



President— Barry

Spoke Newsletter

Wednesday April 25 2018

Attendance: 27 (60%) Attendance with make ups: 30 (67%)

Lincoln East Rotary Club web address: <https://portal.clubrunner.ca/4424>

Program Wednesday, May 3, 2018

Vice Chancellor, Michael Boehm—Update on the Institute of Agriculture & Natural Resources

Program arranged by Minnie Stephens

Program Wednesday, April 25, 2018

Lori Seibel—Community Health Endowment

Program arranged by Charles Erickson



Lori Seibel is the President & CEO of the Community Health Endowment of Lincoln. She has held this position since 1998. In this capacity, she has been involved in the creation of the Endowment, as well as its funding priorities and investment strategy. She serves a 15-member governing Board of Trustees. Prior to her current position, Lori served as an assistant to two Lincoln Mayors. She also served as the City of Lincoln's epidemiologist for six years. She attended Peru State College and the University of Wisconsin-Madison, where she received a Master's Degree in Preventive Medicine. Lori is married to Bryan Seibel and has two children. Her hometown is Table Rock, Nebraska.

The Community Health Endowment of Lincoln (CHE) works to make Lincoln the healthiest community in the nation. To achieve this vision, CHE invests in health-related projects and programs and convenes the community around important health issues. Since its creation as a municipal endowment in 1998, CHE has returned more than \$26 million to the community.

OUR MISSION

CHE was established to provide funding for public health and health-related initiatives that further the health, safety, or welfare of Lincoln residents.

Every year, CHE asks the community for bold, creative ideas to make Lincoln the healthiest community in the nation. The community has responded with ideas shaped by ingenuity and experience, all rooted in a passion for making our community a healthier place to live, work, and raise a family

A Rotary Thank You to Lori Seibel for an excellent presentation on the Community Health Endowment of Lincoln.

***Lincoln East Rotary Club
Meetings at Valentino's—70th & Van Dorn
Noon Luncheon starting @ 11:45 a.m.***

April 25, 2018

OUR HISTORY

On October 1, 1997, a master agreement was signed to formally transfer ownership of Lincoln General Hospital from the City of Lincoln to Bryan Memorial Hospital (now Bryan Health). The sale of the hospital resulted in net revenues of about \$37 million for the city. Then-Mayor Mike Johanns appointed the Mayor's Task Force on Lincoln General Sale Proceeds to address the use of these funds. After a public process to gather community input, the Task Force developed a vision for a healthier Lincoln and recommended the development of the Community Health Endowment of Lincoln (CHE). CHE was officially established in 1998.

Talking Points: Five Numbers to Remember About Early Childhood Development

(1) The early years matter because, in the first few years of life, more than 1 million new neural connections are formed every second. Neural connections are formed through the interaction of genes and a baby's environment and experiences, especially "serve and return" interaction with adults, or what developmental researchers call contingent reciprocity. These are the connections that build brain architecture - the foundation upon which all later learning, behavior, and health depend.

(2) Early experiences and the environments in which children develop in their earliest years can have lasting impact on later success in school and life. Barriers to children's educational achievement start early, and continue to grow without intervention. Differences in the size of children's vocabulary first appear at 18 months of age, based on whether they were born into a family with high education and income or low education and income. By age 3, children with college-educated parents or primary caregivers had vocabularies 2 to 3 times larger than those whose parents had not completed high school. By the time these children reach school, they are already behind their peers unless they are engaged in a language-rich environment early in life.

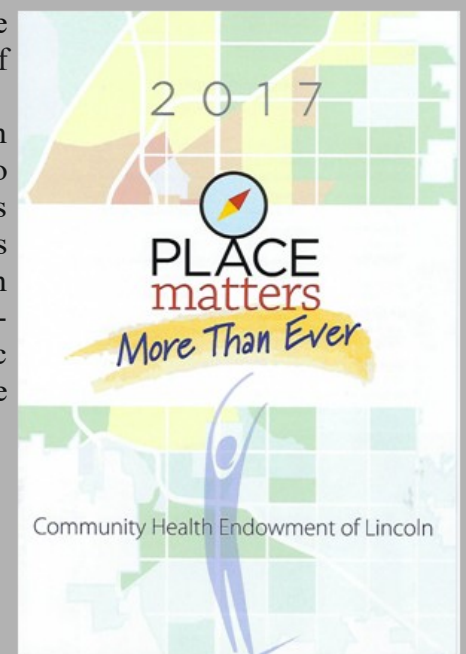
(3) Significant adversity impairs development in the first three years of life-and the more adversity a child faces, the greater the odds of a developmental delay. Indeed, risk factors such as poverty, caregiver mental illness, child maltreatment, single parent, and low maternal education have a cumulative impact: in this study, maltreated children exposed to as many as 6 additional risks face a 90-100% likelihood of having one or more delays in their cognitive, language, or emotional development.

