



“The Peal”

Rotary Club of Canandaigua



Rotary Opens Opportunities

MEETINGS
THURSDAYS 12:15
www.canandaiguarotary.org

Club No. 4765
Organized April 24, 1919

“ROTARY OPENS OPPORTUNITIES”
AMERICAN LEGION POST #256
454 North Main Street

DISTRICT 7120

January 21, 2021

No. 27

VOLUME 101

Official Newsletter of Canandaigua Rotary Service Foundation

TODAY'S PROGRAM: Emily Henderson - Just Drive

NEXT WEEK: Preston Pierce & Ray Henry - History of Tichenor Point

NOTES FROM JANUARY 14th MEETING



Pledge:
President **Lynn Holcomb**

Invocation: **Dave Rhodes**



No Singing Today

Guests: Judy Radcliffe - a proposed member

Visiting Rotarians: **Mark Wilcox** (brother of Mike Wilcox), **Tom & Mary Lou Mees**.

January Board Meeting: thank you notes were received from URM/Thompson and Mercy Flight. The Haiti Project is moving along and awaiting the District Grant. **Kathi Nevin** is rejoining our club. Ballots for Board positions are still coming in; get your ballot returned NOW in order to be included in the count. The Newark Rotary Club is looking for volunteers to help on a water project in Mexico on the Yucatan Peninsula. It will include a trip to Mexico in December 2021 – see **Tom Rogers** for more information.

Announcements

Auction: **Jodi Kaufman** announced that the auction is close to being launched. Bidding will run January 24th through February 4th.

Coupon Book Fundraiser: **Kim Tenreiro** announced that the 2021 version is ready for sale. There are 71 coupons per book and they sell for \$10.00. Each member should sell a minimum of 5 books. We have 750 books to sell. Coupons are good through 12/31/21. Contact Kim now to get your books to sell.

Exchange Student Follow-up: **Scott Kesel** suggested we add former inbound and outbound students to our email distribution list. If you are in contact with any of our exchange students, get their email address to Scott.

Grant Management Seminars: If you want to attend, visit the District website, www.rotary7120.org, to sign up. Two sessions: February 27th 9:30 - Noon and March 2nd 6:30 p.m. - 9 p.m.

Fines



Happy Dollars

Kim Tenreiro has raised over \$115,000 over the years for not-for-profits doing his one man “Christmas Carol” presentations. This year he was able to do four virtual presentations and

raised \$3190.

Dick McCaughey was happy to report that the doctor has given him permission to drive.

Lynn Holcomb reported the tooth fairy has been visiting their home lately.

Program

Sarah Gallagher, the Stroke Coordinator at Thompson Hospital, reported that 1 in 6 people will have a stroke at some time during their life. Strokes can leave you paralyzed or unable to speak or see. There are 7 million stroke survivors in the USA. Every 4 minutes someone dies from a stroke, as it is the 5th leading cause of deaths. The risk factor in women is higher than in men.

80% of strokes are preventable if they involve a blocked artery, as people can make lifestyle changes (diet, weight, cholesterol, activity). 20% of strokes involve a brain hemorrhage. Many people have TIAs (mini strokes) where a cerebral artery is temporarily blocked by a clot and then dissolves or moves. It is a good indication that a stroke is in your future.

Signs of a stroke:

- weakness or numbness of face, arm, leg on one side of body
- sudden onset of confusion, blurred speech, dizziness, trouble walking, or severe headache
- sudden double or multiple vision

Remember the letters:

- B – Balance - dizzy and unable to balance
- E – Eyes - evaluate the person
- F – Face - is one side different
- A – Arms - numb or unable to lift
- S – Speech - is it slurred?
- T – Time - call 911 for ambulance

Request the ambulance to take you to the nearest stroke center, as 2 million brain cells die every minute that a stroke goes untreated. Life saving treatment includes: tPA, a clot-busting drug treatment that must be given up to 4½ hours after first symptoms; endovascular treatment; and surgical intervention.

Ms. Gallagher recommends you know your numbers (blood pressure, cholesterol, triglycerides, etc.) and to work with your health care provider to lower your risk of a stroke. Diet and physical activity (3-4 sessions per week) are ways to reduce your risk of a stroke.

Thompson has a stroke group that meets once a month – meetings are currently being held online.

