, diabetes, atrial fibrillation (Afib), carotid artery disease, diet and nutrition, and physical inactivity and obesity.



Hemorrhagic Stroke (13%) occurs when a vessel ruptures allowing blood to spill into or around brain tissue. Potential causes include high blood pressure and aneurysms. These account for about 13% of all strokes. Non-modifiable risk factors for Hemorrhagic stroke include older age, gender, heredity, cerebral amyloid angiopathy, use of blood thinners, and antiplatelet use. Modifiable factors include high blood pressure, smoking, alcohol abuse, and illicit drug use.



Transient Ischemic Attack (TIA) is a temporary ischemic event with symptoms that usually go away within minutes to hours. We should consider TIA as a warning sign because 1/3 of TIA patients go on to have a larger, more devastating stroke.



Most ischemic strokes result from artery blockages in the front (anterior) part of brain (seen in black), with symptoms of facial drooping, slurred speech, and weak arm and/or leg. Most hemorrhagic strokes occur in the back (posterior) part of the brain (seen in gray), with symptoms of changes to vision, loss of balance and memory loss.

The biggest barrier to treating stroke is the lack of recognition of stroke signs and symptoms, and delay in getting to the hospital.

When time counts: **BEFAST**

B Sudden loss of balance

E Sudden changes in vision

F Face drooping

A Arm weakness

S Speech slurred, difficulty speaking or unable to speak

T Time to call for help

How Are Stroke Symptoms Recognized ?

Remember the Suddens

Sudden numbness or weakness of face, arm or leg, especially on one side of the body

Sudden confusion, trouble speaking, or understanding

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, loss of balance or coordination

Sudden severe headache with no known cause

The National Stroke Association, The American Heart / American Stroke Associations, and The Internet Stroke Center are national resources. Their mission is to reduce the incidence and impact of stroke through a wide variety of offerings. In addition, there are many Colorado Stroke Resources, one of which is the Rocky Mountain Stroke Center located in Littleton, CO.

On a local level, note the link below to the UCHHealth Library. Memorial Hospital Rehab also sponsors a Neuro Stroke Support Group on the second Tuesday of each month in the Pyramid Room (there are no meetings in December or January). HealthSouth Rehabilitation Hospital of Colorado Springs has a monthly support group for stroke survivors and caregivers. Please contact the stroke team for further information.

Our great thanks to Adrienne and Jody for this short course on strokes, stroke prevention and local resources!

UCHHealth Library (Search Keyword "STROKE")

<http://uchealthlibrary.staywellsolutionsonline.com/>

Happy Trails!

See you Saturday at:



Lewis Palmer D-38 Administration building

(a.k.a. Big Red)

146 Jefferson Street, Monument, CO 80921.

Please use the West or North entrances!
