

THE OKC

ROTARY NEWS

Building a Better Club, Building a Better World

Official Publication of the Rotary Club of Oklahoma City... First in Oklahoma... 29th in Rotary International

Meeting Location: Petroleum Club

Tuesday – 11:45 a.m.

July 5, 2011

Greeters

Larry Anderson, Jim English,
Lance McDaniel and New Members

Luncheon/Parking Ticket Sales

Jim Denney

Attendance Scanning

Lance Baker and David Battles

Visiting Rotarians & Guests Registration

Brian Alford

Change Collection Chair

Greg Wheeler

Program Committee

Jane Jenkins, Chairman

Hank Bradley, Tim Brassfield, Kevin Calvey,
Mary Jane Calvey, Freda Deskin, Lori Dickinson,
David Fleet, Leland Gourley, Linda Haneborg,
Russ Harrison, Willa Johnson Brenda Jones Barwick,
Steve Kime, Edna Manning, Lesli Massad,
Lance McDaniel, Mike O'Neal, Chip Oppenheim,
Bill Orr, Heather Rennebohm, Tony Shinn,
Dennis Shockley, Jerrod Shouse, Ann Simank,
Karen Wicker, Harry Wilson

CARE Committee

Mark McA Dow, Chair
Brian Mitchell, Keith Oehlert, Kari Snider, Gabe
Zablatnik

Call 235-5100 with sickness, hospital or
bereavement information.

Next Week's Program

July 19, 2011

CATHY O'CONNOR

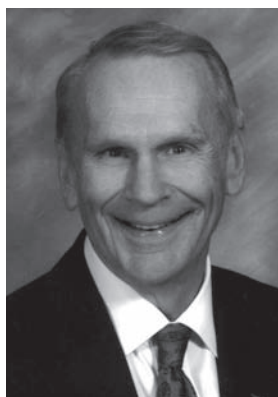
Director

Alliance for Economic Development of OKC

Chair of the Day

Jane Jenkins

July 12, 2011 Volume 100 No. 2



DR. WILLIAM C. ORR

President

LYNN HEALTH SCIENCE INSTITUTE OF OKLAHOMA CITY

William C. Orr, Ph.D., is Clinical Professor of Medicine, at the University of Oklahoma Health Sciences Center in Oklahoma City,, and President and CEO of the Lynn Health Science Institute in Oklahoma City. Dr. Orr has published extensively and has over 200 publications on topics ranging from the role of sleep in the pathogenesis of reflux esophagitis

to autonomic functioning during sleep and how this is related to functional bowel disorders. He was among the first investigators to identify and describe the sleep apnea syndrome which remains an area of clinical and research interest.

Educated at Washington University in St. Louis, Missouri, where he earned an MA and Ph.D., Dr. Orr served at Walter Reed Army Institute of Research in Washington, DC from 1969-1972. These were followed by positions at The University of Oklahoma Health Sciences Center, at Presbyterian Hospital as the Director of the Department of Clinical Physiology and at Baptist Medical Center of Oklahoma as Director of Research, all in Oklahoma City, Oklahoma. Dr. Orr has served on the board of directors of the National Sleep Foundation and the Educational Affairs Committee of the American College of Gastroenterology. He is currently on the Board of Directors of the Oklahoma/Arkansas Regional Alzheimer's Association.

In addition, he is a Diplomate of the American Board of Sleep Medicine, and a Fellow in the American College of Gastroenterology. He was recently awarded recognition as a "Significant Early Contributor to Modern Sleep Medicine" by the Sleep Research Society, and he received a service award from the National Sleep Foundation in 2006.



Invocation

Tom Phillips



Introductions

Susan Winchester



Chair-of-the Day

Hans Thun

Hans Thun
is president of
Hansherman's Tailors
and a graduate of
Southern Illinois

University.

He is a former board member of
New Life Christian Academy and The
Rest.

He and Diana have four children
and they are active at Vineyard
Christian Fellowship Church.

