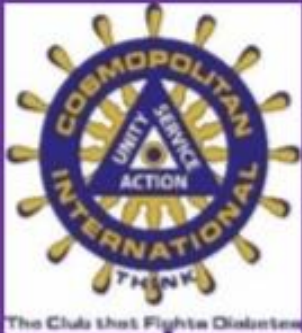


# World Earth Day



**Cosmopolitan Meeting-Earth Day**  
**April 22, 2024**

# Cosmopolitan Rays, April 22, 2024



The Club that Fights Diabetes

## The Cosmo Rays

Shining Light on the Cosmopolitan Club's Activities

Published After Each Meeting by the Noon Cosmopolitan Club

Meetings Held at Noon on Mondays at Thirsty's at 819 West Main, Rapid City, South Dakota



The Club that Fights Diabetes



President Chuck  
Reuwsatt Called  
the Meeting to  
order at 12:00  
PM.





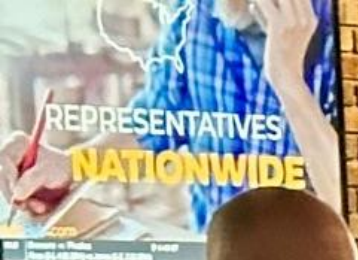
# President Chuck Reuwsatt Led the Members in Pledge of Allegiance











On Tap  
#Locals  
PILSENER BEER  
LAGER  
IPA  
STOUT  
PORTER  
BREWERY  
KENTUCKY  
NEW BELGIUM  
DESIGNER BEER  
CANTON SPACE  
SMALL BROTHERS  
NEW YORK  
DUNKEL  
PILSENER  
LAGER  
PALE ALE  
DIPLOMAT  
LAGER



NAME  
FERLEY

DESCHUTES







Thirsty's BEER ON TAP  
Local Tap

Thirsty's BEER ON TAP  
Local Tap

ABC

PEBLEY

Metric





Message ON LOCAL TAP  
Sno Light  
Pilsener Ultra  
Pilsener Lite  
Coke Light  
Best Beer Program



Medtronic



Nancy  
Trautman, Led  
the Members in  
Prayer.

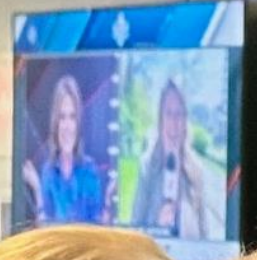






ELBURN

RUSH



Thiraly's BEER ON Tap  
Local Tap  
Pilsener  
Brewery Ultra  
Pilsener Lite  
Lager Beer  
Pilsener Brown  
Pilsener Moon  
Pilsener Stout  
Pilsener Dark  
Pilsener Pale  
Pilsener Gold  
Pilsener Silver  
Pilsener Bronze  
Pilsener Platinum

















Past International President Jim Preston gave New Member Packet to Deb Lux.





Past International President Jim Preston gave New Member Packet to Lori Whiting.





Past International President Jim Preston gave New Member Packet to Marcie Sanders.





We were happy to have Steve Doshier here for the meeting. He is recovering nicely from 34 rounds of radiation.





President Elect  
Becky Kerr talked  
to the Members  
about upcoming  
events in the  
Summit Arena.





Gloria Gunn talked to the Members about upcoming Summer Nights Events..





North Central Federation  
Director Nancy Trautman  
talked to the Members  
about the upcoming  
North Central Federation  
meeting in Rapid City,.





President Chuck Reuwsatt introduced Cosmopolitan Member Michael Newell. Today was Michael's birthday. Michael works for the local Pain Therapies Representative for medical device company Medtronic.





Michael focuses on non-opioid therapies for chronic pain patients, including those indicated for chronic back and leg pain, complex regional pain syndrome (CRPS), painful neuropathy, cancer pain, and vertebral compression fractures.





In addition to a discussion on chronic pain solutions, he will also give an overview of the broader company organization. With technologies that treat over 70 health conditions (including diabetes) and a presence in 150+ countries, it's no wonder Medtronic is the world's largest medical device company.





Medtronic

Engineering the  
extraordinary

© 2011 Medtronic



# 74M+

In the past year, Medtronic therapies improved the lives of 74 million+ people. That's **two people every second** of every hour of every day – and counting.



