

Rotary



Club of Medford Rogue

July 19, 2023 Communicator

Medford Rogue Rotary: Chartered April 20, 1977

President Kellie Hill

Bulletin Editor: Debbie Graunke: dmchargue@hotmail.com

*note the names of Involved Rotarians or program topics may not be available or may change at anytime.

MEETING INFORMATION

Location: Rogue Valley Country Club at 2660 Hillcrest Rd. - ballroom on upstairs level

Time: 12:10 pm

Involved Rotarians

Inspirational Moment:

Sergeant at Arms:

Greeters:

Attendance: Roger Hassenpflug

Technology: John Van Sickle & Scott Morris

Meeting Information:

July 19

NO CLUB MEEETING - CANDYLAND PROJECT

Noon-2 PM

Beth Reger's home 157 Littrell Dr. Medford

-Please RSVP 360-298-1068 (Beth) 541-200-4883 Joy

July 26

-Program Title: "Can we uncomplicate the Homeless Issue?"

Speaker: David Wright and Al Densmore

Topic: Grass roots and deep dive efforts by David and Al have resulted in must know information for the concerned community. How can we help change this?

Health New

Positive Thinking Can Improve Your Health

By Kellie Hill

What you think and say can affect your health and you might not be aware of the amount of power you have to improve your health with positive thinking.

Positive Thinking - A History

Doctors have long been telling patients to "look on the bright side", to "hope and pray", "keep a positive attitude", and much more. When it comes to positive thinking the road toward optimal health is a pretty easy one.

Because thoughts are powerful.

Most studies have revolved around the placebo effect. Patients are given a sugar pill and in more than 30% of the cases the patients improved, no matter what the disease. Obviously, it isn't the pill that heals them, but it's the belief that the pill will give them better health. Dr. Larry Dossey explains in his book, *Reinventing Medicine: Beyond Mind-Body to a New Era of Healing*, "Eventually it becomes clear that our emotions, attitudes, and thoughts profoundly affect our bodies, sometimes to the degree of life or death. Soon mind-body effects were recognized to have positive as well as negative impacts on the body. This realization came largely from research on the placebo effect, the beneficial results of suggestion, expectation, and positive thinking."

Positive Thinking - a Long Study

The longest continuing study supports previous studies suggesting positive thinking can promote healing. In the 1970's more than 8,000 people were asked to self-rate their health and given a medical check-up.

Three, four and five decades later the participants were reassessed and scientists discovered that those who initially responded positively, were more likely to outlive those who replied negatively.

Researchers took into account other risk factors affecting life expectancy, including tobacco, chronic diseases, and high blood pressure.

Positive Thinking - Self Test

Try an example on yourself. Research shows that the heart rate increases during stress. Take your heart rate first thing in the morning, mid-day, and at night. Compare this to your heart rate when you are stressed. Compare again to your heart rate when you are content, happy, calm, and positive thinking (like after meditating). Interesting, huh?

Positive Thinking - Take Aways

So, here's my thoughts:

When we focus our minds on positive thinking our health may get better. Certainly, we can enhance a state of wellness. When it comes to the benefit of positive thinking to your health, results continue to suggest it's worth a try. There's no risk and potentially a lot to be gained. So, look for the silver lining in the cloud next time.

Tiger Den Project - Central High School

School is getting ready to wrap up for the summer.

For more information contact Marisa Poling @ marisaapoling@icloud.com

Community Events

Pickleball Tournament-The date is set for September 8-10, 2023

This is our club's signature fundraising event. It's a great way to raise money and it brings a means of fellowship to our members. Let us know if you would like to join the steering committee or be part of one of the smaller subcommittees. Everyone is welcome to join this committee. It's a great opportunity to learn new skills and offer skills that others might not have. If you are interested in joining the committee, please reach out to Cheryl Dyer at cherylddyer@yahoo.com

Winter in Candyland 2024 This is a community event where families will create "sweet" memories while walking through a life-sized Candyland village. As you enter the Candyland Village, you will visit **Nana's Nut House, Gumdrop Mountain, Peppermint Forest, Licorice Lagoon and Chocolate Swamp!** This will be a free event for community families.

.Board of Directors meetings are held on the 4th Monday of each month at 5:30pm via zoom. If you have an agenda item, please contact President Kellie Hill. The meetings are open to all club members. Contact Debbie for the meeting link or

[Click here](#)

New Member Applicants and Sponsor Responsibilities: The Membership Committee has revised the mentor program for new members. Instead of the committee assigning a mentor, the new member's sponsor will now be responsible for that role. Sponsor/mentor responsibilities will include assisting the new member with finding the right fit for two committee assignments, accompanying the new member to a fellowship event, and also sitting with the new member at two or more of our regular meetings in order to introduce them to fellow Rotarians. We hope that these changes will help to quickly integrate the new members into our club.
