



Lee Rink – Treating Stroke Victims



BE THE INSPIRATION

Date: March 8, 2019
Volume: 2018/19—Issue E17-33
Scribe: Tony Given
Photog. Robin Maybury
Editors: P.Dirden, D.Still, J.Holst, T.Boag, HH
President 2018/2019: Larry Ford



"All the News that Fits We Print"

🍎 AT THE BELL 🍎

Fearless Leader (AKA) Prez Larry brought the hammer down on the Roto Bell at 12:15 plus or minus a minute or two. Our newest member, **Kelly Back**, started things off by leading us in the pledge to Old Glory. This was followed by **Robin Maybury** leading us in singing "God Bless America." **Cindy Carter** then provided the thought for the day from Walt Disney: "The way to get started is to quit talking and begin doing."

Prez Larry then adjourned the meeting so that we could enjoy our fine lunch.



🍎 ROTARIANS & GUESTS 🍎

The Rotary Club of Sebastopol's very own and the original "**Budman**" introduced Elana Whorton from the Rohnert Park Cotati Rotary Club, and Nick Randall, retired, from the Sebastopol Sunrise. Nick came dressed in his Oregon Duck garb, presumably to celebrate the Ducks going to the NCAA basketball playoffs-GO DUCKS. Nick also took time to tout the upcoming major fund raiser of the AM'ers "A Parisian Rendezvous." Come and enjoy Fine French Cuisine, plus wine tasting and a performance by The Transcendence Theater Company. All for \$75-- date is 3/23, time from 6:00pm til 10:00pm. For info call 707-861-0009, or go to: www.sebsunriserotary.org



Sonoma County YWCA Domestic Violence Hotline 707-546-1234

Future Programs

March 15, 2019

Jo Sletbak
Norwegian Consular General

March 22, 2019

Quinton Martins
Living with Mountain Lions

March 29, 2019

Stacey De Shazo
Archelogy of Sebastopol's Chinatown

April 5, 2019

Speech Contest

April 12, 2019

Teacher of the Year

Events

Golf Tournament

April 29, 2019

Miscellany

MAKEUP NOTIFICATIONS--JackEDunlap@gmail.com

On-line Make-Ups:

www.RotaryEClubOne.org

Domestic Violence Hotline:

707-546-1234

sebastopolrotary.com

Jerry Warren introduced our guest speaker Lee Rink and his wife, Kay. **Aleia Coate** introduced our exchange student from Austria, Laura. She's a student at Analy, and is on their track team.



ANNOUNCEMENTS

Dick Zimmer got up and said that his loving and great wife, **Barbara**, of almost 50 years had passes away on February 24. Barbara died of cancer and had been ill for several years. Barbara leaves friends that were the same kind of people that she was; loving, caring and sharing people. **Dick** mentioned that in the final days that **Barbara** experienced much pain. Barbara leaves a loving and caring family, including her husband **Dick**, kids, and grandkids. For more info, please visit:

<https://www.legacy.com/obituaries/pressdemocrat/obituary.aspx?n=barbara-zimmer&pid=191729129>

As a wrap-up our very own **Doctor Harry Simms** touched everyone by singing, in his wonderful baritone voice, a memorial song. A Memorial was held for Barbara at the Community Church of Sebastopol, Sunday March 10th.

The 2019 Rotary Club of Sebastopol's Annual Golf Tournament. **Richard Peterson**, Rotary's own Jack Nicklaus, stepped up to announce that the 2019 golf tournament will be held on Monday April 29th at the Santa Rosa Golf and Country Club. Cost is a mere \$100 per player, and that includes beer, wine and prizes, plus food. How can you not come?

Aleia Coate announced that we will be entering a float in the 73rd Apple Blossom Parade, with the theme being "It Takes a Village. The parade will take place on Saturday, April 13. **Aleia** is looking for volunteers. **PP Jack Blasco** will be Co-chairing, and **Tom Dille** will be donating his facilities for assembling the float.

Filling in for significant other (**Rick**) **Cindy Carter** announced that we will be starting our 2019 learn to swim program on 4/22 and the program will be running through 5/16. The classes will start at 12:00 and last till



1:30 we are looking for volunteers, so don't hold back. This will be the 34th year of Learn to Swim.

There was a chili fundraiser on Friday at the Roto-palace to support restoring the Sebastopol Community Center. **Jorgen Holst** reported that the event was a smashing success. So much so, they ran out of chili within one hour! If you couldn't attend, you can still help by making a donation at:

<https://www.gofundme.com/rebuild-the-community-center>

Prez Larry mentioned that \$5,000 worth of hospital grade mattresses were recently donated to the Chidamoyo Christian Hospital in Zimbabwe. The funds were allocated from the Rotary Club of Sebastopol Foundation through the World Community Services Committee.

Richard Power announced that on Tuesday's March 5 election that Measure A passed easily, garnering 76.51 percent of the vote. The passage of Measure A means that the hospital, located at 501 Petaluma Avenue, will be sold to American Advanced Management Group.

