



Spoke Newsletter

Wednesday July 26, 2017

Attendance: 26 (58%) Attendance with make ups: 31 (69%)



Program Wednesday, August 2 2017

Lincoln City Mayor Chris Beutler

Program arranged by Charles Erickson

Program Wednesday, July 26 2017

Philippa Stasiuk—Direct Primary Care

Program arranged by Dick Cumming



Dick Cumming introduced his "legitimate" daughter Philippa as our speaker. Philippa graduated from Lincoln East High School, she attended Knox College, Galesburg, IL earning a Bachelor of Arts (BA) in Sociology and Anthropology and received her Master of Arts (MA) Degree International Studies from Middlebury Institute of International Studies at Monterey, CA. Her presentation was on Direct Primary Care.

Direct Primary Care

It is our pursuit to create the most individualized care imaginable uniquely centered on you, the patient. Our number one priority is helping prevent, diagnose and treat your health issues with affordable solutions that work best for your life.

♦ What sets Direct Primary Care apart from other practices?

Direct Primary Care is Lincoln's first direct payment primary care medical practice, a pattern of family health care that is immediate, thorough, comprehensive, specific, easily affordable, and very, very personal.

♦ What sets Direct Primary Care apart from other practices?

We have shrugged the bureaucracy. We have shredded red tape. In refusing to recognize any interference with the sanctity of the patient/physician relationship, we have returned family practice medicine to its root values of clinical excellence for and compassionate knowledge of every patient. In every aspect of family health care and custom health care, we promise accessibility, convenience, and affordability.

A Rotary Thank You to Philippa for a very informative presentation about an alternative health care.

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

♦ Will I have to pay a fee for my office visits?

No. Your membership covers all of your office visits. There is no co-pay. The only additional fees you may need to pay are for wholesale and discounted labs, meds or imaging.

♦ Does Direct Primary Care accept health insurance?

No. Happily, no. Perhaps the most critical distinction in our model of care centers on a direct, personal relationship between you and your doctor. That directness carries over to our business model as well. While the tender mercies of an insurance company might apply to the fixing of a damaged fender on your automobile, we see no reason for any insurer to have a voice about either the quality or the cost of your family's health care. We forgo insurance payments in order to save our patients from the arbitrary, intrusive decisions that inevitably follow with third-party payors. Furthermore, this direct fee-for-services arrangement frees us from the typical contractual agreements that prevent physicians from offering wholesale prices on laboratory tests, imaging, and medications.

♦ As a patient of Direct Primary Care, will I still need health insurance?

Yes. We recommend that our patients continue to carry both a major medical plan and a health savings account to ensure financial help should hospitalization or referral to a specialist be necessary. We're happy to refer you to insurance representatives who can help customize an insurance plan to your specific needs.

♦ I have Medicare, can I still join Direct Primary Care?

Yes. You need only sign a one-time waiver declaring that neither you nor your doctor will directly bill Medicare for our services. Medicare will still cover any laboratory testing, imaging, medications, or hospitalizations prescribed by our offices.

♦ What happens if I need to go to the hospital or see a specialist?

In providing superb care with unprecedented sorts of access, we seek to prevent or reduce hospitalizations and specialty referrals. In instances where those types of care are required, we will certainly continue to treat you during your hospital stay or work closely with any specialist. In some cases, depending on the level of care and the sorts of expertise required, we may rely on those specialized caregivers to manage your treatment.

♦ What if I need medical attention while I'm away from home?

Naturally we provide such care – yet another freedom we enjoy together as a result of Access Family Medicine's independence from the restrictions of third-party payment. Because we know you well, we can streamline your care when you're sick and away from home. Many illnesses can be diagnosed and treated with a simple conversation by phone, email, text or webcam. We'll locate the nearest pharmacy and order the medications most appropriate for your circumstances.

♦ What makes this better for people?

