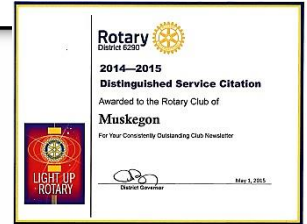


"Service Above Self"

Muskegon Rotary in Motion

<http://www.muskegonrotary.org>



Jane Clingman-Scott, President
Ginny Sprague, President-Elect
Tim Arter, President Nominee
Jason Piasecki, Past President
Kristi Nagengast, Treasurer
Don Hutchins, Secretary
Kim Boersema, Club Coordinator



Muskegon Rotary Club

Club 16 (2809) – District 6290, Chartered May 1, 1916
Next Mtg—February 23, 2023, 12-1:30pm
The Delta – Hybrid
ReWine Sat Club—Next mtg 3/2/23 5:15 pm
Walker's (in the Delta)



Jeff Lewis, Director
Marty Sytsema, Director
Aaron Maiké, Director
Asaline Scott, Director
David Ramos, Director
Marty Gerencer, Director
Susan Besteman, RIM Reporter
Roger Morgenstern, RIM Photographer
Susan Besteman, RIM Editor



THE FOUR WAY TEST THAT ROTARIANS USE IN MAKING ETHICAL DECISIONS:

Is it the **truth**? Is it **fair** to all concerned? Will it build **goodwill** and better **friendships**? Will it be **beneficial** to all concerned?

Next Meeting (2/23/23) — Lorin Industries

Lorin Industries is a world leader in coil anodizing, celebrating 80 years this year.

This is it: the absolute edge of no return: to turn back now and make home or sail irrevocably on and either find land or plunge over the world's roaring rim" - William Faulkner

MEETER - GREETER

Jeff Bessinger & Mary Beth Ramos

REFLECTORS

Andy Beulow Feb 16
Roger Morgenstern Feb 23
(Contact Alan Alpert if you can help)

NEXT WEEK'S BIRTHDAYS

Jackie Farrar Feb 24
Jim Fisher Feb 26
Chip Chipman Feb 28
Esther Ricco Feb 29

[Caring Connections Fund](#)

PROGRAMS / EVENTS

Feb 16 -- My Heart Safe Program
Feb 16 – ReWine at 5:15 pm
Feb 23 – Lorin Industries
Mar 2 – Trinity Health
Mar 2 – ReWine at 5:15 pm
at Walker's (Delta)

Muskegon Rotary Board

| | |
|---------------------|----------------|
| Jane Clingman-Scott | Ginny Sprague |
| Tim Arter | Jason Piasecki |
| Kristi Nagengast | Don Hutchins |
| Marty Sytsema | Kim Boersema |
| Jeff Lewis | Asaline Scott |
| David Ramos | Marty Gerencer |
| Aaron Maiké | |

Please email Club Board
Members through this [link](#):

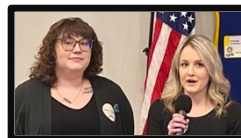
VISITORS & GUESTS



(Talent Solutions Manager West MI Works) was introduced by **Jim Fisher**

Upcoming new member
Larry Sanders

Katie Cribbs (Community Choice Credit Union) was introduced by



Courtney Porrett

Sarah Rinsema introduced
Holly Pelkey (MADL).



Krista Goven (Commercial Realtor with Five Star) was introduced by **Steve Tomczak**



Dr. Annaliese Kooi (Lakeshore Concierge Medicine) was introduced by **Dr. Todd Rexford**



No Student Guests this week

ANNOUNCEMENTS

Book Display

Find a good book at the entrance of the Muskegon Rotary noon meetings. The Rotary Library in collaboration with MADL will have books themed to

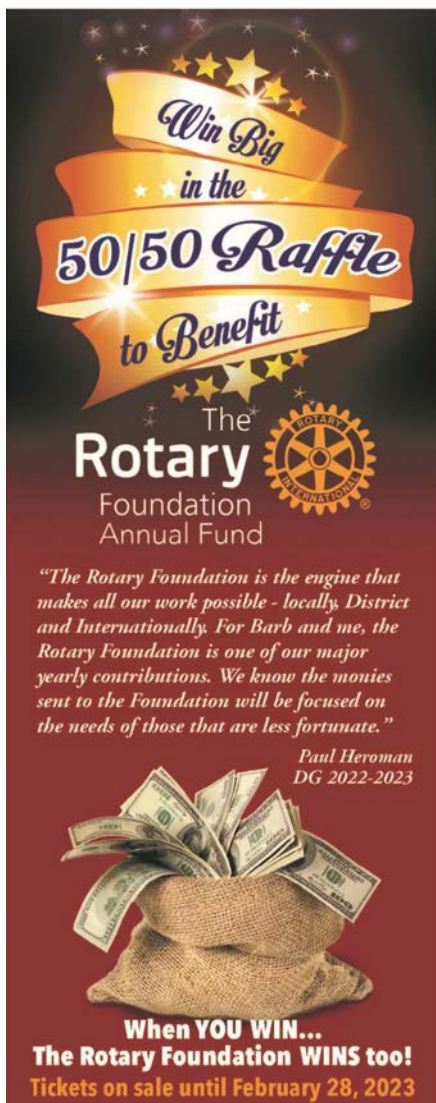


celebrate Black History Month all month long. Thank you to Holly Pelkey for your help at Thursday's meeting!