(4) Early experiences actually get into the body, with lifelong effects-not just on cognitive and emotional development, but on long term physical health as well. A growing body of evidence now links significant adversity in childhood to increased risk of a range of adult health problems, including diabetes, hypertension, stroke, obesity, and some forms of cancer. This graph shows that adults who recall having 7 or 8 serious adverse experiences in childhood are 3 times more likely to have cardiovascular disease as an adult. And children between birth and three years of age are the most likely age group to experience some form of maltreatment- 16 out of every thousand children experience it.

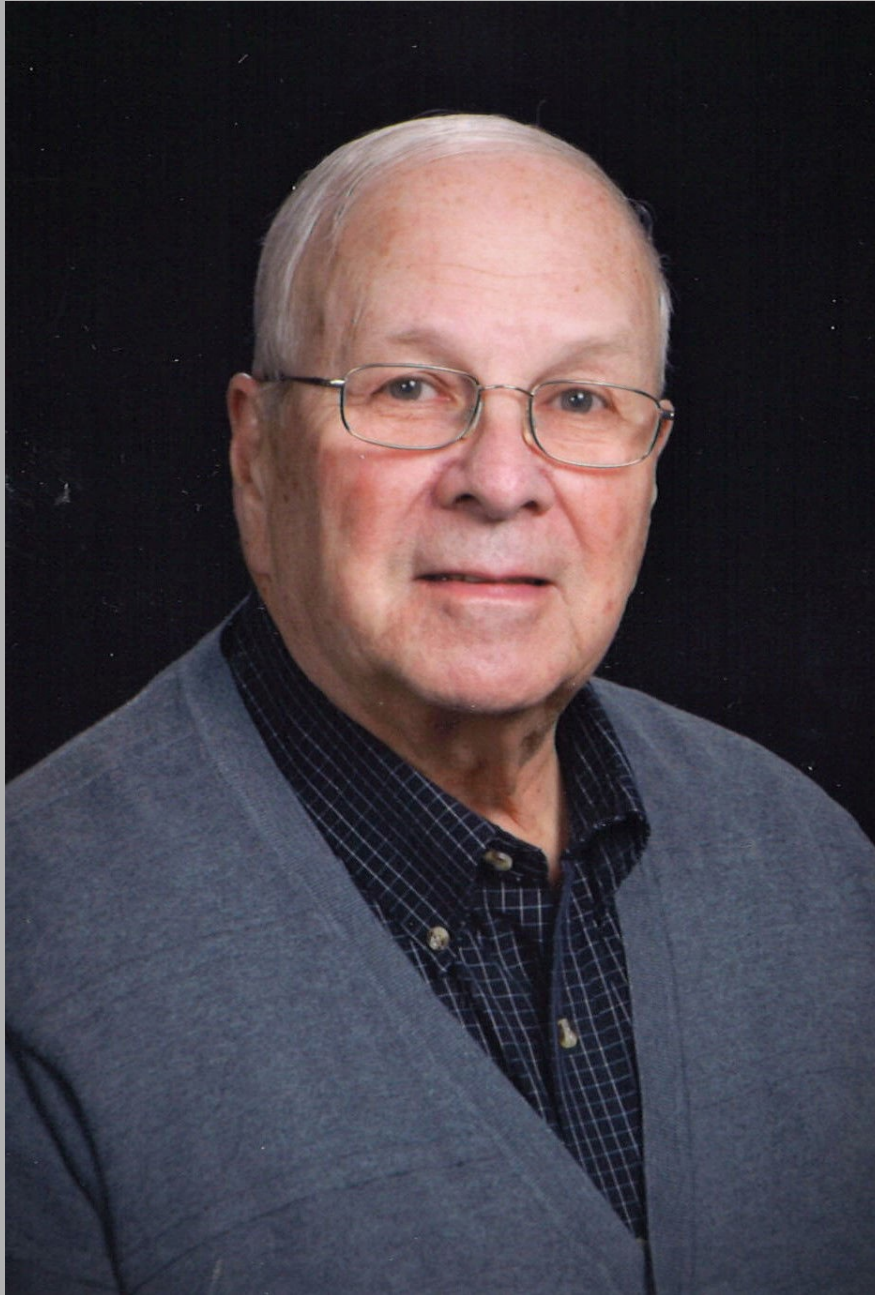
(5) Providing young children with a healthy environment in which to learn and grow is not only good for their development-economists have also shown that high-quality early childhood programs bring impressive returns on investment to the public. Three of the most rigorous long-term studies found a range of returns between \$4 and \$9 for every dollar invested in early learning programs for low-income children. Program participants followed into adulthood benefited from increased earnings while the public saw returns in the form of reduced special education, welfare, and crime costs, and increased tax revenues from program participants later in life.

