



ROTARY NOTARY

Birthdays:

Todd Bailey

10/11

At Rotary Today:

Greeter: Jillian Van Campen

**Invocation, Flag Salute,
and Four-way test:**
Fred Heismeyer

Member News:
Britt Fulmer

Rotary Anniversaries:
Liz Moeller, 3 years

Special Guests:
Kenra Black
Gayle Goetz
Anthony Ndungu
Seth Schneider
Crista Switzer
Eric Tucker

**Congratulations to Justin
Baxter**, who married Meghan
Barrett last Saturday!

Congratulations Bobbi!

Sunflower Travel, whose CEO is our own Bobbi Hansen, was recently named winner in the travel agency category of the 2017 Reader's Choice Awards. Sponsored by the Wichita Eagle, the awards let readers cast their votes in more than 170 categories. Well done, Bobbi!

Quote of the Week:

To grow a garden is to believe
in tomorrow.

—Audrey Hepburn

A NEW HEALTH CARE MODEL

Dr. Josh Umbehr of Atlas MD speaks with Dr. John Schlicher, EWR member and retired physician. Looking on is Jim Crawford. Dr. Umbehr, a family physician, has pioneered a new model of family medicine that eliminates the middle man in health care—the insurance companies.



Health care in the United States is a costly, and broken, system. Nearly all of us have experienced expensive increases in health insurance premiums and deductibles during the past few years.

Today's speaker, Dr. Josh Umbehr, offers a way that focuses on making health care more affordable without health insurance.

Here's how. Atlas MD, which Umbehr launched in 2010, charges a monthly membership fee for each patient. Members receive unlimited office and home visits, with same-day scheduling. In addition, Atlas MD offers medications and lab work at their cost, which is pennies on the dollar.

As an example, Umbehr

said that a patient who needed eye drops was able to purchase them for \$4 from Atlas MD. Typically they cost around \$300 at a pharmacy. A lab test which costs \$50 is \$1.65 at Atlas MD.

To Umbehr, insurance is the wrong tool for people to reach their healthcare goals. He used car insurance as a comparison. If he needs to replace his windshield wipers, he just pays for them out of pocket. It's when he has an accident that he needs to file a claim.

In a similar way, Atlas MD is a model of health care that provides coverage for many procedures as part of the monthly membership fee, which ranges from \$10 to \$100/month, depending on the client's age. These procedures include: EKG, spirometry, breathing

treatments, lesion removal, cryotherapy, and body fat analysis. Atlas MD does not file insurance. To do so would require several fulltime staff. However, Umbehr advocates having health insurance to cover catastrophic events.

Although Umbehr has presented the Atlas MD model in Washington DC, it hasn't taken root there yet. He believes that physicians themselves think that the way to fix health care is by reducing the cost of health insurance premiums.

But the Atlas MD model is taking root, with strong support from Sean Hannity, of Fox News. He frequently praises the Atlas MD model. Still, widespread adoption may take awhile. As Warren Buffett said, "No matter how great the talent or efforts, some things just take time."

Next Mixer:

Our next mixer will be **Wednesday, October 25** at Bricktown Brewery on N. Rock Road. Join your fellow Rotarians for great food and fun starting at 5:15 pm!

Community Service:

Thursday, October 19— Volunteer to serve dinner at The Lord's Diner. This is one of our club's favorite service opportunities.

Most volunteer positions require a current Kansas Food Handler's Card. If you need one, following are your options (taken from the City of Wichita website):

Free classes: City of Wichita Office of Environmental Health, 1900 E 9th Street

- **Saturday, Oct. 7** at 8:30 a.m. and 12:30 p.m.
- **Monday, Oct. 16** at 12:30 p.m. and 6:00 p.m.

Classes are approximately 2 hours long and you must arrive 15 minutes early. Register online at: www.wichita.gov

Approved online classes:

(These charge a fee and you must bring your online training certificate, along with a photo ID, to the Environmental Health office to receive your Food Handlers Card.)
<http://www.servsafe.com>
<http://www.statefoodsafety.com>
<http://www.tapseries.com>

Next Week:

Our speaker next Wednesday will be Crista Switzer of ABCD Tech.

MORE AT ROTARY TODAY

Board Member **Todd Bailey** announced a new membership recruitment and retention plan for our club. Beginning today, new members will be paired with a mentor during their first six months. The purpose is to help connect new members immediately with current members, and to keep them engaged in the work of our club. The Membership Team, which also includes Board Member **Tammie Rhea**, will share information about this plan on a quarterly basis.

One of our most popular club projects is purchasing a turkey dinner with all the fixings for a family in need, then pairing up with a fellow Rotarian to deliver the dinners two days before Thanksgiving. Rotarians purchased 100 dinners last year; let's make it at least 101 this year. Each dinner, which serves 6, costs \$57. Please consider making a donation to purchase one dinner, but of course contributions in any amount are welcome and appreciated. Also, we need delivery teams, so pick a pal and sign up!

It wouldn't be Christmas without our annual party...but we need you to help plan and organize it! Interested? Please contact Kim Hurtig and let her know you'll help.

Here's another look at one of the beautiful benches installed in Eastview Park (located at 13th and Gouverneur, just south of Coleman Middle School) two weeks ago, thanks to a grant from District 5690, a contribution from our club, and the in-kind donation of installation from the City of Wichita. Each of the four new benches is theft and graffiti-proof. Note the Rotary logo beneath the bench.



CELEBRATE NATIONAL TACO DAY!



According to the National Day Calendar, National Taco Day began in 2009. Research shows that the history of tacos predates the arrival of Spaniards in Mexico. According to Wikipedia, indigenous people living in the lake region of the Valley of Mexico traditionally ate tacos filled with small fish.

The hard shell is a development of the 20th century, first described in a cookbook, The good life: New Mexican Food, published in 1949.

Locally, to celebrate National Taco Day, Taco Bell Restaurants are offering a National Taco Day Gift Set. It includes four classic Taco Bell tacos, including a Crunchy Taco, Nacho Cheese Doritos® Locos Taco, Cool Ranch® Doritos® Locos Taco and a Fiery Doritos® Locos Taco for \$5. And at On the Border, mini tacos will be 50 cents all day long.