



WEEKLY MEETING AGENDA

Wednesday, January 18, 2023

Hybrid Meeting

Frank Adamson, Dave Schulz, Bob Eamer, Troy Killick, Annie Holtby, Carolyn Mullin, Pauline Oliver, Lance Wiebe, Sean Racher, Paula Racher, Paul Snack, Mike Taylor, Ann Harrison, Dr. Lyszak (14)

1. **Welcome Guests-** Dr. Lyszak, Optometrist , to be introduced by Lance later.

2. **Land Acknowledgement - Mike**

We begin this gathering by acknowledging the land on which we gather is the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today. This territory is covered by the Upper Canada Treaties and is within the land protected by the Dish with One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Metis and Inuit people and acknowledging reminds us that our great standard of living is directly related to the resources and friendship of Indigenous people.

3. **Toast - Annie**

To the King and Canada, To the Office of the President of United States, and To the President of Rotary International

4. **4-WAY TEST - Annie**

Of the things we think, say, or do
Is it the truth?
Is it fair to all concerned?
Will it build good will and better friendships?
Will it be beneficial to all concerned?

Invocation– Annie

Let us offer blessings for one another
Let us be a source of hope for those in need and contentment for those who are lonely.
Let us give gratitude for our opportunity to serve Rotary.
Let the feelings of love, kindness and a well-directed yet gentle spirit always be reflected in our actions.

President's Report, Correspondence and Announcements - Troy

Thank You: Troy. Niagara Nutrition Beneficiaries sent a Thank You re Purse Bingo donations to the schools. They are associated with a number of the schools. They asked that we let them know if anyone would like to see the program in person.

5.

Guest Presentation: Dr. Lyszak, Optometrist was introduced by **Lance**. I'm glad I have good eyes to see. Dr. Lyszak graduated from the School of Optometry in 1982. He had a private practice for 34 years. I can speak to his being an excellent squash and tennis player.

Presentation: Dr. Liszak I retired 6 years ago. Most people in St Catharines move to Pelham when they retire but I moved to Niagara Falls. There hasn't been much change with eyes in those 6 years. Five senses: Sight, Hearing, Touch, Smell and Taste. If you had to choose one to keep it would be 'Sight.' This is a talk about **what happens to the eye as we get older**. In my retirement, I play a lot of golf and build log cabins.

Sight is a very important thing in our life. If you have good vision, enjoy. Take care of it.

The cornea is a sensitive part of the eye. In the anterior chamber, fluid flows to it all your life. The crystalline lens allows us to see close. It gives a wide range of vision. It does harden as part of aging. It 'opacifies.' The major part of the eye is the **vitreous, a massive filler** - if it stays clear, it allows light to go through. Eyes are only a receptor of light. It goes to the brain and gets processed. The retina has a lot of blood vessels – the blood source can be problematic. The Macula is highly sensitive, an acute part of the eye – it has a million pixels. It's wrapped by myelin so the transfer of images becomes faster. From the optic nerve, it's spread around.

Diabetes and its blood sugar levels and **macular degeneration** can lead to blindness. Diabetes affects blood vessels and used to be the #1 cause of blindness in those under 40. Since then, lasers have been magnificent for treating diabetes. Occidates affects blood in the serum. An early bleed can be zapped which will prevent blindness.

With a **cataract**, the crystalline lens becomes blurry. This blurring of vision is treatable. It's a miracle procedure. There is nothing to replace a young human lens. With the new man made lens, colours come back. Clarity!

Macular Degeneration is now the #1 cause of blindness. The Macula has millions of blood vessels. As you get older, you get leakage. You can still see but it's a warning to do something. The main risk factors for Macular Degeneration are caused by anything that weakens the blood vessels. This could include high blood pressure, obesity, smoking that weakens blood vessels – huge risk factors. Nutrition plays a role too. And AGING!

You can use **lasers** but they do burn. Zap an area with laser. Burn is burn 'bad' but injection is good. They've found a drug injected into your eye has multiple benefits. Now treatment is within 100's of dollars, **NOT** 1000's.

Glaucoma is common with aging. It occurs because of fluid flow. It fluid is not flowing out fast, you get increased pressure and it puts pressure on the optic nerve and things slow. It does damage to the optic nerve, attacks the myelin 1st and it kills off peripheral vision nerves. When glaucoma progresses, your entire peripheral vision is gone. You can still read 20/20. It starts with the myelin and goes onto the nerves. Treatment is there, the earlier the better. Take eye drops that allow fluid to move out. Laser opens it up – that's a onetime thing; drops are daily. **Retinal Detachment** The retina receives all light impulses. **Papilledema** is inflammation of the optic nerve. It can be due to brain tumour or very very high blood pressure! **Blood on the eye** indicates the cardio vascular and is self-resolving.

A **Pale Retina** means it needs blood or it will die off. If something is on the lower eye, it reflects on upper eye. **Cataract surgery** replaces lenses. **Laser surgery** affects the cornea only.

Carolyn. Thanks Dr. Laszik. Our Club holds literacy close and to thank our presenters, we make a donation to the Lincoln-Pelham Public Library in their names.

Rotary Moment and Happy Loonies – No time left today!

Next Week: Board Meeting in the concession area, first floor.

Feb 18th – Deadline for signing up for the Paul Harris Evening.

Feb 23rd Paul Harris Evening!