## Who we are



## About us

Bold thinking. Bolder actions. **We are Medtronic.**

We lead global healthcare technology and boldly attack the most challenging health problems facing humanity by searching out and finding solutions. Our Mission – to alleviate pain, restore health, and extend life – unites a global team of 95,000+ passionate people. Powered by our diverse knowledge, insatiable curiosity, and desire to help all those who need it, we deliver innovative technologies that transform the lives of two people every second, every hour, every day. Expect more from us as we empower insight-driven care, experiences that put people first, and better outcomes for our world.

In everything we do, we are **engineering the extraordinary.**

Our chief executive officer  
Geoffrey S. Martha

Where we are

150+  
countries

78  
manufacturing sites

40  
labs and R&D sites

14  
distribution sites

## Our commitments



Better outcomes for our world



Life-transforming technologies



Experiences that put people first



Insight-driven care

To achieve our strategy, we offer therapies and solutions across four areas



Cardiovascular



Medical Surgical



Neuroscience



Diabetes

## Giving back

Medtronic Philanthropy focuses on improving lives for underserved populations worldwide, as well as supporting communities where Medtronic employees live and give. Since 1978, Medtronic has given **more than \$1 billion** in philanthropic commitments.

15%  
product donations

5%  
employee volunteerism

32%  
Philanthropy giving

48%  
cash contributions



## Company recognition

- 2022 Change the World – **Fortune**
- 2023 World Changing Ideas – **Fast Company**
- America's Most JUST Companies 2023 – **JUST Capital + CNBC**
- 2023 Most Admired Companies – **Fortune**
- 2022 World's Best Employers – **Forbes**
- 2023 Top 50 Companies for Diversity – **DiversityInc**
- 2023 Bloomberg Gender-Equality Index – **Bloomberg**
- Dow Jones Sustainability World Index – **Dow Jones**

## Operational headquarters


710 Medtronic Parkway  
Minneapolis, MN 55432-5604  
USA

## Principal executive office

20 Lower Hatch Street  
Dublin 2, Ireland

Learn more at [Medtronic.com](https://www.medtronic.com)





90K+

With 70 years of leadership  
in healthcare technology  
and a global team of over 90,000  
people constantly pursuing  
better outcomes for patients,  
physicians, and caregivers

Medtronic





It all started in 1949 with a big dream in a small garage.

**Medtronic**



## Our global presence

# To help more people in more places

Working in  
**150+**  
countries

Organized into  
**4**  
regions

**19**  
distribution  
sites

**79**  
manufacturing  
sites



**Medtronic**





74M

In the past year, Medtronic  
therapies improved the  
lives of 74 million people

Transforming the lives of  
two people,

every second  
of every hour  
of every day



## Types of chronic pain

### Chronic back and leg pain

Chronic back and leg pain can result from several spinal conditions, including:

- Degenerative disc disease
- Failed back surgery syndrome
- Lumbar disc herniation
- Epidural fibrosis
- Arachnoiditis





## Types of chronic pain

### Complex regional pain syndrome (CRPS)

- Most often affects the arms, legs, hands, or feet
- Usually develops after an injury (such as a broken bone) or surgery
- CRPS is also known as reflex sympathetic dystrophy or causalgia
- The exact cause of CRPS is unknown





## Types of chronic pain

### Painful neuropathy

- Neurological disorder
- Chronic pain due to nerve damage
- Painful neuropathies may be a result of: diabetes, nutritional imbalances, alcoholism, toxins, chemotherapy, infections, autoimmunity, trauma of the nerves, and/or illnesses, such as kidney failure or cancer.





## Other pain

## Cancer

- Prevalent throughout cancer lifecycle
- Most significant in pancreatic, bone, brain and lung cancer
- 41% of ER visits by cancer patients is related to pain
- Liberal systemic opioid use for cancer pain remains the standard of care<sup>1,2</sup>

<sup>1</sup> Payne R, Farnell B. The management of cancer pain. *CA Cancer J Clin.* 2011;61(3):157-182.

<sup>2</sup> Sirocic R, Abernethy AP, Anghelescu DL, et al. NCCN Adult Cancer Pain. Adult cancer pain. *J Natl Cancer Center.* 2011;11(1):1-10.



## How spinal cord stimulation works

Spinal cord stimulation (SCS) disrupts the pain signals travelling between the spinal cord and the brain.





