



Rotary Club of Centennial Colorado



Centennial, Colorado

January 29, 2019

ROTARY MINUTE

Kent Ostedgaard spoke about Rotary publicity. At a recent basketball game a Cherry Creek High School student with Down's Syndrome was asked to shoot a shot from mid court. He made it. He was also wearing a Rotary shirt that our club had provided.

STUDENT OF THE MONTH



Kayla Lampe is a senior at Arapahoe High School where she is maintaining a 4.22 average. 14th out of a class of over 500. She defines herself as being disciplined, joyful, and resilient.

Along with her academics she runs cross country and received an award in running. She is president of the National Honor Society and commissioner of the Link Crew. She started a group to raise money to buy toys for foster children during the holidays. Last year she attended Girls State where female students spend a week learning and practicing legislature and giving speeches. She also attended the Summer Seminar at the Air Force Academy.

She intends to study chemistry. She would like to attend, in order of preference: Baylor, Vanderbilt, Purdue, UNC-Chapel Hill, Texas A&M, plus some others including CSU.

She said one of her biggest challenges is when her parents sponsored a foster child and then adopted her. She named her project for collecting money for foster children presents after her sister.

GUEST SPEAKER



Joanne Cohen spoke on her Brain Injury Hope Foundation which she is the Vice President. In 1999, Kay Jones, MS, LCSW, and Mary Ann Keatley, Ph.D, CCC, Speech-Language Pathologist and Neurotherapist, noticed that many of their patients were unable to obtain funding for basic living expenses, such as food, rent and utilities. Dr. Keatley and Kay Jones cofounded The Brain Trust DBA the Brain Injury Hope Foundation (BIHF) with an all Volunteer Staff and Board which has continued to give emergency funding to hundreds of MTBI survivors in Colorado.

Several years ago, Joanne was in the Bahamas on vacation when she was in an auto accident with a cement truck. She was flown from the Bahamas to the states. There they discovered she had a traumatic brain injury (TBI). Since then, she has been rear-ended twice and received additional TBIs.

Colorado is number 9 in the nation for TBI. There are about 25,000 TBIs per year. Forty-seven percent of TBIs are from falls. Auto accidents account for 14%, assaults for 11%, and other is 13%.

She heads up a survivors series. Material for the series is attached.

2018-2019 Club Officers

President—Tim Eunice
President Elect—Samantha Johnston
Past President—John Berry
Secretary—Karen Berry
Treasurer—Barbara Medina
Sergeant at Arms—Allen Jackson

Directors

Technology—John Peterson
Membership Growth & Enrichment—Samantha Roe
Rotary Foundation—John McCarty
Communication—Jessica Sidener
Millennial Satellite Club—Andrea Tagtow & Katie Guyon

UPCOMING EVENTS

Feb 5—Scott & Debra Johnson, Love Life Legacy
Feb 12—Gwen Jewell, Lincoln's Legacy
Feb 19—Stephanie Piko, Mayor of Centennial
Feb 26—**Off-Site Mtg at South Metro Fire Station, Quebec and Orchard Rd**
Mar 5—Pramod Goel, Placid Way Medical Tourism
Mar 12—Mary Lou Fenton, Well-spring Community
Mar 19—Classification Talks

Also attached is a chart showing how much of the brain is used by a person without a TBI and then how much of the brain is used by a person with TBI.

CLUB BUSINESS

- J Peterson when over the new web site. The club has switched over to Club Runner as the software for the web site. You will need to update your log in name and password.
- There will be a Blessing Bags assembly on Feb 17. More information later. The name of Blessing Bags is changing.
- J Weber announced that he is being moved to Mexico City. He will periodically be back in Denver. This move is for 2-3 years.
- R Hahn announced that Cherry Creek Schools has tentatively approved Centennial Rotary has a sponsoring organization for our exchange students.
- J Reagan has left the club and a new chairperson for the opioid project is needed.
- K Hope mentioned that the RI President at the President's dinner announced the Rotary lost about 300,00 members last year.

