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# THE FLAGSHIP



May 22, 2022

Tom King, Editor

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## *Coming Up!!!*

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May 25: Melissa Major,  
MBody Healthcare

June 1: Board of  
Directors, 11 a.m.

June 1: Club Assembly

June 8: Amy Perkins,  
Director, Volunteer  
Services, UTMCM

June 15: Sarah Pass,  
Executive Director,  
CADES (Concord Adult  
Day Enrichment  
Services)

(All meetings begin at  
12:15 unless noted  
otherwise)

## MBody Healthcare NP Melissa Major To Talk About Their Practice

Last week it was acupuncture and this week our program will focus on direct primary care and our speaker will be Nurse Practitioner **Melissa Major**, who is partners in marriage and work with her husband, Dr.

Mike Majors.

They recently opened **MBody Healthcare** in Farragut.



They are a doctor and nurse practitioner team with more than 40 years in the medical field. Most of their experience has been in internal medicine, although Dr. Major is a board-certified family practice physician and has even delivered a few babies over the years. During his 17 years in the Air Force, he had the honor of working at the Pentagon as well as in multiple other installations from southern Mississippi to Idaho as a provider for servicemen.

Melissa earned her Bachelor of Science in Nursing

from the University of South Alabama and a Masters of Science in Nursing from Boise State University. She is board-certified by the American Academy of Nurse Practitioners and away from work she enjoys oil painting, gardening, and yoga.

Melissa has invested a large part of her nursing career in geriatrics and rural health patients. Most recently they have been employed as hospitalists in the local area and have served the community throughout the recent/ongoing pandemic.

Mbody Healthcare is a membership-based primary care practice that operates on the direct care model. For a monthly membership they provide a wide variety of all-inclusive primary care services. They do not accept commercial insurance, Medicaid or Medicare. By cutting out the insurer, they say, they keep costs low, access to care open, and decision-making in the hands of the doctor and patient.

## *Program Review*

# Acupuncture Is Used for An Array of Conditions, Dr. A.J. Sarrat Explains

There's little doubt that Farragut Rotarians now know far more about the use of acupuncture to treat a variety of conditions than they did prior to Wednesday's meeting. **A.J. Sarrat** and his wife **Monica**, both Doctors of Acupuncture, were our guests and A.J. was our speaker.



They have been in Knoxville for a year and are partners in **West Knox Acupuncture** on Cross Park Drive. They live in Fox Den with their two daughters. Both Sarrats have four-year Masters degrees and it took six years to complete their Doctor of Acupuncture degrees. They are pictured here talking with PE Megan Belcher.

During the meeting, in answering tons of questions, Dr. A.J. said these conditions, among others, can be treated by the needles: Chronic back pain; Neuropathy; Meniere's Disease;

Anxiety; Macular Degeneration/Eye Disorders; Arthritis pain; Guillain-Barré Syndrome; Trigeminal neuralgia; Migraine headaches; and Bursitis.

Sarrat worked in a hospital setting for 15 years treating patients whose conditions did not improve with traditional methods. “I was the last resort and we experienced amazing success on a high percentage of these cases,” he said.

Some insurance companies do cover acupuncture, but it is based on your plan, he said, adding that his staff will check with your insurance carrier for an answer. As for low back pain, only work done by an M.D. will be covered by Medicare.

Two of their current patients are Farragut Rotarians — PP Peggy Wilson and PP Tom King.

His wife’s practice, in addition to acupuncture, is in the field of integrated medicine. Nicole’s passion lies in treating women’s health conditions — from menstrual disorders, infertility and pregnancy, to menopause. She has experience treating couples naturally to those using Artificial Reproductive Techniques (ART) to become pregnant, as well as working with local Reproductive Endocrinologists and IVF clinics.

If you’d like more information, you can visit their [WEBSITE](#) or call the office at (865) 275-2444.

## Wednesday’s Wholesome Humor

**PP Fred Martin** stepped up Wednesday when Noah Myers asked if anyone had any wholesome humor to share. Fred did!

“My wife told me I only have two faults. First, I don’t listen and two....something else.”