# Choose the system that is right for you



- Small implantable device
- Fast battery recharge, empty to full in ~1 hour
- Full-body MRI access†



- High-performance, recharge-free battery
- Thin size designed with your comfort in mind
- Full-body MRI access‡

† Under specific conditions and requires SureScan™ MRD implantable neurostimulator and leads. Refer to product labeling for full list of conditions. Patients with non-Medtronic leads and an EMBS/AV20 adaptive extension are not eligible for an MRI.

© UC201710713NEN PAN Pain TAP Patient FY22

Medtronic

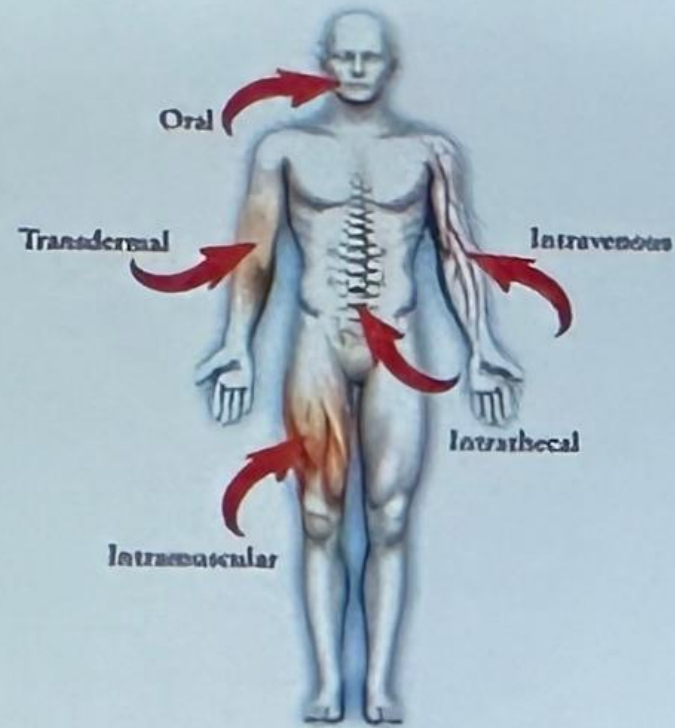


# Targeted drug delivery provides precise pain relief

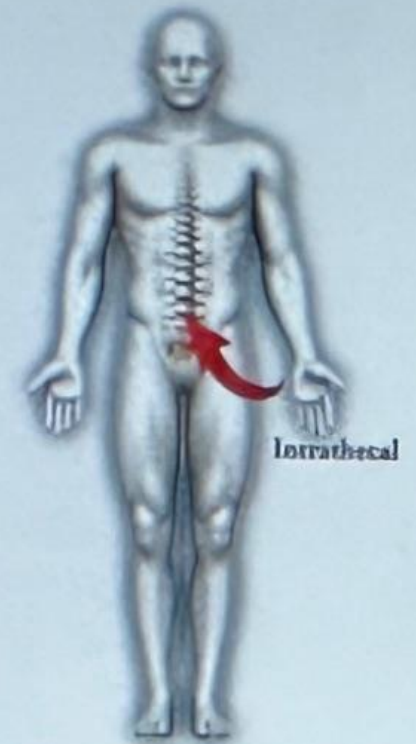
Targeted drug delivery (TDD) is an alternate route of delivering pain medication to help manage chronic pain at a fraction of the typical oral dose.

A pump is implanted just under the skin.

Tiny doses of pain medicine travel from the pump through a thin, flexible tube to the fluid surrounding the spinal cord.



**Oral**  
Systemic delivery through circulatory system



**Intrathecal**  
Targeted delivery of the drug directly to cerebral fluid

**Medtronic**



# Benefits of targeted drug delivery

## Effective pain relief

- Improved ability to function and participate in day-to-day activities<sup>1</sup>
- Provided effective pain relief<sup>2-3</sup>
- 87% of patients rated their quality of life as fair to excellent.<sup>3</sup>
- 90% of patients would recommend therapy to a family member or friend.<sup>3</sup>

## Potential to lower or eliminate use of oral pain medications

- Less or no need for oral pain medication<sup>2-4</sup>
- Fewer side effects compared to oral medication<sup>5</sup>
- 51% of patients completely eliminated other opioids at 12 months after implant.<sup>6</sup>



