

ROCHESTER LATINO ROTARY LA ROTARIANA

October, 2015



Club members follow movements modeled by Carmelo Ramos during his presentation on October 7, 2015

Carmelo Ramos on alternative health care

Carmelo Ramos practices alternative health care, a vocation he received from his grandmother, a Taino herbalist and healer in Puerto Rico. This knowledge of the use of herbs to treat a variety of illnesses was very prominent among the island's elder. Carmelo deepened this knowledge with the study and practice of the physical and spiritual systems that underlie Chinese Martial Arts. From these disciplines he expanded into holistic health practice incorporating approaches from many cultures.

For the past 17 years, Carmelo has been an Integrated Medicine Specialist at the Jewish Home of Rochester. He teaches residents adapted Tai Chi, pain management, and emotional, psychological, and spiritual health in end of life care. His techniques include reflexology, aroma therapy, and stress management. He works closely with physicians, staff, consultants, families, and caregivers. In order to expand his practice, he has studied healing traditions of the Indigenous Healers in North America, the Caribbean, and the Amazon. He has also studied in India, China, and Europe.

During his presentation at the RLRC, Carmelo spoke eloquently about the use of plants to cure illnesses practiced in his native Puerto Rico for many years. He spoke of nature as having a pharmacy. He said that doctors provide care, nature heals. He emphasized the importance of deep breathing and the need to monitor how we react to life events. Continued on page 2



Be a gift to the world

Enriquece el mundo

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**“ WHATEVER ROTARY MAY MEAN TO US,
THE WORLD IT WILL BE KNOWN BY
THE RESULTS IT ACHIEVES.”**

—Paul P. Harris

Carmelo Ramos, continued

Continuing with his talk, Carmelo indicated we need to consider all the physical, mental, and spiritual dimensions of the individual when attempting to heal. Emotions play a role in our health. His observations of the dying seem to indicate that people who have regrets tend to have a hard death. He said that smell and hearing are the last senses to go.

He stated that when the individual is in harmony, things go smoothly. Balancing the organs make the body strong, and this can be achieved by balancing the emotions – the spiritual dimension. Emotions affect the organs, he said. “We are part of nature ...the body will teach you,” he added. If we are stagnant, this leads to death, while movement leads to life.

Many people, he said, spend an average of 5 hours watching TV, 8 hours working, 8 hours sleeping, leaving 3 hours to cultivate the body. In reality, many people are sleep deprived, pack many activities during the day and night, and pay little attention to the need to take care of their total health.

He recommended to take care of the planet as well as taking care of the body. In addition, we should eat well, maintain a proper posture, drink plenty of water (2 quarts a day), practice breathing, and practice meditation.

Carmelo led the group through a series of movements geared to balance the organs, help with breathing, and increase flexibility.



Carmelo demonstrate a Tai Chi pose

Photos



Students at Eugenio María de Hostos Charter School examine the bilingual dictionaries donated by the RLRC



Club members donated, sorted, and sold items at a garage sale held at the Rochester Public Market to benefit the Polio Plus Campaign



Ilonka Stull was inducted as the newest member

Literacy projects help students achieve dreams

For several years the Rochester Latino Rotary Club has provided dictionaries to the students at the Eugenio María de Hostos Charter School. Since the first school years at this school are taught in both English and Spanish, the club has provided bilingual dictionaries to help both the English and Spanish speaking sharpen their language skills.

This is just one of the literacy projects the club carries out during the year. Other projects include parents as reading buddies. New parents are provided with reading materials and instructions on how to read to the newborn child. A book shelf at a health clinic serving families with low income allows patients to take books home and keep them. Club members provide the books. Julio Vázquez is in charge of restocking the shelf.

Many Hispanic students face a hard road when it comes to attending college. To begin, many abandon school before obtaining a high school diploma. Others graduate, have aspirations to attend college but their financial situation may prevent them to pursue their dream. To help in some measure, the club provides scholarships to two deserving students.

The club partners with the Ibero American Action League for awarding the scholarships. The agency, that serves Hispanics for the most part, has been partnering with colleges and community organizations and businesses to provide a large number of scholarships to Hispanic college-bound students.

Starting children on the right path is something the club takes very seriously. This is the reason while many of the projects undertaken over the years have a strong literacy component. These include the local projects as well as the international ones. Since its inception, the club has been helping children in El Sauce, Nicaragua. At the beginning the club sent school supplies to the school. Problems with customs in that country made it very costly for the school to get the supplies. For the last couple of years, the club is sponsoring children at the school by providing scholarships. For the amount of \$75 a year, a student gets the uniform, shoes, school bag, and school supplies. This, indeed, is a bargain. But it has a huge impact on the life of an impoverished child!

If this moved you, making a pledge to “adopt a school child” in El Sauce is easy. Just contact Dr. Miriam Vázquez, Literacy Chair at vazquez@rochester.rr.com

Focus on Rotary

Rotary has focused on six areas to maximize the impact of the projects undertaken by the clubs. Last issue of La Rotariana dealt with Conflict Resolution. The second area to be discussed is Disease Prevention and Treatment.

The Rotary Foundation publication states that **1 billion** people suffer from neglected tropical diseases such as dengue fever. **2.4 million** doctors, nurses, midwives, and other skilled caregivers are needed worldwide. **57 countries** have fewer than **23** health care workers for every **10,000 people**. **100 million** people are pushed into poverty every year by medical costs. **1 in 6 people** worldwide cannot pay for medical care. **2.5 billion people** lack access to improved sanitation. **1,400 children** die each day from diseases caused by lack of sanitation and safe water. Certainly, these statistics are alarming. Rotary clubs around the world attempt to provide relief to those suffering from illnesses as well as engaging in prevention efforts.

What can be done?

- Consult with Rotary members who have medical or public health expertise
- Communicate with local and regional hospitals, clinics, universities, and ministries of health to avoid duplicating efforts and to take advantage of local resources.
- Enlist community workers and health and medical volunteers to perform immunizations.
- Partner with successful community-based health care organizations to strengthen and expand services.
- Work with local health centers to develop programs that attract health workers with a variety of skills. A shortage in a particular skill area can burden health center staff and limit the care available.
- Ensure that training facilities are located where the workforce lives and works in order to improve retention rates.
- Avoid prescribing a solution for a community. Instead, work with the community to determine what is most appropriate.
- Remember sanitation and hygiene: Very few people die from thirst; millions die from preventable waterborne diseases.
- Improve sanitation facilities by providing toilets and latrines that flush into a sewer or safe enclosure.
- Promote good hygiene habits through education. Proper hand washing with soap and water can reduce diarrhea cases by up to 35 percent.
- Build wells to extract water from aquifers.

*Next issue will continue exploration of Disease Prevention and Treatment

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Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

1. The development of acquaintance as an opportunity for service;
2. High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
3. The application of the ideal of service in each Rotarian's personal, business, and community life;
4. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Rotarian Code of Conduct

The following code of conduct has been adopted for the use of Rotarians.

As a Rotarian, I will

1. Act with integrity and high ethical standards in my personal and professional life
2. Deal fairly with others and treat them and their occupations with respect
3. Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
4. Avoid behavior that reflects adversely on Rotary or other Rotarians.