BLUE MARBLE



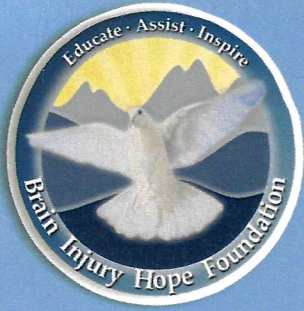
John McCarty was unable to find the elusive blue marble.

THIS DATE IN HISTORY

1936—U.S. Baseball Hall of Fame elects first members

On January 29, 1936, the U.S. Baseball Hall of Fame elects its first members in Cooperstown, New York: Ty Cobb, Babe Ruth, Honus Wagner, Christy Matthewson and Walter Johnson.

The Hall of Fame actually had its beginnings in 1935, when plans were made to build a museum devoted to baseball and its 100-year history. A private organization based in Cooperstown called the Clark Foundation thought that establishing the Baseball Hall of Fame in their city would help to reinvigorate the area's Depression-ravaged economy by attracting tourists. To help sell the idea, the foundation advanced the idea that U.S. Civil War hero Abner Doubleday invented baseball in Cooperstown. The story proved to be phony, but baseball officials, eager to capitalize on the marketing and publicity potential of a museum to honor the game's greats, gave their support to the project anyway.



The 2019 Brain Injury Survivor Series

Please join the Brain Injury Hope Foundation (BIHF) for another year of exciting and interactive survivor series designed just for YOU! We explore ways to achieve a better life for people with BI and Post Traumatic Stress (PTS). These sessions will help you accomplish your definition of success. Spouses, family, friends, and professionals who serve the BI community are welcome AND other communities (ABI, Stroke, Parkinson's, MS, etc.) are welcome too.



Braininjuryhopefoundation.org/events/

FEB 8

12:00 p.m.
to 2:30 p.m.

Demystifying Relationships, Communication, and Intimacy after a Brain Injury Dr. Ricardo Esparza & Dr. Mary Ann Keatley

Lives change following traumatic brain injury. Join us for a meaningful discussion/conversation regarding factors that have been perceived as helping maintain strong relationships, open communication, bonding through surviving the injury as a couple, coping skills, family bonds, social support, spirituality, emotional reactions to changes, and the effect of TBI on intimacy and sexuality. Learn ways to enhance the expression of intimacy, improve communication and provide validation for a supportive relationship.

REGISTER BY MAIL:

Brain Injury Hope Foundation
6732 West Coal Mine Avenue
Suite 227 Littleton, CO 80123

REGISTER ONLINE:

<https://www.braininjuryhopefoundation.org/events/>

REGISTER BY FAX: (303) 904-1725

SCAN OR PHOTO AND EMAIL TO:

jcohen@braininjuryhopefoundation.org

QUESTIONS? Contact Joanne Cohen at:
(720)389-0670 ext. 2

**Registration is free (grant funded)
and lunch is included.**

PLEASE REGISTER ME FOR FEB. 8, 2019!