1. Roberts LL, Nish PM, Goucke CR, Price LM. Outcome of intrathecal opioids in chronic non-cancer pain. *Eur J Pain*. 2001;5:353-361.
2. Hamza M, Doleys D, Wills BA, et al. Prospective study of 3-year follow-up of low dose intrathecal opioids in the management of chronic non-malignant pain. *Pain Med*. 2012;13:1304-1313.
3. Deer T, Chappelle L, Classen A, et al. Intrathecal drug delivery for treatment of chronic low back pain: report from the National Outcomes Registry for Low Back Pain. *Pain Med*. 2004;5:6-13.
4. Grider JS, Hamad ML, Eusebio MA. Patient selection and outcomes using a low dose intrathecal opioid bolus method for chronic nonmalignant pain. *Pain Physician*. 2011;14:343-351.
5. Smith TJ, Sjaals PS, Deer T, et al. Randomized clinical trial of an implantable drug delivery system compared with comprehensive medical management for refractory cancer pain: effect on pain, drug-related toxicity, and survival. *J Clin Oncol*. 2002;20:4040-4049.
6. Rathnayake JA, et al. Systemic opioid elimination after implantation of an intrathecal drug delivery system significantly reduced health-care expenditures. *Neuromodulation*. 2015 Apr;18(2):207-13.



# Prevalence & impact

## Vertebral compression fractures (VCFs)

>800,000 VCFs/year in US

Commonly due to osteoporosis

Can result from cancer or benign lesions\*

Both women and men are at risk



hip  
1,000,000

fracture estimates<sup>1</sup>



wrist  
400,000



vertebral  
700,000

among white women in the US



**Approximately 25%** of post-menopausal women are affected by VCFs.<sup>1</sup>



# A personalized solution

## Kyphon™ balloon kyphoplasty procedure overview

- Orthopedic balloons gently elevate fractured vertebra into its correct position.
- Cavity is filled with bone cement, creating an internal cast to support the surrounding bone.

Minimally invasive procedure performed under general or local anesthesia that aims to:

- Stabilize painful VCFs
- Reduce back pain
- Restore vertebral body height<sup>6</sup>





# Clinical Benefits

## Kyphon™ balloon kyphoplasty



Compared to non-surgical management (NSM), BKP was shown to provide clinical benefits including:<sup>6</sup>

### **Rapid and sustained pain relief**

3 times more pain reduction at 1 week<sup>7</sup>

### **Enhanced quality of life**

4 times more improvement in quality of life at 1 month<sup>7</sup>

### **Improved mobility**

5 fewer days of restricted activity at 1 month<sup>7</sup>

### **Less use of narcotic analgesics**

Fewer BKP patients used opioids through 6 months<sup>6</sup>

### **Comparable safety results**

Similar in overall frequency of adverse events and serious adverse events<sup>6</sup>





BECK JR.

HARD ROCKERS

Twins





extraordinary

GO JACKS













extraordinary



RAPID CITY  
COSMOPOLITAN CL  
SOUTH DAKOTA



JIM  
KECK, JR.









DAVE  
DAUGHTERS

S.O.U. & AIRMS



PRESIDENT











**Thirsty's**  
BURGERS & BEER  
819 MAIN ST. RAPID CITY, SD 57702



*Sturgis*  
South  
Dakota



*Cleon Dires was the Lucky Mr. X for the Day. He won \$5.00 and gave it back to the Club.*