For more information on Place Matters "More Than Ever"

Go to: <http://www.chelincoln.org> and click on Place Matter Link.



Lincoln East Rotary Club past and current members extend a gracious and sincere thank you to Dave for what he did for our Club. God blessed us with your service.



David P. Miller, 79, of Lincoln, passed away on April 22, 2018. He was born September 6, 1938, in Columbus, to Leonard S. and Laura M. (Brunken) Miller. David retired from the Prudential Insurance Co. He was a member of Westminster Presbyterian Church, where he was a former usher, deacon and elder; Phi Kappa Psi; avid Cornhusker football fan; and had his private pilot's license. He was very active in Lincoln East Rotary.

David is survived by his wife, Linda; daughters, Amanda K. (Todd) Gehring of Hastings, Charity A. Miller-Cosgrove (Chris) of Pt. Reyes Station, Calif.; four grandchildren and two great-grandchildren; brother, Tom (Norma) Miller; niece & nephew. Preceded in death by parents and son-in-law, Daryl Lindholm.

Memorial service will be at 11 a.m. Saturday, April 28, at Westminster Presbyterian Church. Private family burial prior to service. The family will greet friends from 6-7:30 p.m. Friday, April 27, at Roper & Sons South Lincoln Chapel, 3950 Hohensee Drive (40th & Yankee Hill Rd). Memorials, in lieu of flowers, to Lincoln East Rotary Foundation or to Westminster Presbyterian Church. Condolences online at www.roperandsons.com

Lincoln East Rotary Club Tree Planting & Summer Picnic Pioneers Park—Sunday, April 22nd

Lincoln East and Club 14 Tree Planting Project
At Pioneers Park



Rotary Logo on every water bag



Duane Tappe—Dick Cumming—Jerry Christensen



Andrea Ahrens Children
Future Rotarians



Anniversaries & Birthdays

Weeks of April 26—May 2

Birthdays:

NONE

Anniversaries

(Rose) Bob Simmering—April 17

Melodie Jones Pointon—May 1



Happy Dollars

Al Burdick	\$ 2.00
Jerry Christensen	\$ 2.00
Dale Lloyd	\$ 1.00
Blake Collingsworth	\$10.00
Merle Jansen	\$ 2.00
Gene Roth	\$ 2.00
Steve Grosserode	\$ 2.00
Mike Carr	\$ 3.00
Dean Douglas	\$ 2.00
Ozzie Gilbertson	\$ 2.00
Lyle Schoen	\$ 2.00
Barry Stelk	\$ 5.00
Wayne Casper	\$ 5.00
Total	\$40.00



Greeter Duty

April—Andrea Ahrens
Minnie Stephens—May
Duane Tappe—June

Make Ups

Dick Cumming
Dennis Duckworth
Milt Schmidt

Camp Kataki
Concessions F.B.
Park Painting



Cashier Duty

May—Darrel Huenergardt
June—Gordon Bair
Contact Dick Cumming

Guests & Visitors

Merrilea Anderson
Lyle Schoen
Merle Jansen

Steve Grosserode
Seward Club
Club 14

"It is easier to interest men in war than in peace; it therefore requires more moral courage to talk peace than war."

Lincoln East Rotary Club—May Speaker Schedule

May 9 Randy Jones—Aging Partners

May 16 Amanda Mobley Guenthe—Bone Creek Museum-

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Published by Wayne Casper