REFLECTIONS



J. Donald Capra, M.D.

"Life and Death and the Cost of Health Care"

Having submitted over a dozen Rotary Reflections since joining Club 29 in 2007, when I retired as President of the

Oklahoma Medical Research Foundation (at the time I decided I wanted to "watch the story unfold rather than manage it"), I have enjoyed my new writing duties as a contributor to our weekly newsletter. For those who have never written a Rotary Reflection, the typical response (at least the typical response I get) is largely "good job, Don" from fellow Rotarians and even from some in the general public who have access to our weekly Rotary Newsletter. Yet, there was one column I wrote that got overwhelming "negatives" (and one positive). The column was written about two years ago and was entitled "The Bad Death." In the "reflection," I pleaded for some common sense by family members who are caring for their loved ones at the end of life. I urged resistance to (typically) the relative that is most distant and least involved in the care of the parent who declares, "Keep Mom/Dad alive at all cost". I urged avoiding a stomach tube to feed a late stage Alzheimer's patient who had just had a stroke, or avoiding the "one last round of chemotherapy" for a lung cancer patient who has their second or third recurrence, etc. I recognize the strong feelings many people have on this issue.

Within the last month, two friends who live outside Oklahoma have approached

me seeking my advice on this very subject. One (married to a distant relative) has an elderly mother with widely metastatic colon cancer and a bowel obstruction. The symptoms of colon cancer were evident for nearly a year but her mother steadfastly refused medical attention. As such, she lost nearly 40 pounds and because of blood loss, repeatedly fell in her apartment. She gradually reached the point that she could not walk. At the same time, the bowel obstruction became complete, and she had to be hospitalized. After surgery to relieve the obstruction the family was offered the choice of hospice or aggressive chemotherapy followed by in-patient rehabilitation for 100 days (the Medicare limit) to "get her walking again". Mind you, the patient has cancer in her brain, liver, kidney, thigh, as well as her entire abdominal cavity. My friend wanted to select hospice, but her brother insisted their mother be given aggressive chemotherapy. His view prevailed. All of this was done without the patient's consent as she continued to resist all medical attention.

The second is a woman my age that has cared for her 92-year-old mother for the past five years. Her mother is in the advanced stages of Alzheimer's disease such that she has not recognized anyone for two years. The new event was that her mother had a stroke and the resultant paralysis left her unable to swallow or walk. The doctors offered the options of hospice or a minor operation to put in a stomach tube so she could be nourished. My friend, who has full medical power of attorney and a living will signed by her mother eight years ago, opted for hospice saying that is what her mother wanted. Nonetheless, her sister and her brother, both of whom live across the country, would not agree, and she ended up with a feeding tube.

In both of these cases the doctors/nurses and the hospital are in a dreadful dilemma. Unless the family is unanimous, they are generally paralyzed and short of

a court order, the relative requesting a full court press "wins".

In my opinion, this kind of heroic end of life treatment is generally both unwise and unfortunate. It can be devastating to the patient and primary family caregivers as well as to other family and friends. And, it is a major cost burden on the entire health care system.

Death today is very different from death 50-75 years ago. Then, death was a brief process, regardless of whether the cause was infection in a child, a difficult childbirth, or pneumonia. The time between the onset of sickness and the death it caused was measured in days or weeks, not years as it is today. President Washington developed (likely) a strep throat and died the next day. Three of our early presidents died of strokes within two days. President Hayes had a heart attack and died two days later. Death usually appeared on the horizon quickly with little warning, and either you died or you didn't.

Today, most estimates are that the system (that is all of us) pays out about 40% of the entire health care dollar in the last six months of life. In my view, the vast majority of this money spent is ill advised; it is the opposite of what our priorities should be. A wiser choice for our health care dollars should primarily be for the prevention of disease through vaccination, blood pressure reduction, education on healthy diets, and for treatments of disease that have a reasonable chance to restore the patient to some semblance of a normal life.

The nonpartisan Congressional Budget Office said recently (6/22/11; New York Times) "The government is now required to borrow more than 40 cents of every dollar it spends." And, the major driver (90%) of the increase in federal spending is due to Medicare and Medicaid spending!"

Thus, my opinion on this delicate matter remains undeterred: sooner or later we as a society must change our expectations on the "end of life".

Roland Lohmann, PT, PC

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Alan Niemann



Happy Birthday

Eddie Walker, 07/12, Arts & Humanities/Performing Arts: Philharmonic Orchestra – Oklahoma City Philharmonic.

Steve Brooks, 07/13, Business Services: Consulting – Brooks Group LLC.

Kevin Calvey, 07/13, Law: Military Justice – Kevin Calvey.

Jim English, 07/13, Senior Active, formerly Food & Beverage Industry: Meat Processing – Lopez Foods, Inc.

