

# WELCOME TO THE MAUMEE ROTARY CLUB

March 5, 2008

**Today's Program:**  
**"Overview of Mental Illness"**  
**Dr. Thomas O. Osinowo M.D., Msc.**

**Heather Downs Country Club**  
**Toledo, Oh**

**Prayer:** Sarah Laughlin

**Fines:** Don Knepper

**Greeter:** Phil Kirk



## Last Week

Karen Sherman, Coordinator of cardiac Rehabilitation from St. Luke's Hospital discussed Community CPR. The American Heart Association promotes the "Chain of Survival" which has four parts. The first part is early recognition and activation of 911. It is important to call 911 because of the early treatment that can be started by the technicians. They will introduce you to MONA, which stands for Morphine, Oxygen, Nitroglycerin and Aspirin. Half of the patients who die of a heart attack do so before reaching the hospital. Time is muscle! Minutes matter. So do not try to drive yourself to the hospital. About 75-80 percent of cardiac arrests happen at home. That is why it is so important to be trained in CPR. Effective bystander CPR administered immediately, after cardiac arrest can double the chance of survival. Many businesses, schools, and even homes have AED's (Automatic External Defibrillator) available to restart the heart. Be sure to ask if one is available. The other three parts include the following: early bystander CPR, early delivery of shocks from a defibrillator (AED), and early advanced life support (EMS). St. Luke's Hospital is an Accredited Chest Pain Center and protocols are in place for rapid treatment.

## Thought for the Week

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

-Michael Jordan-

## Soup Kitchen 2008

In 2008, we will be serving lunch the second Saturday of the month. Please email Joe Ludwig if you would like to work any of these dates. As always the entire family is invited to get involved in this operation. The dates are March 8, May 10, July 12, September 13, and November 8. The time commitment is 10:00am-1:00p.m.

## DISTRICT CONFERENCE

Our District Conference weekend will be held at Kalahari on April 25-27<sup>th</sup>. To date only one member has made their reservations. A block of rooms will be held until March 12<sup>th</sup> for Rotary members. Please make your reservations NOW. Kalahari is a very popular conference center so rooms will fill up very quickly. The reservations can be made on line by going to the Rotary district 6600.com. Make those reservations today. See you there!!!

## Last Week's Winner

The winner of the 50/50 drawing was Sara Otis. She picked the five of Clubs. The pot has grown to \$577.00. Let's buy two tickets this week and move that total faster.

## Upcoming Meetings

March 12, 2008  
Four Way Speech Contest

March 19, 2008  
Toledo Zoo  
Dr. Ann Baker

March 26, 2008  
Honduras Water Filter Project  
John Jaeger

*Please remember to sign in. We depend on this to validate our attendance which we report to Rotary International.*

*Please turn your cell phone off during our meetings.*

## Nearby Makeup Sites

**Perrysburg** – Fridays 11:30 AM –  
Carranor Hunt & Polo Club

**Waterville** – Mondays 6:00 PM –  
Smedlap's Smithy

**Reynolds Corners** – Tuesdays Noon –  
Epiphany Lutheran Church

**Toledo** – Mondays Noon –  
Park Inn

**Holland/Springfield** – Fridays Noon  
El Matador Airport Highway