Board Meeting Rescheduled
From February 14 to February 21
(same place, same time)

50/50 Rotary District Raffle Tickets

Contact **Ginny Sprague** or **Meredith Smillie** for tickets.



Win Big in the
50/50 Raffle
to Benefit

The
Rotary
Foundation
Annual Fund

"The Rotary Foundation is the engine that makes all our work possible - locally, District and Internationally. For Barb and me, the Rotary Foundation is one of our major yearly contributions. We know the monies sent to the Foundation will be focused on the needs of those that are less fortunate."

Paul Heroman
DG 2022-2023

**When YOU WIN...
The Rotary Foundation WINS too!**
Tickets on sale until February 28, 2023

Seaway Run Countdown Begins!



<https://seawayrun.com>

Sign-up sheets will be at the meetings.

RIM Reporting Team

| | |
|--------------------------|------------------|
| Susan Besteman | Lori Weiler |
| Chip Chipman | Jackie Farrar |
| Susan Holkeboer | Bill Johanson |
| Kathy Moore | Meredith Smillie |
| Roger Morgenstern | |
| John Noling, Contributor | |

New Member Induction



Mark Alpher is sponsored by **Melissa Boughner**. Mark grew up in the Grand Rapids area, attended GRCC, and moved to the lakeshore in 1990. He spent most of his career as a Manufacturer Supervisor at Shape Corp. and Chassix. Currently, he is employed with Best Version Media as Michigan's Northwest Coast Manager. Mark and his wife are both publishers for the Grand Haven Neighbors and Norton Shores Living community magazines.

In his spare time, he volunteers for First Tee of West Michigan and serves on their advisory committee. Mark is an avid golfer, enjoys hiking in as many national parks as he can get to, and enjoys as much time as possible with his children and grandchildren. He is honored to join Rotary, is looking forward to getting more involved in Muskegon, and maybe start a Muskegon community magazine soon.

Making a Difference: Muskegon Area District Library



Ron Suszek, the director of the Muskegon Area District Library since June 2022, is committed to improving literacy in Muskegon County. They serve Muskegon County through eleven locations (including a book mobile), generous hours, and outreach. MADL is exploring new methods to engage the community and expand its services. Ron sees Rotary as a partner in this goal. He stated, "When you look a predictor of success, it's hard to think of something more important (more of a cornerstone) than literacy." After twenty years in this line of work in several different communities, Ron is focused on breaking the challenges and barriers (political, historical, socio-economical, etc.) to raise literacy rates in Muskegon County and help make others successful.

DEI Committee Updates – Black History Month

Asaline Scott, on behalf of the DEI Committee, updated our club regarding some special discounts for Rotary members for some upcoming shows at the Frauenthal:

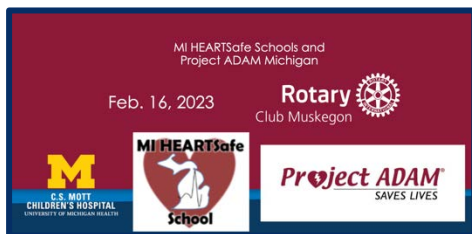
February 26th at 7:30 PM—Get your tickets early and use the code "Rotary" to get a 10% discount for "The Black Violin// Experience".

March 3rd at 7:30 PM—Njioma Grevious is a 23-year-old (and 2023 Sphinx Competition winner) gifted violinist will be performing classical works with composer Marcus Norris. Use the code "Rotary" for a 10% discount.

March 9th-11th—Detroit '67 is a play by Dominique Morisseau. There will be a meet and greet the crew and other members of the theater after the last show in the lounge.



THIS WEEK'S PROGRAM: My Heart Safe Program



Introduced by: **Lisa Metzdorf**

Speaker: Gwen Fosse

Reporter: **Susan Besteman**

Lisa Metzdorf

and our speaker, Gwen Fosse, go way back when they were childhood friends and neighbors in Indiana before they both moved away.



Lisa explained that Gwen found her passion early in her nursing career when she started at the Children's Memorial



Hospital in Chicago over forty years ago. Since then, she has been serving children and adults with congenital and acquired heart disease. She is currently employed with the University of Michigan, C.S. Mott's Children's Hospital Congenital Heart Center as the Clinical Outreach Specialist. She also serves for the State of Michigan's Project Adam as well as various committees at a national level.



Gwen's focus today was on Heart Safe Schools. Those with a heart are at risk for sudden cardiac arrest. We all know there are many

ways that people are at risk; however, having a Heart Safe School is one way we can try to make things better.

"On any given day, as much as 20% of the combined US adult and child population can be found in schools." According to the USDEd 1025, on a typical day in the US, 63.6 million students/staff are in a school setting.