Register by Feb. 5th

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Phone: _____

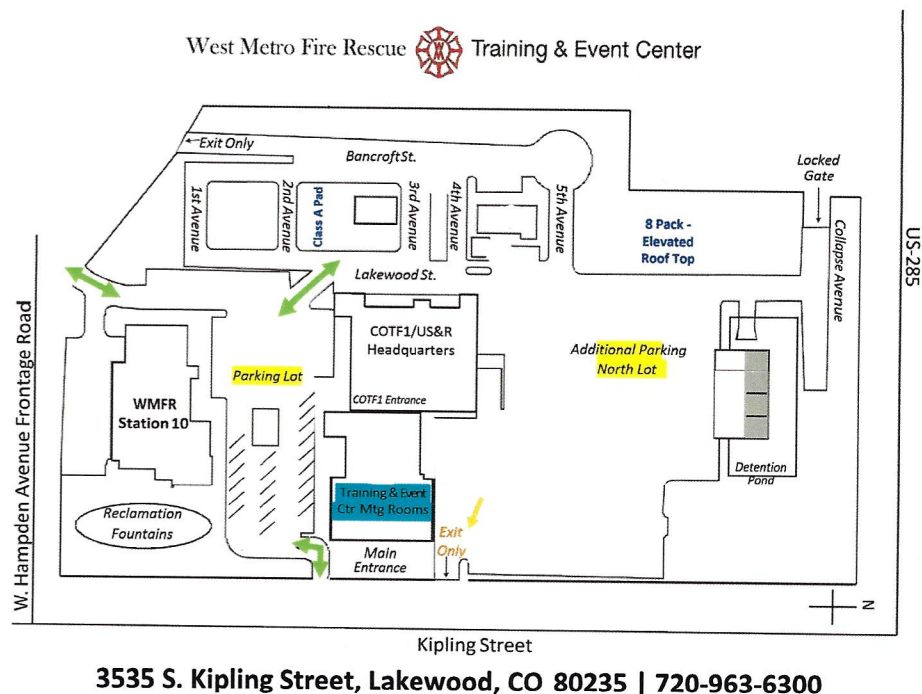
Email: _____

**Please be sure to provide an email address to receive a
confirmation of your registration.**

The 2019 BI Survivor Series

Please note our new location!
All sessions will be held at the
West Metro Fire Rescue
Training & Event Center!

The West Metro Fire Rescue Training and Event Center site map shows Kipling Street and the West Hampden Ave Frontage (service) Road. Please note the green arrows as these are the signalized intersections; enter there from north or southbound Kipling and drive around the west side of the Fire Station to park between the station and the training center.



**Save
the
DATES!**

MAR 8, 2019
APR 12, 2019
MAY 10, 2019
JUN 14, 2019
JUL 12, 2019
AUG 9, 2019
SEPT 13, 2019

Thank you to our sponsors!
Spalding Hospital Volunteer Association
The Colorado Grand
Dr. Steve and Debbie Cohen
O.T. Plus

Registration and lunch is free (grant funded) will be provided by Biscuits & Berries!
All sessions are 12:00 p.m. - 2:30 p.m. Lunch begins at noon.

MAR 8

Surviving to Thriving Panel: Overcoming Obstacles to Create a Better Life and a New Normal
Panel facilitated by Joanne Cohen; Panelists: William Inman, Jose Reyes, Sheila Ivy Traister, Doris Sanders, Karren Wilson and Kristin Gablehouse

APR 12

Navigating the Benefits System Panel
Panel facilitated by Gayann Brandenburg; Panelists: TBD

MAY 10

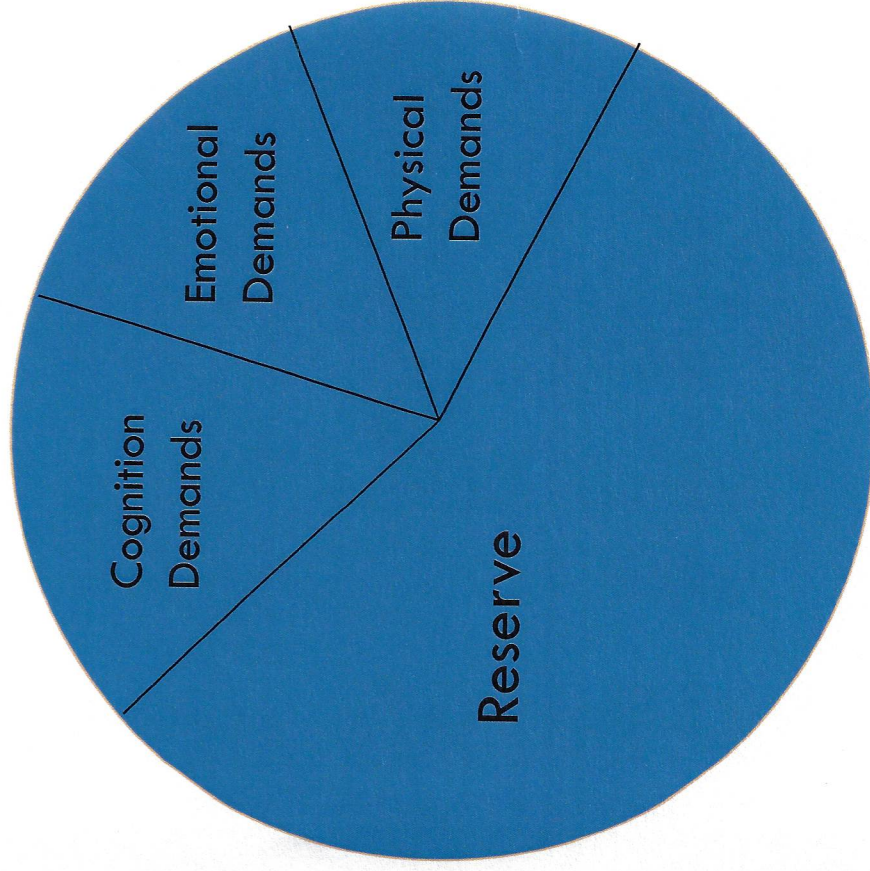
Brain Injury Treatment Panel
Panel facilitated by Joanne Cohen; Panelist: Carly Rossi, St. Anthony's Hospital; Kristi Staniszewski, O.T. Plus; Dr. Ed Manniko, Synergy; and Marilyn Corners, International Society of Decorative Artists, Rocky Mountain Hi Chapter; Judith Holland, PhD, Synergy

