

Roundabout March 14, 2023

Next week's program



Our guest speaker will be Barbara Leininger, Owner and CEO of Arthur Murray Dance Studio for the past 29 years. Her presentation is called “The Best Job in the World (Teaching Dance)”!

Barbara is a Certified Professional Ballroom Dance Instructor. She has knowledge of approximately 20 different dance styles in both the leaders and followers' parts.

One of her greatest accomplishments has been the production of Dancing with the Stars with which she helped raise 1.2 million dollars for local Bloomington charities over the past 11 years. Some of the local agencies helped include the Boys and Girls Club, Middle Way House, Stonebelt, Wild Care and The Animal Shelter.

We'll meet in the Georgian Room and on Zoom.

News and Upcoming Events



Rotarian **Theresa Claire** led our meeting while President **Alain Barker** was out of town. After welcoming us, Theresa provided a short explanation about the history and etiquette of bell ringing within Rotary. Theresa described how the bell has been used from Kansas City, to London to New York and beyond and is generally more agreeable to use than a harsh gavel.

District Grant Ideas needed. So far, we have just one response with ideas (thanks, **Connie Shakalis**). If you know of any local partnering organization that would be interested in submitting a grant proposal,

please point them to the announcement on the Bloomington Rotary Club website. Please send a note to Geoff McKim, Natalie Blais, or Alain Barker with any questions.

Our Reflection was given by **Sally Gaskill**. Sally began by teasing us with news of baseball and the Baseball World Classic. This tournament features professional players from around the world who compete as representatives of their home countries.

Sally went on to talk with us about the Rotary Book Club. The club began during COVID and met online. It now meets once every three months in person and on Zoom. There is a core group of readers but everyone is welcome to attend for one meeting or all meetings. The club began by focusing on Indiana as a theme and they have read both fiction and nonfiction books about Indiana, by Hoosier authors, or set in Indiana. Dr. William Cooke's book, *The Canary in the Coal Mine* is set in Austin Indiana and was an early book club read. We're fortunate to have Dr. Cooke as our speaker today. The upcoming book for discussion is by Charlotte Zietlow, *1971: How We Won*. Everyone is welcome to attend the meeting on Wednesday, April 19 at 7pm at Sally's house. Sally concluded by saying that reading is a solitary act that brings us all together, it educates and enlightens and she is proud we have a Rotary Book Club and invites us all to join.

Habitat Build update. We're getting very close to our two volunteer days - March 25 and April 1. People are still needed to work and can also signup to provide lunch. Please let us know if you can help in any way.

March 14 program



Link to our program <https://youtu.be/NnLi83g0hmM>

Rotarian **Judy Schroeder** introduced our speaker **Dr. Will Cooke**. Judy described Dr. Cooke as someone with compassion, courage and conviction. Upon graduating from the IU School of medicine in 2001, he opened his primary care practice in tiny Austin Indiana, where no doctor had practiced since the 70's. In 2015, Austin and Scott County became the center of an Opioid fueled outbreak of HIV and Hepatitis C.

The outbreak brought national news and state agencies zoomed in to help but they did not stay. Dr. Cooke stayed because he was convinced the answers to this epidemic had to come organically, from the community. Due to his efforts and successes, Dr. Cooke was named the 2019 Family Physician of the Year by the American Academy of Family Physicians.

Dr. Cooke began by describing the significance of the title of his book. He believes that what happened in Austin was in fact the canary in the coal mine and should be warning us about what is going on. He believes there are toxic conditions in our communities that are harming people and if we don't pay attention it will continue to harm us – not just individuals, but the entire community.

He described indicators such as life expectancy, where in 2016 the United States began to see a decrease. Coupled with how much we invest in health expenditures, our life expectancy is falling dramatically. Despite the tremendous technologies we have, life expectancy is significantly higher if you are born in another developed part of the world. Dr. Cooke said we must do more than keep sick people alive. We are not very good at keeping healthy people healthy.

