

Rotary



Club of Tiffin

Rotary Learns About Breastfeeding

By Robert Lee Martin



President Mimi Johnston opened the July 9th meeting at the Chandelier Event Center. Chris Lewis gave an opening prayer.

Guests/Attendance:

There were 21 Rotarians present. The Basket Fund raised \$30. Nancy Weaver won the Weekly Drawing and Tom Debbink won the Free Lunch.

Committee Reports:

Membership chair Beth Schweitzer said that she plans to try to engage current members and re-engage members who have not been participating recently. Amber Stover reminded us that we have a service opportunity on Thursday, July 25 at 12:15 pm until

about 3 pm for a FISH food distribution at First Lutheran Church. Rotary will not meet on Tuesday, July 23 in order to provide this service on the 25th. Save Weinger reported that he is getting the signatures required from the City to close off Frost Parkway for our October Rotary Ribs Rock & Rum party.

Sargeant's Report:

Happy Dollars came from Jim F. for his trip to Hawaii, his new office on Miami Street, his son recuperating from a broken leg and for the upcoming Party in the Park sponsored by Mercy Health and the Ohio Department of Health on August 18 at Heges-Boyer Park. This event will celebrate breast-feeding, the topic of our program today. The Sarge had one for his first experience witnessing a mother breast-feeding her baby at Heathrow Airport in London. He was just a young kid and knew that this wasn't something he should be staring at. Dave W. had one to announce the North Coast Concert Band's last summer concert at the Paper Mood Winery in Vermilion on July 11 at 7 pm. Bob O. had one to share that his two sons both broke their arms in the 3rd grade. Char had one because her son and daughter were recently home and it has been the first time in 15 years that they have seen each other. Mimi had one to thank everyone who has congratulated her on becoming Rotary's president.

Program:

Our program today featured Emily Arredondo, RN, MSN and Lactation Consultant at Mercy Health in Tiffin. Emily has over 30 years of experience in the field of obstetrics nursing from staff nurse to management to lactation consultant. She has always been dedicated to improving patient outcomes through excellent staff and patient education. She noted how the patient experience has improved over the years as Mercy moved from an 100-year old facility to a brand new one. Sadly, however, she reported that the general health of Seneca County is declining as we see an increase in diabetes and substance abuse. She also noted that Ohio has the 8th highest mortality rate in the nation and that minorities suffer worse. She believes we can improve this situation with early pre-natal care, more patient education and family support. Programs like WIC (Women Infants Children), Healthy Start and Cribs for Kids are very helpful. Breastfeeding helps to lower baby mortality rates and lowers the risk of obesity and diabetes and lowers the odds of heart issues in women. Emily did note that Seneca County has low breastfeeding initiation rates which can be improved by letting women know that Mercy has a free Lactation Clinic and by all of us helping to remove the negative stigma of breastfeeding. Mercy Tiffin hosts the Spilled Milk Café every third Thursday at 45 S. Washington Street. For more information, call or text 567-707-0722.

Club Meeting

Tiffin meets at the Chandelier Event Center, 151 S. Washington St., Tiffin, OH 44883 or

via Zoom

Time: Tuesday at 12:00 PM

Speakers

July 16, 2024
Ty Shuff
County Commissioner

July 23, 2024
No noon meeting!

July 25, 2024
FISH food distribution at First Lutheran Church at 12:15 pm

July 30, 2024
Lee Martin
Educational Topic Regarding Rotary International (Lee's Choice!)

Birthdays

No Birthdays Found

Club Leaders



[Mimi L. Johnston](#)
President-Elect
President



[David C. Spridgeon](#)
President-Elect



[Robert Lee Martin](#)
Secretary



[Derek A. Sidor](#)
Treasurer



[Thomas W. Zirm](#)
Sergeant-at-Arms



[Amber D. Stover](#)
Past President

District Leaders



[Timothy P. Ryan](#)
District Governor



[Pamela J. Brumbaugh](#)
DG-Elect