JUN 14

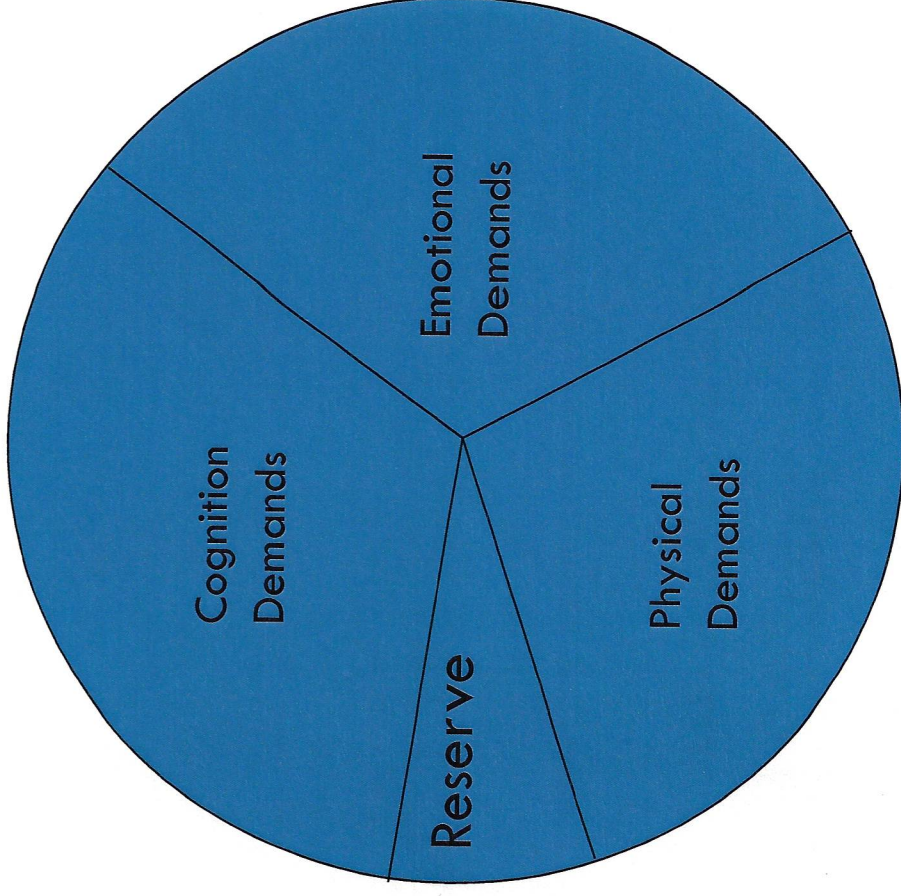
New Book Celebration: Getting Hit, Getting Up, and Moving Beyond - My Journey Through Brain Injury
Panelists: Joanne Cohen, Keren Kilgore, Rebecca Albano and Rita Coalson.



Braininjuryhopefoundation.org/events/



Healthy Brain



Post TBI

Less Reserve = More Demand

“Mary Lou Acimovic, Limited Capacity Model”