Terry Brown, 07/14, Automobile Industry: Gasket Manufacturing – Automated Gasket Co.

Aubrey McClendon, 07/14, Energy & Minerals: Natural Gas Production – Chesapeake Energy Corporation.

Alexandra Vera de Nunn, 07/14, Associations: Latino Community Volunteer.

John Williams, 07/14, Senior Active, formerly Law: Land Use & Municipal Law – Williams Box Forshee & Bullard.

John Armitage, 07/15, Associations/Charitable Associations: Blood Banks – Oklahoma Blood Institute.

Paul Sechrist, 07/15, Education: Community College Administration – Oklahoma City Community College.

Bob Slater, 07/15, Hotels, Resorts & Restaurants: Hotels – Southern Hospitality Inc.

Hardy Summers, 07/15, Senior Active, formerly Law: Judiciary/Supreme Court – Oklahoma Supreme Court Retired. Activities & Interests: Retired from Supreme Court. Manage family-owned farm in eastern Oklahoma.

Jim Bruza, 07/16, Architecture: Architecture/Civic – Frankfurt-Short-Bruza Assoc.PC.

Mick Cornett, 07/16, Honorary Member 2010-2011 – Mick Cornett Inc..

Tim Kline, 07/16, Law: Bankruptcy Law – Kline Kline Elliot & Bryant, PC.

Larry Stone, 07/17, Computers & Information Technology: Website Development – Larry Stone Enterprises, Inc.



INAUGURAL 6-27-2011



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TUESDAY NOON IS FOR ROTARY

Please remember when you schedule your business meetings or conferences that your Rotary Club meets on Tuesdays at noon and honor your commitment to Rotary.

Please remember the Club 29 Foundation in your estate planning

Share Rotary with your friends & invite them to our Luncheons! Then recruit them for membership.

WEAR YOUR ROTARY PIN EVERY DAY!

Favorite Paul Harris Quotes

(from www.rotary.org)

Since Paul Harris founded Rotary more than 100 years ago, his words have inspired millions, laying the groundwork for new clubs and worldwide service.



Recently, Rotarians shared some of their favorite quotes from Harris on Rotary's social media sites:

- "This is a changing world; we must be prepared to change with it."
- "Ignorance is a menace to peace."
- "Perhaps dreaming is not so bad if one dreams good dreams and makes them come true."
- "Personality has power to uplift, power to depress, power to curse, and power to bless."
- "We are in no further need of politicians; we need some statesmen now. We can dispense with Democrats and we can dispense with Republicans in this time of national crisis. We need real patriots now."

The OKC Rotary News

(USPS 471-440)

Official Publication of the Rotary Club of Oklahoma City

Member of Rotary International Club No. 29, organized Nov. 22, 1910 Meets 11:45 a.m. to 1:00 p.m. each Tuesday, at the Petroleum Club. Published weekly except the week(s) between Christmas Eve and New Year's Eve and when New Year's Day and July 4th fall on a Tuesday by The Rotary Club of Oklahoma City, 119 N. Robinson, #360, OKC, OK 73102, Ph. 235-5100. Subscription price \$1.00 per year. Periodicals paid at OKC, OK.

POSTMASTER send address changes to The OKC Rotary News, c/o Rotary Club of OKC, 119 N. Robinson, #360, OKC, OK 73102. www.okcrotary.com • email: rotary29@okcrotary.com

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Luncheon Menu

Choice of:

- Fruit Plate with Chicken Salad
- Cobb Salad
- or Small luncheon salad with ranch dressing
- Roasted Poblano Pepper stuffed with chicken jalapeño cream sauce

Luncheon Includes:

- Bistro Dessert
- Rolls and Butter
- Coffee or Tea

Attendance

June 27, 2011 (Inaugural)
Total Present & Makeup140
Average..... 98%

Membership

June 16, 2011548
Senior Active Excused 17
Honorary Members 15
Total516

Club 29 Breakfast Meeting

meets every Thursday at 7:15 a.m.
Crowne Plaza (formerly NW Hilton Inn)
The meeting on July 14th will be

John Frost
"Investing in Our Current Economy"

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Change for Troops

The Change Collection will be divided this 2010-11 year... into two Causes

For this year, \$5381.30 has been raised for our Troops.

Change for Teachers

The Change Collection will be divided this 2010-11 year... into two Causes

For this year, \$1677.71 has been raised for our Teachers.