🍎 RECOGNITIONS 🍎



Kathie Mayhew was dinged \$5 for her birthday on February 11th.

Mark Fink parted with \$5 for his 70th on February 23rd. **Mark** took a trip to Phoenix where he was greeted by more than 20 relatives.



Michele Kimble saw the Play "Hello Dolly" on her birthday. Michele, per the usual, forked over \$5.

Steve Zivolich was hit with a \$5 fine for his anniversary on January 8th. It was a real treat to see **Steve** again. As you remember, **Steve** suffered a severe heart attack in June of 2018 as he was surfboarding, and as he has been recuperating, has not been able to attend Rotary, and Rotary has missed him. Welcome back **Steve**.



Tony Given (your scribe) and his dearly beloved both had a touch of the flu so they spent their 47th at home nursing their fevers. **Tony** was dinged the usual \$5.

Diana Rich announced her retirement and was parted with \$5. To celebrate, **Diana** and hubby **Dan**, have been attending symphonies, skiing and just having fun.



Guy Smith has really been hit by the floods, having over 4 feet of water on his property and affecting the contents of his buildings and some equipment.

Yvette Williams Van Aggelen's daughter was married on February 23rd. Congratulations, **Yvette!**



🍎 RAFFLE 🍎

Mario Ramos won the raffle and walked away with \$10. Don't spend it all in one place **Mario**.

🍎 THE PROGRAM 🍎

Jerry Warren stepped to the podium to introduce today's speaker, Lee Rink. Lee is a Sebastopol resident, a Registered Nurse, and a stroke specialist. Lee came to nursing as a second career after running educational and advocacy programs for nonprofit organizations. For the past 6 years, Lee has served as the Registered Nurse Stroke Coordinator at Santa Rosa Memorial and Petaluma Valley Hospital, where she has a passion for



helping to advance stroke care through embracing new technologies and building partnerships to better serve stroke patients.

Nurse Rink came to the podium and mentioned that Santa Rosa Memorial Hospital (SRMH) has been certified by the Joint Commission as a Primary Stroke Center since 2010 and provides a full spectrum of care from education to Acute rehab. Through a robust regional referral program, 16 hospitals in Northern California send their emergent stroke patients to SRMH. Over 400 "Code Stroke" are called in Emergency Departments every year. All hospitals in the area are certified to perform this type of care. Before this level of treatment there was only one level of treatment and that was providing "clot-buster" medication or tPA (alteplase). This had limitation in that it had to be applied with-in the first four hours, and because of medications the patient was taking some

patients had to be excluded. Also, there were risk complications. Nurse Rink said that a stroke occurs when a blood vessel carrying oxygen and nutrients to the brain is either blocked by a clot or ruptures.

Signs and Symptoms of a stroke can be captured in this acronym:

B: Balance loss, or trouble walking

E: Eyesight changes in one or both

F: Face drooping when asked to smile

A: Arm weakness especially on one side only

S: Speech difficulty, or trouble understanding

T: Time to call 911.

One in six people will suffer a stroke in their life time, with people of all ages being at risk, but chances double after 55. 28% of stroke victims are under 65. There are two major types of strokes; (1) Hemorrhagic (15%) or bleeding from a blood vessel. This is caused by hypertension or weak blood vessels. (2) Ischemic Stroke (85%) or blockage in an artery that supplies blood to the brain- caused by a clot. There is a new category of Ischemic stroke and it called Large Vessel Occlusion (LVO). LVO'S account for 30% of all strokes and have a 5 times higher mortality and 3 times poorer outcomes.

The primary treatment for LVO strokes (Endovascular Treatment) can only take place in San Francisco at this time. The treatment is sophisticated and is a minimally invasive procedure and the patient is usually out with-in 6 hours and is effective out to 6 hours from onset. This treatment is only available at the tertiary center in San Francisco. The new processes at SRMH (1) identify the LVO clot with imaging (2) treat with clot buster medication, if eligible (3) transfer rapidly to tertiary center in San Francisco.

Nurse Rink showed a video of a 19 year old stroke victim named Nora, who at the time of her stroke was a nineteen year old college student. Nora awoke one morning with a severe head ache and when she arose she could not walk straight and started walking into walls and when roommate came in she started talking gibberish. Nora's roommate noticed that the left side of her body was effected and that she could not walk straight. They called the hospital and after being evaluated they determined that the only appropriate treatment was a device called a trevo retriever, a device that they place over the clot, that integrates itself into the clot, and then guides itself out of the area. Nora had this treatment and it was successful. This treatment was performed at California Pacific Medical center in San Francisco.

Three years after the treatment, Nora graduated from Sonoma State, and is now working with Nurse Rink on community stroke education. Nurse Rink mentioned that a Neurointerventional Stroke Program is to be developed at SRMH. It will provide endovascular treatment of LVO strokes close to home. Cath Lab modernization Project which includes new equipment needed for LVO treatment.



At 1:30PM sharp, **Prez Larry** struck the Roto-bell, ending another meeting.