What is sudden cardiac arrest? Gwen explained that it is when the heart suddenly stops having a meaningful contraction (circulation stops). It may be the electrical activity of the heart, or it may go into a chaotic rhythm called fibrillation. Without circulation to the organs of the body, a person will lose consciousness. A person experiencing sudden cardiac arrest will be unconscious, non-responsive, and not breathing.

Sudden Cardiac Arrest

SCA Recognition

Unresponsive/Unconscious
+
Not breathing or weird breathing
=
Dead

• Seizure activity may be present



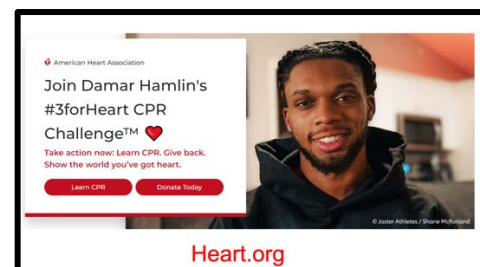
What is the difference between a cardiac arrest and a heart attack? Cardiac arrest happens without warning and a person will collapse suddenly compared to a heart attack

that has symptoms ahead of time such as chest pain, heavy breathing, etc. A heart attack can lead to sudden cardiac arrest, but, they are not the same.

Sudden cardiac arrest happens in about 360,000 people per year in the U.S. (which is more than lung or breast cancer, or stroke). About 7,000 of those are children with the median age at 11 years old. About 100 of those are publicly visible athletes. The survival rate is only around 10% currently and Gwen (and many others) are taking initiatives to improve that number.

Looking to the news of athletes who have experienced sudden cardiac arrest, we can better learn to recognize and respond appropriately to sudden cardiac arrest in all people. Damar Hamlin's news article on how "heart safe" work makes it possible for life journeys to continue:

[CLICK HERE](#)



Can anyone perform CPR?

Yes!

Place both your hands in the center of the victim's chest at the nipple line and push **hard** and **fast** at a rate of 100-120 beats/minute

Project ADAM
SAVES LIVES

M | C.S. MOTT CHILDREN'S HOSPITAL
UNIVERSITY OF MICHIGAN HEALTH

Can anyone use an AED?

Yes!

Simply turn the unit on and follow the directions! The unit will talk you through each step to save a life

Project ADAM
SAVES LIVES

Project ADAM is in memory of Adam Lemel was founded to help prepare schools for sudden cardiac emergencies by providing schools with guidance and support on how to minimize the risk of sudden cardiac death in a school setting.

PREVENTION:

1. Recognize the symptoms:
-suddenly unconscious,
-non-responsive (may have some seizure like movements), and
-not breathing (or it may be weird breathing).
2. Have a plan, CPR training and AED access (with annual checks on the batteries, expiration dates, etc.).
3. Be READY to call, push, shock.
4. Everyone can be an advocate.

There has been a general feeling from those that have responded of non-belief at what was happening at the time; however, if you find yourself in this situation, Gwen stressed to believe it is happening and respond immediately as it could save their life. Every minute of a delayed response reduces survivability. According to Drezner J A et al. in Br J sports Med, trained teams in schools can save lives and survival is much better if sudden cardiac arrest occurs in a school with an emergency action plan and an AED on site. An AED doesn't work without CPR. Any CPR is better than no CPR and a 911 operator can coach the responders. AEDs alone do not save lives. We must surround them with people who are trained in CPR and AED use.



Engage & help schools



- ♥ **Do your teachers, coaches, teams, EMS, community members, etc. know**
- ♥ **What to do if a student or anyone collapses?**
- ♥ **Where the AED is and what it's for?**
 - ♥ **To use it – it will tell you if shock is needed**
- ♥ **How to initiate the response?**
- ♥ **Value of being prepared to provide a rapid response?**
- ♥ **Risk of not being READY to respond?**

Do you know how to help them make the community safer?

- **Volunteering skills**
- **Learn CPR**
- **Funding**
- **Support & recognize**
- **Advocate for school nurses**

In Muskegon County, two public schools are presently MI HEARTSafe Schools: North Muskegon and Montague. (**Randy Lindquist** has verified that all schools in the County do have AEDs in the buildings.) In 2022, at least four lives were saved in MI HEARTSafe Schools (two students and two adults). The Minimum criteria for a MI HEARTSafe School Award Program:

1. A written emergency response plan reviewed at least annually with staff.
2. A cardiac emergency response team with current CPR/AED certification, sufficient to respond to an emergency during school hours and during organized after-school activities and sports, if applicable.
3. At least 10% of staff, 50% of coaches including 100% of head coaches, and 100% of P.E. staff with current completion of CPR/AED certification course.
4. A sufficient number of accessible, properly maintained and inspected AEDs, ready to use, with signs identifying AED locations.

5. The performance of at least one cardiac emergency response drill per year.
6. All athletic pre-participation screening completed with the Michigan High School Athletic Association (MHSAA) form.

When a school is prepared, a life can be saved. The last death in a school from a fire was in 1927 but the last death in a Michigan school from a sudden cardiac arrest was this month. Gwen urged the idea of schools to take the initiative to include medical emergency response/sudden cardiac arrest drills in schools.

Thank you, Gwen, for your presentation and for graciously staying after to demonstrate how to use the AED.

