

Upcoming Speakers

11/04 - Kristy Lewis - Paducah Head Start
11/11 - Albert Jones & Bob Johnston - Veteran's Day Special
11/18 - Glenn Denton, Council for Post-Secondary Education in Kentucky

Club Leaders

John A Williams Jr.
President
Glen Anderson
President-Elect
Phyllis B. Russell
Secretary
Thomas Scott Taylor
Treasurer
Melanie W. McNeill
President-Nominee
Todd Anderson
Membership Chair
Don Barger
Sergeant-at-Arms
Roger Truitt
Rotary Foundation Chair
Jamie B. Futrell
iPast President
Denise A Chapman
Club Executive Secretary

Birthdays

Danny Evitts
November 02
Jamie B. Futrell
November 03
Zachary Hosman
November 04
Ronald S. Bacon
November 05
Bill Robertson
November 06
Dave Denton
November 08
Ashley Wright
November 17
Angela D. Everette
November 22



GearTeeth

The Rotary Club of Paducah

Website: www.PaducahRotary.org

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Community Health Needs Assessment

October 28th, 2015



This week's speaker, Dr. Paige Quintero, was unable to leave the operating room so Mike Muscarella filled in with an impromptu look at a recent Community Health Needs Assessment conducted by Baptist Health and Lourdes, which revealed some not so unexpected results. Muscarella said 85 % of the 355 respondents were middle to upper income women. He said that is unsurprising because women are traditionally responsible for ensuring their families get adequate health care.

Muscarella said Diabetes is an epidemic, here and nationally, with statistics showing 60% of Americans are pre-diabetic or have diabetes. This results in 200 deaths every day from diabetes and its complications. Gastric Bypass surgery, which Dr. Quintero performs, can result in the elimination of the disease in 85% of the patients.

Due to greater awareness and better health care, he said there was an actual decline in Type 2 Diabetes in 2014.

Muscarella said another issue uncovered in the survey is not enough people get proper dental care. Periodontal disease can lead to heart disease if not treated properly. He also said 60% of the respondents felt they were obese or overweight, which is higher than the national rate of 30%. "Six out of ten people are overweight," said Muscarella.

This brings up the importance of the new Paducah Health Park, which the Club is assisting with by funding the accessible playground. The new Health Park at Martin Luther King Drive and 13th Street will provide a free place to exercise for residents. Some 40% of the survey respondents indicated they wished to try exercise.

Muscarella said the local hospitals are also partnering with the United Way and others to develop a new elementary school program that informs kids about good health and nutrition. "We want to teach children good habits early so they more likely to continue them as adults," he said.

What Does Rotary Mean to You?

October 28th, 2015

We all have different reasons for being in Rotary and get different outcomes from being here. Some of us enjoy the comradery of weekly lunches, some of us use Rotary to network with other active businesses in our community, some of us volunteer for everything and get great enjoyment out of helping others, and on and on.

In an effort to understand what Rotary means to us and ultimately to help spread around the community all that Rotary means and does for each of us individually, we are going to test a campaign and have Rotarians tell "what Rotary means to me".

Every other week we would like for a Rotarian to stand at lunch and tell what Rotary

means to them in hopefully a 2-3 minute “elevator speech”. We will start with some of our past presidents to get the momentum rolling and then hopefully have enough volunteers to fill-in from there.

If you are willing to participate, please contact Denise, Todd or John to get on the calendar.

Announcements

October 28th, 2015

Missy Eckenberg related what Rotary means to her as part of new program initiated this year by President John. Missy spoke of how the meaning of Rotary has evolved over her 20 years of being Rotarian from fellowship and friendship to life changing service to the community and beyond.

Roger Truitt announced a new Paul Harris Fellow drive, which involves matching 50,000 Rotary Foundation Points. Those who are not already Paul Harris Fellows can check to see how many points (dollars) they are away from reaching that level and can consider donating that amount, which will be matched. Those who are already Paul Harris Fellows can achieve the higher “Plus” levels, as well. To check your status visit <http://www.rotary.org>

Community Donation - Rayla Bridges accepted a check from the Club on behalf of the St. Nicholas Clinic.

Guests

October 28th, 2015

Carly Draper, Haley Weber, Emerson Goodwin, Ken Knapp and Eric Fleming – guests of Mike Muscarella;

Peter McNally – guest of Ken Wheeler;

Bill Murphy – guest of Rayla Bridges;

Arthur Feather and David Feather – guests of Art Feather;

David Latham – guest of Laurie Latham;

Robert Burns – guest of Clay Howerton;

Joni Chambers – guest of Melanie McNeill;

Madelyn Chambers – student guest from Paducah Tilghman;

Antonio Barraza – student guest from St. Mary;

Katherine English – student guest from Community Christian Academy;

Audrey Dodd, Jenna Morgan and Trent Porter – student guests from McCracken County High