This smacks of marriage reality.

## Programs for 2022-23: Tell Val P.

If you have suggestions about a program for the next Rotary year — 2022-23 that begins in July — you need to let **VP Val Privett** know. She will advance to the role of our President-Elect in July and will be our programs chair.

You can catch her at a meeting or email [VAL](#) or call her at 865-680-0331.

## ***Four-Way Test***

Rotary's Four-Way Test of the things we think, say or do:

- 1) Is it the **TRUTH**?
- 2) Is it **FAIR** to all concerned?
- 3) Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- 4) Will it be **BENEFICIAL** to all concerned?

## ***Find Us On Facebook***

If you have not visited our Facebook page, give it a try!

Denise Bash does a great job of keeping the page updated. If you have not visited our page, we invite you to do so and to also **LIKE** the page!

Here is a [LINK](#) to our page.

## **The Guests of the Day**

It was a light Wednesday for guests. We had only two.

**Mike Feeley** (pictured here) was a Visiting Rotarian from the Rotary Club of Tracy in Grundy County. He is a Methodist minister and Executive Director of Mountain T.O.P., a partnership ministry that offers a variety of mission-based programs for youth and adults. They focus on home repair projects and day camp programs for young people.



Julie Blaylock's guest was **Zineb Aarab**, an acquaintance of a chamber member. Zineb is originally from Casablanca, Morocco, and is studying International Business at Maryville College.

"After I met with her the first time, I realized the chamber could not offer her an internship that would fit the requirements of her program (it has to be a company with international reach, and a role/tasks that allow her some exposure to her major), but I was so impressed with her



professional and friendly personality that I was eager to see if I could help her find a connection that could lead to the internship or job she needs," Julie says. Zineb was also very intrigued and impressed by the concept of Rotary and its global reach, and she plans to keep Rotary in mind when she graduates and returns home to Morocco! Here is a [LINK](#) to her LinkedIn profile (you must log in).

## Our Doc's Latest News on COVID

Our resident physician, **Dr. Charlie Barnett**, today shares the latest news on COVID.

1. Should you get the second booster? The bottom line is, we don't know. However, if you have a severe chronic illness or are immune compromised, it is probably a good idea to get the second booster. For everyone else (this is my personal opinion based on good evidence) I would not take the second booster as the current variant causes mild illness and we have a good treatment if the infection is more serious. In addition, if there is a new serious variant in the future, an additional third booster may be needed. Too many boosters may not be a good thing.
2. The home rapid antigen test has been shown again to be highly accurate if it is positive. The sensitivity of a negative test varies between 20% to 84% depending on when it was taken and if the person has symptoms or not. This number improves in symptomatic patients by taking a second test two days after a negative first test.
3. The CDC recommends quarantine/isolation for five days after getting COVID if there is no fever without taking fever lowering medications. There are several nuances to this so please see their advice at this [LINK](#)



## Today's Family of Rotary Report

We have news from **Teri Jo Fox** about her mother and her mother-in-law. Teri Jo's mother, **Connie**, had her second surgery this past Monday on the leg (femur) she broke earlier this year. "She had a bone graph and has had a very rough and painful week. But, we are hoping she will recover within the next three months," Teri Jo said. Her mother-in-law, Jane Whitener, is having open heart triple bypass surgery on Thursday in Asheville. "Eric and I will be there with her along with Eric's brother Forrest. Please pray for her," she added.



The news from **Bettye Sisco** is that she's been a little sick. She was at Park West for four days with bladder problems and a UTI infection they're still trying to cure. "If it's not one thing it's another. I feel exhausted," she said. And, she leaves in the morning for a return to Duke Medical Center.



We checked on **Benji Bash** over in “Marine World” in Greenville, N.C. Here’s what Denise says: “....Being on complete bed rest has its challenges. He developed some fluid in his lungs and heart. Most of that has started to resolve. They will be coming in on Tuesday or Wednesday to reassess his wounds and determine if he can start getting in the wheelchair again.” Keep in mind that this young Marine has had 22 surgeries.

