



THURSDAY, AUGUST 31, 2023 YAKIMA CONVENTION & EVENT CENTER

Create Hope
in the World

REPRESENTATIVE DAN NEWHOUSE LEGISLATIVE UPDATE



Representative Dan Newhouse is a lifelong resident of Central Washington and is honored to represent the 4th District in Congress. A third-generation Yakima Valley farmer, Dan brings real-world experience to Congress as a businessman and former state legislator ready to work hard in support of conservative solutions that encourage job creation and economic opportunity in Central Washington. Dan understands that looking out for taxpayers means that Congress must stay on budget and make the government work efficiently to fulfill its responsibilities. Dan serves on the Appropriations Committee, which exercises jurisdiction on critical legislative issues for the 4th District.

Dan served four terms as a legislator in the Washington State House of Representatives, representing the 15th Legislative District from 2003 to 2009. In the Legislature, Dan earned a reputation as a principled conservative willing to work with colleagues to support policies that foster economic growth.

From 2009 to 2013, Dan served as Director of Washington State's Department of Agriculture, where he listened to the concerns of Washington farmers and promoted the state's agricultural resources.

Dan attended Washington State University, where he earned a Bachelor of Science degree in Agricultural Economics. Dan is also a graduate of the Washington Agriculture and Forestry Leadership Program. Dan lives in Sunnyside with his wife, Joan. He has two adult children: Jensen, Devon and his wife Halley. The Newhouse family continues to operate an 850-acre farm where they grow hops, tree fruit and grapes.

FOR THURSDAY'S MEETING

Greeters – Rick Fairbrook, Kurt Labberton
Music – Doug Rich
Invocation – Celisa Hopkins
Sergeant-at-Arms – Kellie Connaughton
Program – Jon DeVaney
Attendance – Margaret Filkins
Marble Draw – Sheri Bissell, Chuck Stillwaggon

FUTURE PROGRAMS

September 7th – Rotary Picnic
September 14th – Darlene Wilczynski, Fed's Approach to Monetary Policy & Interest Rates
September 21st – Lunch & Tour of Pacific Northwest University of Health Sciences
September 28th – Rosalinda & Elizabeth Mendoza, Mocal Mezcal

SECOND CHANCE WEDNESDAY

The Distillarium
2305 Industry Ln.
Wednesday, August 30th
5pm to 6pm

Fun, informal gathering. Bring a spouse, significant other, friend, or potential new member. Rotary will pay for the hors d'oeuvres. You pay for your beverages.

PROPOSED NEW MEMBER

Unless written objection is received by the Board of Directors by Friday, September 1 2023, the following candidate will be elected to membership:

Jesse Sims
Outdoor Grants Manager
WA State Recreation & Conservation Office
Classification: Recreation
Administration
Proposed by: David Lynx
Endorsed by: Kellie Connaughton

MARBLE DRAW

Four weeks and no winner yet. The pot has reached \$1,620 with next week's ticket sales to be added to the total. There are six marbles left in the bucket.

Pick the clear marble and win half the pot. Rotary Charities will get the other half. It's a win/win for everyone! Don't forget to bring extra money.



ROTARY PICNIC

Sign-ups are underway for the Rotary Picnic at Cowiche Creek Brewery on September 7th. The Social Committee has been busy planning a great time that includes a special menu just for us, drink tickets, live entertainment by the Yakima Fruit Tramps and some fun games for the kids.



Time is 5:30pm. Mark your calendar, RSVP by texting or emailing the Rotary office, and invite your family to come along.

REVIEW

This week past presidents Greg Luring and Bill Douglas served as our greeters. It was a great start to a meeting that included music celebrating Amelia Earhart becoming the first woman to fly solo coast-to-coast with John Denver's *Leaving on a Jet Plane*. Jan Luring followed with a message of gratefulness for our speaker. President Erin's announcements included welcoming our guests, reminding us about next week's Second Chance Wednesday at the Distillarium, and giving us a preview of this year's club project to provide healthy food, recipes, and cooking supplies to underserved families in our community. Tim Carlson raised money for Rotary Charities with a sergeant-at-arms that included football, a shout out to Bill Douglas, and a great defensive play. Dana Eliason shared the date, location, and time for our Rotary Picnic – Sept. 7th at Cowiche Creek Brewery starting at 5:30pm. There will be a catered dinner, live entertainment from the Yakima Fruit Tramps, and games for the kids.