Our physicians are not paid per appointment. This frees them to spend more time with you. When physicians are rushed to go from patient to patient, that pressure can prevent good listening, which is required for accurate diagnosing and development of a treatment plan that is best for you. Ultimately, your physician can give you better care, leading to you saving time and money.

Lincoln East Rotary Club August Speaker Schedule

August 2—Mayor Chris Beutler—arranged by Charles Erickson
August 9—Steve Sipple, Sports Editor, Lincoln Journal Star—arranged by Greg Schnasse
August 16—John Cariotto Master Gardener—arranged by Paul Horton
August 23— Jim Douglas director of Nebraska Game and Parks Commission—arranged by Paul Horton
August 30—Dr. Ken Dewey, Professor of Applied Climate Sciences, UNL School of Natural Resources
"It's not normal to be normal in Nebraska."—arranged by Paul Horton

District 5650 District Conference



DISTRICT CONFERENCE AUGUST 11-12, 2017



PUBLIC SESSIONS Friday 7 PM to 9:30; Saturday 2 PM to 5 PM

BRING PROSPECTIVE MEMBER FOR FREE!

Friday night and Saturday afternoon, each club can bring 1 prospective member for free. BUT WAIT, there's more! For every 5 members that sign up for the full conference, you get additional bonus. [1]

OPEN TO THE PUBLIC! Friday night and Saturday afternoon will be open to the general public for \$25 for both. [2]

FREE MEMBERSHIP SEMINAR! For Rotarians—Friday afternoon before the conference, pick up tools and techniques of attracting and retaining members from Nicki Scott, the RI Zone 28 Regional Coordinator.

Register online at RotaryDistrict5650.org

June 30 and the conference cost is just \$75.

Friday Night



At Omaha Community Playhouse

Michael "Pinball" Clemons Backstage tours Omaha Community Playhouse

Saturday

At Creighton Harper Center

Morning Foundation: The Power of Service

Lunch Keynote:

"A Personal Journey of " "
Ann Lee Hussey, Polio Advocate



Afternoon of Service:



Spend Afternoon that will possibly save a life as we try to break a record to have the most people simultaneously trained on Citizen CPR in Omaha.

Saturday Evening:

Celebration Event you won't want to miss! Plus a special award of \$1000 to the club with the most members attending the conference. [3]

[1] Club members must sign up for entire conference for additional free prospective member passes. Limited to 85 prospective members across the District. First come first served. [2] Does not include meal events [3] 3 Clubs will win a \$1000 award for the largest percentage of membership signed up for conference-one for small, medium and large club sizes. The award must be used for a service project, but it is eligible to be used with a Foundation matching grant.



Anniversaries & Birthdays

Week of July 27—August 2

Birthdays:

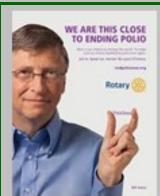
Mike Friend—July 30 Milton Schmidt—August 2

Anniversaries

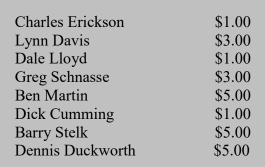
NONE

Rose: Barry Stelk















Lincoln East Rotary Club

University of Nebraska Football Concessions

September 2, 2017—Arkansas State Need (6) Volunteers per game—(7) Home Games Make plans to volunteer for this fund raiser!!

Dave Caudy and Deb Durre



Cashier Duty

August ????

We need volunteers for the following: Months of August & November Please let Dick Cumming know when you plan to volunteer

Make Ups

Blake Collingsworth
Gordon Bair
Chris Klingenberg
Paul Horton
Dave Miller

SumFun Picnic
Board Meeting
Another Mtg.
Social
Dictionary



CASHIER

Greeter Duty

August Ozzie Gilbertson September John Garrison October Paul Horton November Gene Roth

Thank You to All Volunteer Greeters

Guests & Visitors

Ruby James Steve Grosserode
Alinda Stelk Barry Stelk-Spouse
Gary Harmon Club #14
Philippa Stasiuk Speaker