He attributes this to a combination of Maslow's hierarchy of needs with adverse childhood experiences (ACES). There are two trajectories that people can go in life, upward toward health and prosperity or downward to early disease and death.

Upward trajectory is related to Maslow's hierarchy of needs. These are typically what we want for ourselves, our children and community. What often happens, as in Austin, children are born into a social circumstance they didn't choose which leads to general trauma, poverty and disadvantage that sets their life in a certain direction. These adverse childhood experiences lead to physical damage of the brain and to things such as increased rates of ADHD and risky behaviors which are often harmful and can lead to early disease and death.

He believes that health outcomes depend on three areas of need: basic human and safety needs, healthy social and economic circumstances, and access to resources and healthy choices. Although we often think that individuals are responsible for their health outcomes, we must come to understand that you can only make choices from options available. People don't choose the social circumstances into which they are born. Trying harder isn't always the answer. People can only make choices from things available to them. Sounds simple, but how do you get to your job or the clinic or school if you don't have transportation?

Studies point to seven vital community factors that prosper a person's health and economic factors. Dr. Cooke advocates that health care needs to be redefined to include these seven factors.

- Basic needs for health and safety
- Lifelong learning
- Meaningful work and wealth
- Humane housing
- Reliable transportation
- Thriving natural world
- Belonging and civic muscle (believing your plight matters to others)

When he arrived in Austin, he found a toxic environment with high poverty, a food desert, and many people without transportation. He knew as a physician that there were resources needed that he could not provide. In 2011, they began to see increased diseases caused by injected drug use. Individuals were reusing needles and passing on diseases. In 2012, a national Reuters article identified Austin, Indiana as a place in need – high rates of overdose deaths, infections and diseases caused by injections. No help came. The Indiana Dept. of health released a report that stated there was an impending HIV outbreak around the corner due to this increased drug use and harm reduction strategies were needed (addiction reduction services, better housing, syringe service programs). No help came and nothing changed. There was no testing going on. 2012-2014 HIV was spreading. At the end of 2014 the outbreak was identified. By that point there were many more who had HIV than those who had been tested, and shared syringe use

continued. The syringe service program finally began, and Dr. Cooke began to offer services to develop an HIV clinic.

Dr. Cooke is proud of accomplishing a recovery-oriented system of care. The person in need is in the middle. Individuals are asked how they can be helped rather than telling them how they can be helped. Based on their responses they found out what it would look like to have access to recovery and a step up into health and prosperity. This model eventually led to a nonprofit made up of people who are in recovery and are now helping connect people to services which help them.

The syringe service program and peer recovery coaches provide access to the people who need the help. If you are living on the street or injecting drugs, you might want help but are afraid to ask. These programs are a way to reach these individuals. As the syringe program continued, more individuals began to enter recovery programs. We were told that people who injected drugs would not take their medicine. Instead, they found they were responsive if they were approached respectfully. People are willing to take responsibility for their health if given the opportunity.

UPDATES from our Meeting

We celebrated the birthday of members **Rex Hillery** on March 13 and **Scott Shackelford** on March 16.

We celebrated anniversaries of members **Jim Capshew** for 5 years, **Sandy Keller** for 6 years, and **Jeff Baldwin** for 9 years.

Our guests were introduced by **Joy Harter** and included: **Lucy Deckard**, daughter of Kyla and Trent Deckard; Janet Tippin and Vanessa McClary guests of **Liz Fietl**.

Rotarians shared donations to Teachers Warehouse through their expressions of **Happy Dollars**.

Acknowledgements

Greeter: - **Joy Harter**

Introductions: - **Joy Harter**

Zoom Host: - **Michael Shermis**

Reflection: - **Sally Gaskill**

Reporter: - **Marilyn Wood**

Zoom/Mic Operator: - **Kyla Cox Deckard**

Zoom and Audio Producer: - **Tylar Martin-Nichols**

