



Laredo Daybreak
Rotary
District 5930



THE **DAYBREAK** BREW

L A R E D O D A Y B R E A K R O T A R Y C L U B

OCTOBER 16, 2026 PROGRAM

JOSEPH TROUDT **LAREDO REHABILITATION HOSPITAL**

Joseph Troudt, OTR/L is the Chief Executive Officer of Laredo Rehabilitation Hospital. An Occupational Therapist by training, he has dedicated his career to helping individuals recover from serious illness, injury, stroke, neurological conditions, and other life-changing medical events.

Joseph has experience across the continuum of rehabilitation care, including inpatient and outpatient services, and is passionate about improving patient outcomes through evidence-based rehabilitation. Under his leadership, Laredo Rehabilitation Hospital helps patients regain independence, return home safely, reduce the risk of hospital readmission, and improve their overall quality of life.

A strong advocate for community health, Joseph is committed to expanding awareness of rehabilitation services and addressing the growing need for specialized rehabilitation care in South Texas. He believes that access to high-quality rehabilitation not only changes individual lives but also strengthens families, reduces healthcare costs, and improves the health of the entire community.



SUPPORT AND VOLUNTEERING OPPORTUNITIES

WED 10/21 - Pints for Polio at 6:00pm (Gatsby's Cocktail Room)

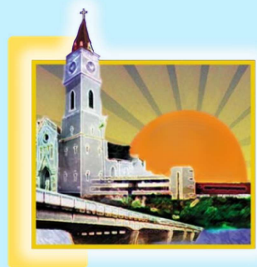
SAT 10/24 - World Polio Day Walk at 10:00am - Jovita Idar's (Bartlett Park)

FRI 11/06 - Veteran's Legal Clinic at 9am (Laredo Public Library)



WHEN: EVERY FRIDAY
TIME: 7:30 A.M.
WHERE: LAREDO COUNTRY CLUB

WWW.LAREDODAYBREAKROTARY.CLUB



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ANNIVERSARIES

29th - Terri Gonzalez (10/01)

16th - Hendrick Limarta (10/01)

6th - Allen Tijerina (10/09)

1st - Ramon Zertuche (10/24)

BIRTHDAYS

10/06 - Esther Degollado

10/08 - B.A. Puig III

10/27 - Chendo Carranco

10/30 - Oscar Lopez Jr

10/09/2026 MEETING RECAP

Our club recently welcomed Carlos Rodriguez, a local hearing specialist, who shared an engaging presentation about hearing health, the importance of early screening, and the remarkable advances being made in hearing-aid technology. After nearly ten years working in the hearing-care industry, he decided to open his own clinic in Laredo rather than relocate away from the patients and community he had served for years. The clinic opened earlier this year, and the family-run practice is already preparing to expand with another location.

One of his strongest messages was that hearing screenings should not be limited to older adults. He is now seeing younger patients experiencing hearing problems, often after years of exposure to headphones, concerts, machinery, construction work, shooting, and other loud environments. Hearing loss can also be related to family history and other factors.

He explained that many people can still hear sounds but have difficulty understanding words, particularly in restaurants, meetings, or other crowded environments. A hearing evaluation can help determine the type and degree of hearing loss and whether additional evaluation or treatment may be appropriate.

The presentation also touched on the growing body of research linking untreated hearing loss with social isolation and a greater risk of cognitive decline. He encouraged members to watch for relatives who begin avoiding conversations or family gatherings because they are struggling to understand what others are saying.

Members were especially interested in how hearing aids have changed. Modern devices can be discreet, rechargeable, connect directly to smartphones, stream phone calls and music, and automatically adjust to different surroundings.

Some newer models even use artificial intelligence to adapt to changing listening environments.

The lively question-and-answer session covered everything from noise exposure and hearing protection to insurance coverage, rechargeable batteries, concerts, and future technologies.

The speaker's message was a practical one: protect your ears, pay attention to changes in your hearing, and consider regular screenings before hearing problems begin interfering with everyday life.





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LAREDO DAYBREAK ROTARY CLUB

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2026 - 2027 CLUB EXECUTIVES:

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Terri Gonzalez

PRESIDENT ELECT
Amy Rodriguez

TREASURER
Melisa Rangel

VICE PRESIDENT
Roberto Díaz

SERGEANT-AT-ARMS
Ernesto Lopez

PAST PRESIDENT
Jorge Martinez

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Esther Degollado	Marisa Vela
Tomas Rodriguez	Liz Gomez
Ricardo Rodriguez	James Moore

CLUB SERVICE PROJECTS

Liz Gomez
Marisela Rangel

ROTARY FOUNDATION

Ed Ramirez

MEMBERSHIP

Elisamar Soto

YOUTH PROGRAM

Guillermo Heard

PUBLIC IMAGE

Manuel Viñals
Liz Gomez

CLUB ADMINISTRATION

Roberto Diaz

POLIO PLUS

Annie Gutierrez

AREA ROTARY CLUBS

MONDAYS:

- **LAREDO GATEWAY**
 - 12:00pm @ Palenque Grill I-35
- **NUEVO LAREDO ROTARIO NUEVO LAREDO**
 - 1:30pm @ Club Campestre

TUESDAYS:

- **NUEVO LAREDO NUEVO LAREDO REFORMA**
 - 8:00pm @ Anahuac 5204

WEDNESDAYS:

- **LAREDO ROTARY**
 - 12:00pm @ Palenque Grill (every other week)
- **LAREDO NEXT GENERATION**
 - 7:30pm @ Pla-Mor Entertainment
- **NUEVO LAREDO NUEVO SANTANDER**
 - 8:00am @ Hotel Colon Plaza
- **NUEVO LAREDO NUEVAS GENERACIONES**
 - 8:00pm @ Salon El Zaguán

THURSDAYS:

- **LAREDO UNDER SEVEN FLAGS (1ST & 3RD THURSDAY)**
 - 6:00pm - McDonalds Jacaman
- **NUEVO LAREDO VILLA DE NUEVO LAREDO**
 - 8:00am @ Patio San Miguel

FRIDAYS:

- **LAREDO DAYBREAK ROTARY CLUB**
 - 7:30am @ Laredo Country Club

4-WAY TEST OF THE THINGS WE THINK, SAY OR DO:

1st - Is it the **TRUTH**?

2nd - Is it **FAIR** to all concerned?

3rd - Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

4th - Will it be **BENEFICIAL** to all concerned?