Nancy Leahy had the honor of introducing Michael Kane as our featured speaker. As the owner and founder of Pro-Motion Physical Therapy and Functional Fitness, he talked about Musculoskeletal Health and Medicine in the 21st Century. As we age, we see our life shrink if we have musculoskeletal issues that prevent us from doing the things we love and want to do. He began with some telling quotes. *Healthy citizens are the greatest asset any country can have... Waste in the U.S. health care system is huge...no incident of failure in American medicine should be dismissed as an aberration. Failure is built into the system...the healthcare system was never broken, it was designed that way...we cannot transform the behavior of systems (companies, families, individuals) unless we transform the quality of attention applied to actions within them.*

Muscular Skeletal Disorders (MSD) are a wicked problem. They are the #1 cost in healthcare today and the #1 cause of disability. We spend 70% more on MSD than anything else including heart disease and cancer. If you are in business, you are in the health care business. For most companies, health care is the second largest expense after payroll. Warren Buffett said that "GM is a health and benefits company with an auto company attached." GM spends more on health care than steel just as Starbucks spends more on health care than on coffee beans. 90% of employers say that MSDs are their top medical expense. Over the past decade, MSD claims have doubled even though the number of people that have made claims has stayed the same. MSDs should be a high priority for injury prevention. Too often, prevention is centered around ergonomics (making equipment safer); rarely do we think about bio ergonomics (fitting the worker to the job).

In 2011, a group of providers came up with a definition

of value for Musculoskeletal Medicine. The definition stated that value in musculoskeletal care is a measure of the outcome of all health care services that are delivered to maximize a person's desired function and participation in the things they want to do. It's not just about the motion or strength of the joint. A subsequent article published last year defined low value in musculoskeletal medicine as services that provide little or no clinical benefit; examples shared included ineffective screening programs, diagnostic testing and imaging, excessive use of medication, unnecessary surgeries, patient distrust, and poor access. Two in 5 people with MSDs are not getting the necessary behavioral care when they get hurt. When a person gets hurt, they don't just hurt their physical body, they hurt their mind too. They are tied together. Technology affects the cost of care. Typically, in companies when you add new technology things get more efficient and cheaper. In medicine it is the opposite. Better technology makes costs more expensive. For every \$10 spent, only \$1 is spent on care of the patient. From 1970 to now, the number of physicians added has increased; the number of administrators has increased significantly by 2,900%. There are more and more layers of what hospitals and physician offices have to add. Those costs don't add to patient care.

Only 20% of the population is trying to stay healthy with exercise, healthy eating, and getting the sleep we need. The rest wait until we get sick or hurt then get help. On any given day, 50% of us will have MSD issues. This is where movement comes in. Without movement, purpose has no pathway. Movement is medicine. The top six costs in healthcare (muscular-skeletal, cardio-vascular, cancer, diabetes, obesity, depression) can all benefit from movement.

With people becoming the biggest costs for businesses, the question asked was do you set aside maintenance costs for your people. Do they have an offering to support them before they become a revenue stream for someone else. Through Solveglobal, companies can manage costs. Through an employee questionnaire, a dashboard is populated that lets you see where risks are in your company and creates a commonsense approach to prevent injury. It redefines the old way of thinking that is pain driven, sick care, biochemical and short-term relief versus an approach that is performance driven, health care, biomechanical, long-term fixes, and is value-based pricing.

As your abilities reduce it changes the way you feel about life, it changes the meaning of life. The more limits, the more it affects your emotions. Emotions and feelings are important. If you are hurting, get help. Without purpose in life, movement has no meaning.