

Rotary

Longmont Twin Peaks



Club Meeting

Longmont Twin Peaks
Meets at Friendship Center at
First Evangelical Lutheran Church
803 Third Ave
Longmont, CO 80501
Time: Thursday at 12:00 PM

Speakers

August 08, 2019

Lt. Governor

6th Area of Focus: Maternal &
Child Health

August 15, 2019

Stephanie Dunn, Director of
Rehabilitation Services
UCHealth Longs Peak
Hospital; healthy behaviors,
strengthening & fall
prevention

August 22, 2019

Lance Dehning: Puerto Rico
history and today, crazy tax
benefits & the current hot
retirement place

Events

No Events found

Club Leaders



Dietra Porter
Club President



Kirsten Pellicer
Club President - Elect

Keri Davis
Club Secretary

Editarian

Jennifer Spitz

Visitors and Guests

Dietra introduced her mother and her aunts who are visiting from Kansas City; Linda Potts (Dietra's mom), Tammy Harp, Karen Belt, Janet Mahler.

Announcements

The District Governor will be our guest on Thursday, August 8

Brag Bucks

Holly Hughes announced that they're having their Ribbon Cutting at 3rd Avenue Eyecare.

Rick Samson bragged that his granddaughter had a check-up for some surgery she had when she was an infant and she is doing A-OK!

Dave Chrisman bragged about his wife Laurie's birthday. He mentioned that he married a sweet young girl and today woke up next to a Senior Citizen!

Kirsten Pellicer bragged about her trip to Iceland with her family and her parents.

Dietra Porter - Bragged about her husband's birthday on 8/2. He'll be celebrating by decorating the Rotary Parade float!

Fish Bowl

Dietra's aunt, Tammy, won \$20

Programs

Thaxter introduced Megan, an 18-year veteran of UC Health, to talk about the Healthy Hearts program. Healthy Hearts educates students and their families about cardiac disease, risk factors and prevention. Their main program teaches 5th, 7th and 9th grades about heart disease and healthy habits. They also teach hands-only CPR and AED education to middle and high school students. They visited 120 schools in 2018.

They provide free school-based cholesterol screenings. 23% of students screened have borderline or high cholesterol and 24% are overweight or obese (not necessarily the same population).



Wendi A. Nafziger
Club Treasurer



Carol Schack
Club Admin Chair



Richard Samson
Membership Chair



Ashley Nichols Kasprzak
Public Relations Chair



Donna E. Mercier
Rotary Foundation Chair



Charlene Kay Santala Gearing
Club Service Director



Kent Schnegelberger
Youth Services Director



Stephanie McKay
Club IPast President



Steve Benscheidt
Charity Fundraising Director



Birthdays

Anniversaries

Bo Langdon- August 2
Chris Treharne- August 2
Rich Schenker- August 5
Dave Chrisman- August 6

Heart disease is the leading cause of death in the United States. Culturally, it has become harder to eat right and move enough.

If you are out with a teen or adult and they collapse without any explanation, they are most likely experiencing sudden cardiac arrest. Here's how you can help them survive:

1. Call 911- ask someone to call- be bossy!
2. Send someone for an AED- be bossy!
3. Begin chest compressions.

People give up too easily on CPR; it can take a long time and can feel much longer. Keep going! The only time you would pause is if you can't do any more or the AED arrives.

The AED guides people through its use and anyone can use it by following the directions (it talks). It will only shock if the patient needs it. Don't touch the person while it's analyzing the rhythm because it could pick up your rhythm and you could get a slight shock if you're touching them when they are shocked.

Taking these steps can really make a difference in someone's likelihood to survive and minimize organ damage.

Social Media

Have you visited our Rotary Facebook page?
<https://www.facebook.com/longmonttwinpeaksrotary/>