Please keep them in your prayers! Good karma!



## Admiral Pub Welcomes ‘The Dirty Dozen’

We had our first visit to **The Admiral Pub** for **May’s Third Thursday** this week and “The Dirty Dozen” (pictured here) had a great time in the Dart Room. However, no one tried the darts for public safety reasons.

It was an interesting mix of attendees for sure: Mary and Steve Krempasky, Anita and Mike Singletary, Sonya Ford, Teri Jo Fox and hubby Eric Whitener, Stephanie Markowitz and husband Brent, Jeanne and Jack Faber and PP Tom King.

- It was the first time we’ve met Stephanie’s husband **Brent**. He is a Realtor with Realty Executives. They’re pictured here.
- The Singletary’s — Mike and Anita — celebrated their 59th wedding anniversary in April. Congratulations to them!
- Steve Krempasky left a little early to be a spectator and enjoy the “fireworks” at Farragut’s Municipal Planning Commission meeting.



Great evening for fun, Rotary fellowship, and interesting conversation.

## News & Notes of Great Interest

**Carter Brock Schmidt**, Professional in Human Resources (PHR), started her new position at East Tennessee Children's Hospital last month. Her title is HR Business Partner. Carter is the daughter of Jenny and Adam Brock. She was previously a Regional HR Business Partner for Signature Healthcare in Louisville, KY where she managed the human resources functions for 10 long-term care facilities in rural Kentucky. Carter's husband, Daniel, is the finance manager for Promevo, a Google partner. "Carter and Daniel closed on a house in West Knoxville last month but the sellers wanted to remain in the house until the end of May, so they, along with their two Australian Shepherds and cat have been living with us. We're thrilled to have them back in Knoxville," Adam says. Welcome home!!!



**Stephanie Markowitz** is quickly making her mark on our club. In addition to her role as the adviser for the Pellissippi State Community College (PSCC) Rotaract Club, she's now volunteered to be the administrator for our Facebook page. There's more. During Third Thursday she also said she'll handle Twitter and Instagram if that's OK with the chair of Public Image. It is!!!! Our special media presence is about to take off.

Don't forget about the need for 1,100 volunteers on Saturday, June 11, when the volunteers will pack 250,000 meals for relief aid in Ukraine. **Operation Inasmuch** is a local non-profit that packs non-perishable food for distribution around the world. Here are the details:

- What: Food Packing Event for Ukraine—250,000 meals
- When: Saturday, June 11 [shifts @ 8AM, 10:15AM, 12:30 PM, 2:45PM]
- Where: Expo Center off Clinton Highway
- How to sign up: Just click on this [LINK](#) and note the shift times.

**Correction Corner:** Last week we congratulated **Kim Frazier** for winning an at-large seat on the Knox County Commission. What she won was the Republican Primary and she will face an opponent in the fall election scheduled for Thursday, August 4.

**A repeat reminder** from President David: Who to support? In June of each Rotary year we make the decision on which organizations we want to support financially with the available funds we have. If you have a suggestion or preference on which groups we should consider, please email [DAVID BLUFORD](#) and let him know soonest! Or tell him at this week's meeting.

## Final Clues for May's Mystery!

We're down to the "Final 4" — clues that is — for the **May Mystery Rotarian**. The sleuths were busy this past week but still no one has figured it out. Maybe, just maybe, these clues will make the difference.

- Their family has been in East Tennessee for more than 200 years.
- "My mother was one of 12 children. Her grandfather was one of 18 children."
- Favorite movie: "Top Gun"
- Has a pair of favorite books — "Catcher in the Rye" by JD Salinger and "The Road Less Traveled" by Scott Peck



Our first correct guess wins a tasty bottle of wine from **Dixie Lee Wines & Liquors**. If no one unmasks our Mystery Man, the wine is theirs. Email [TOM KING](#) with your guesses.

## A Thought for Your Week

Be the reason someone  
feels welcome, seen,  
heard, valued, loved,  
and supported.  
Join us...



Rotary   
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ADVANCE