



The Sunriser ..... January 17, 2007

### Calendar of Events

#### Meetings

- 1/17                      ROD - David Gilman
- 1/24                      ROD - Kelly Grogg
- 1/31                      ROD - Joy Ondracek

#### Other Events

- 1/18                      New Member Training  
                                 At George Thyvelikakath's Home
- 2/2-4                      SCRYE
- 2/6                        Sunrise's Valentine Party  
                                 Watch for Details
- 2/9                        Nicaraguan Water Well Dedication
- 3/29 - 4/1                      RYLA

### News Roundup

**Distinguished Visitor.** Honorary Sunriser **Kyden Creekpaum** attended the 1/10 meeting. In recent years he has worked for Congressman Boren and played piano in many places. He is about to return to law school. [Editor's Note: I've been hearing about Kyden ever since I joined Sunrise. It's good to finally have a face to associate with the name.]

**Water Well Dedication.** On February 9 the first water well drilled during the Nicaraguan

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**Your Dues are Due**

Dues notices for the next semester have been distributed. Payment is due by the end of January. Do yourself a favor — bring your check to the next meeting!

### Doug White Tells Sunrise About Medical Screening

After a long career in retail management, Doug White's own experience convinced him of the importance of screening for medical problems. Screening can detect developing medical problems before they become critical.

### Stroke Prevention Plus



### Prevention Through Early Detection

Notes from the presentation:

- Heart disease it the #1 killer — in Oklahoma, in the US, everywhere. A new kind of heart scan is now available which can help detect problems.
- Cancer is the #2 killer
- Stroke is #3.
- Be pro-active — take care of yourself.
- Diet and exercise can be critical.
- Don't smoke.
- Have a doctor [too many people don't have one]. Go to this doctor.

Stroke Prevention Plus conducts reasonably-priced screenings for a variety of medical problems that often go undetected until they cannot be corrected.

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## 2006-7 Officers & Board

### Officers

President ..... Paul Brauer  
Vice President ..... Michael Briggs  
Secretary ..... Kit Sprague  
Treasurer ..... Joy Ondracek  
Sergeant-at-Arms ..... J.R. Rollo  
Past President ..... Tamara Miller

### Directors

Club Services ..... Tricia Gomez  
Community Services ..... Barney Tonquest  
Vocational Services ..... Joan Freeman  
International Services ..... David Dyson

### News Roundup, Continued

project will be dedicated to the memory of **Bob Scroggs**. Contact **Phyllis Scroggs** for information if you'd like to attend.

**Rotary Logo-wear.** **Phyllis Scroggs** will be taking orders for shirts with the Rotary Emblem and a Sunrise overprint. Denim and Polo versions will be available. Watch for details.

**District Governor Nominee.** **A.C. Moncrief** of the Rotary Club of Van Buren, AR will be the candidate for District Governor.

### New Member Installed

**Jeff D. Groves**, proposed by **Don Walker**, was installed during the 1/10 meeting. Jeff's classification is Banking Management. Welcome to Sunrise, Jeff!

### Proposed New Members

**Sandy Branstetter**, proposed by Herb Orr. Classification: Assisted Living Admissions.

**Paul Shields**, proposed by Jack Freese. Classification: Psychologist.

Any objections should be given in writing to any Board Member by 7AM Wed Jan 24.

**NOTE: Send your announcements, events, ideas, or other items to [johnhill@cox.net](mailto:johnhill@cox.net), or call John Hill at 808-0987. Thanks!**

### Immunization, Continued

The screenings are performed by trained technologists using ultrasound and results are interpreted by a radiologist. If the screening does detect a threatening condition, Stroke Prevention Plus does not provide treatment directly. Rather, it provides referrals to a person's own health care provider or to other sources of treatment.

Stroke Prevention Plus conducts screenings for:

- **Stroke.** This screening visualizes the buildup of fatty plaque in the carotid arteries that can lead to stroke, 75% of which could be prevented with screening. Risk factors include: High blood pressure, smoking, high cholesterol, diabetes, obesity, physical inactivity, family history, transient ischemic attack (TIA's). Symptoms include: Sudden weakness or numbness on one side of the face, arms or legs. Sudden loss of vision or slurred speech, sudden dizziness or severe headaches. TIA's (mini stroke).
- **Abdominal Aortic Aneurysm.** This screening visualizes the existence of an aneurysm in the abdominal aorta that can rupture and be fatal. Risk factors include: Family history, smoking, high blood pressure, being a white male. AAA has no real symptoms and can go undetected until it is too late.
- **Peripheral Vascular Disease -** This screening checks for blockage in the legs. Blockage in the legs frequently indicates that there is blockage elsewhere in the body. Risk factors include: Diabetes, high blood pressure, history of coronary artery disease. Symptoms include: Numbness or tingling in the legs, loss of hair on toes and feet, cramping in the legs that is relieved with rest.
- **Osteoporosis -** bone density tests.

Screenings are conducted as part of a mobile operation that sets up at businesses and other public locations. People who are screened will receive a written report 2 weeks after screening. When critical problems are detected, The staff makes immediate referrals.