

## Connect and Serve

VOLUME 106 NUMBER 19 – NOVEMBER 10, 2020

### MEETING NOVEMBER 17<sup>th</sup>

Dave O'Connor - A Rosier Place

Here is the Zoom link that is good through Dec 15<sup>th</sup>:

<https://us02web.zoom.us/j/81271962009?pwd=T21GZDJvRIRLZWpBL05TT29qUTZnUT09>

Meeting ID: 812 7196 2009

Passcode: 569995

Reserve your meal by going to: [lafayetterotary.org](http://lafayetterotary.org)

The entree will be meatloaf.

### VIRTUAL PUB CLUB:

Wednesday, Nov 11<sup>th</sup> at 5:30. Here is the zoom info:

Meeting ID: 829 0564 8018

Passcode: 867515

### PROGRAM:

Margie Christopher provides education for clinical staff at IU Health Arnett Primary Stroke Center. Today she spoke to us about medical advances in the treatment of strokes as well as signs and symptoms. In the United States, a stroke occurs every 40 seconds. It is the fifth leading cause of death, although it used to be the third leading cause. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is blocked (ischemic stroke) or bursts (hemorrhagic stroke). One relatively recent development in the treatment of ischemic stroke is tPA, recombinant tissue plasminogen activator, also called alteplase. If this is administered within 4.5 hours of the onset of symptoms, it can greatly reduce the impact of the stroke. Eighty-seven percent of strokes are ischemic. People sometimes experience a TIA, transient ischemic attack. In one-third of cases, this is a precursor to a stroke.



The symptoms of a stroke can be remembered using the acronym: BE FAST. Balance: dizziness or loss of balance; Eyes: trouble seeing out of one or both eyes; Face: facial weakness; Arms: weakness or inability to raise the arm; Speech: impaired speech; Time: time to call 911! If you or someone you are with is showing these symptoms, it is best for the patient to go to the hospital in an ambulance. The EMTs are able to call ahead to the hospital so that preparations can be made even before arrival. This shortens the time until medical treatment can begin. A phrase that Margie used is "time is tissue" meaning that every minute that elapses before treatment begins means more brain cells damaged. Unfortunately, sometimes Covid-19 can cause blood to clot more readily so that strokes occur. This seems to happen more to younger adults. One way to check your susceptibility to stroke is to know your LDL number. This should be less than 100. Other risk factors are high blood pressure, diabetes, smoking and heart disease to name a few.

There were 21 members present. On Zoom there were 30 members.

### HIGH FIVE:

Today's High Five goes to BOB VERPLANK for donating a computer to be used for Founders 1905 coffee bookkeeping. Thanks, BOB!

### SURVEY RESULTS:

The two projects that will be supported by the 2021 Ice Cream Crawl are:

Imagination Library. This program provides free books for children ages 0-5 in Tippecanoe County. It's My Closet. This program provides free clothing and school uniforms to students in Lafayette School Corporation and their families.

The remaining two projects also had a lot of support from respondents. Thanks for your participation!

## THANKS TO TODAY'S VOLUNTEERS:

Invocation: DAN BERGER  
Money Collector: LINDA GUTWEIN  
Money Counter: VICKI BURCH  
Music Teacher and Soloist: ARVID OLSON  
Technology Manager: JO WADE

## FREE SMALL LIBRARIES

Ever wonder where all of the Free Small Libraries are?  
Just click on this link: <https://wlaf.lib.in.us/news/>



to see photos and a map for each location. JACK KELLEY maintains the libraries and refills them with books on a regular basis. You can help by donating books to JACK. Children's books are especially needed. This is a great collaboration between Rotary and West Lafayette Public Library!

## FOUNDERS 1905 COFFEE:

Founders 1905 Coffee will be available for purchase at the Dec 1<sup>st</sup> meeting. Kindly pre-order so that LINDA GUTWEIN will know how much to bring with her. A bag of ground coffee will be \$12.99 and a box of 24 K-cups will be \$19.99. Payment with bank card only. Zoomers, you can stop by before the meeting to pick up your order. Buying this way will avoid shipping costs. Show your support for this project by making a purchase!

## BELL RINGING FOR SALVATION ARMY:

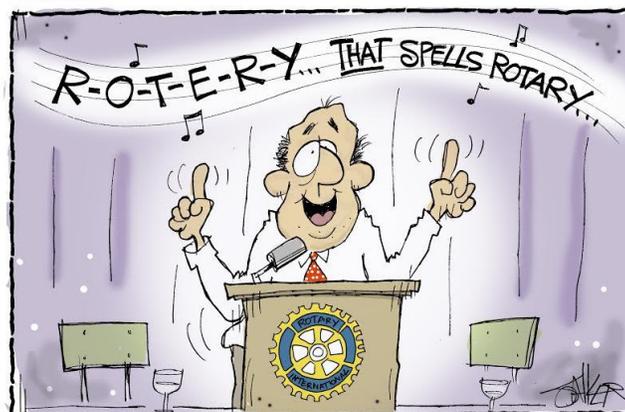


We will be manning the bell-ringing stations on December 5<sup>th</sup> this year. Stay tuned for more information and the chance to sign up on [signupgenius](http://signupgenius.com).

## ROTARACT VASES:

Purdue Rotaract is still collecting vases for the "Random Act of Flowers" program. So far, with our help they have collected 170 vases. They hope to collect 300 vases in all. Contact Renee if you have some to donate.

## JUST FOR LAFFS:



"SPELLING CHALLENGED" ROTARIAN HOWARD PIVNIK LEADS THE CLUB IN A SONG...

Donating to Lafayette Rotary  
To donate to our Club's current projects:  
Make check payable to:  
*Lafayette Rotary Club Foundation*

To donate to our Club's endowment:  
Make check payable to: *Community Foundation of Greater Lafayette* with "Lafayette Rotary" in the memo.

To donate to our Club's international projects:  
Make check payable to: *District 6560 Foundation* with "Lafayette Rotary International Fund" in the memo.