



President— Barry

## 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.***

***July 26, 2017***

◆ **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



**Rotary**  
District 5650  
**DISTRICT CONFERENCE**  
**AUGUST 11-12, 2017**



**THE POWER OF**  
**ONE** NEVER DOUBT

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

**BRING 1 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 1 additional bonus. <sup>[1]</sup>

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

**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](http://RotaryDistrict5650.org)

**EARLY REGISTRATION:** Sign up by 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 1"  
Ann Lee Hussey, Polio Advocate



**Afternoon of Service:**



Spend 1 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:**

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

[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*



## Happy Dollars



Charles Erickson	\$1.00
Lynn Davis	\$3.00
Dale Lloyd	\$1.00
Greg Schnasse	\$3.00
Ben Martin	\$5.00
Dick Cumming	\$1.00
Barry Stelk	\$5.00
Dennis Duckworth	\$5.00



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



### Greeter Duty

August Ozzie Gilbertson

September John Garrison

October Paul Horton

November Gene Roth

### Guests & Visitors

Ruby James

Alinda Stelk

Gary Harmon

Philippa Stasiuk

Steve Grosserode

Barry Stelk-Spouse

Club #14

Speaker

*Thank You to All Volunteer Greeters*