Nancy Trautman, Club President

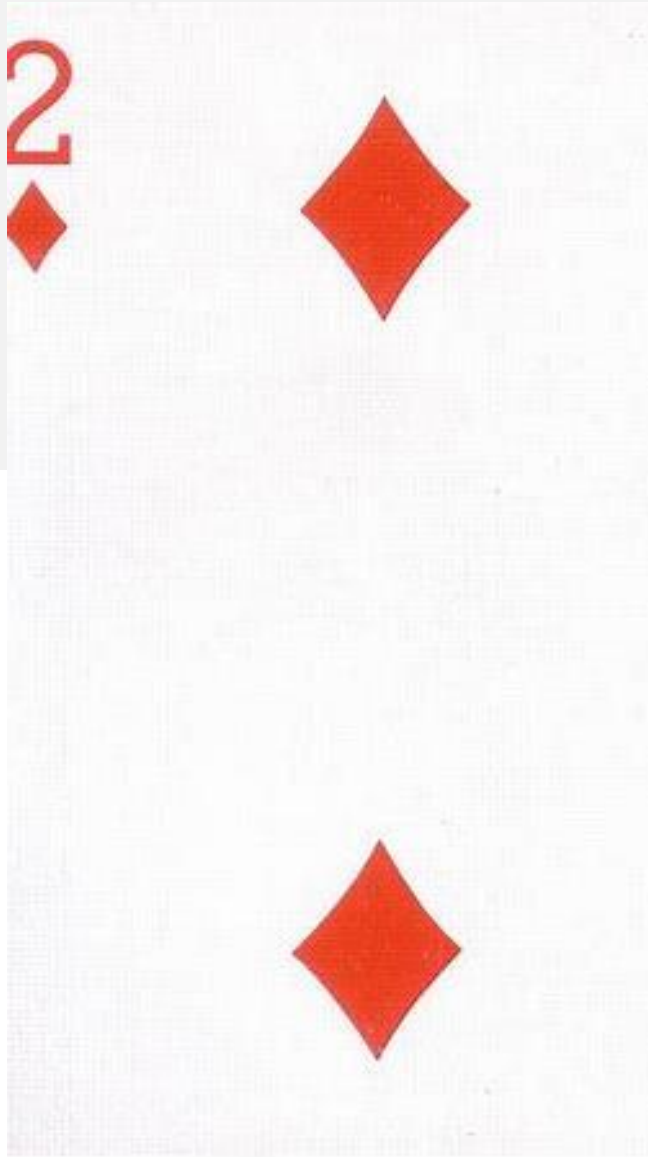




*Steve Doshier had the 50-30 ticket. He won \$13.00 Dollars.*







***New Member  
Sandra Miller was  
the Lucky 2 of  
Diamonds Winner.  
She drew the  
Queen of Spades.  
There were 16  
Cards. It was  
worth \$317.50  
Dollars.***



# *Upcoming Cosmopolitan Meetings*

**April 29, 2024. Noon Meeting**

**May 6, 2024. Miranda O'Bryan-Miss South Dakota**

**May 13, 2024. Brain Machino-Hives For Heroes**

**May 20, 2024. Noon Meeting**

**Mat 27, 2024. No Meeting Memorial Day**





# Member Birthdays

<u>Name</u>	<u>Date</u>
<b>Scholl, Bill</b>	<b>April 5</b>
<b>Rodriguez, Susan</b>	<b>April 7</b>
<b>Miller, Dan</b>	<b>April 9</b>
<b>Magnuson, Rosa</b>	<b>April 18</b>
<b>Newell, Michael</b>	<b>April 22</b>
<b>Edelen, Rachel</b>	<b>April 23</b>
<b>Dzintars, Viktor</b>	<b>April 28</b>





# Date Joined RC Cosmopolitan Club

## Anniversaries for April

<u>Name</u>	<u>Years</u>	<u>Date</u>
Kahler, Dick	66 years	Apr. 01 1958
Goodsell, G.	48 years	Apr. 05 1976
Murchison, Robbie	34 years	Apr. 20 1990
Locke, Clay	34 years	Apr. 24 1990
Rodriguez, Susan	30 years	Apr. 07 1994
Keck, Bill	28 years	Apr. 11 1996
Dzintars, Lesley	21 years	Apr. 28 2003
Schuh, Jim	19 years	Apr. 06 2005
Sumption, Brian	16 years	Apr 22, 2008





# Date Joined RC Cosmopolitan Club

## Anniversaries for April

<u>Name</u>	<u>Years</u>	<u>Date</u>
Gunn, Rodney	14 years	Apr. 05 2010
Ferley, Elizabeth-Anne	14 years	Apr. 05 2010
Evans, Michelle	13 years	Apr. 18 2011
Miller, Dan	13 years	Apr. 20 2011
Culver, Nola	12 years	Apr. 06 2012
Spreizer, Christina	6 years	Apr. 23 2018
Diers, Cleon	3 years	Apr. 01 2021
Kerr, Becky	3 years	Apr. 01 2021





# Date Joined RC Cosmopolitan Club

## Anniversaries for April

<u>Name</u>	<u>Years</u>	<u>Date</u>
Silcox, Marian	2 years	Apr. 01 2022
Blackwell, Jim	2 years	Apr. 01 2022
Miller, Kathy	1 year	Apr. 01 2023





# Cosmo Ushering Event Coordinators

- Please e-mail or call the team in charge to sign up for the event or if you need to cancel
- Becky Kerr – Theater [barefootbecky3209@gmail.com](mailto:barefootbecky3209@gmail.com)  
(C) (605) 391-8738
- Rod Gunn – Ice Arena [rgunn@rap.midco.net](mailto:rgunn@rap.midco.net) (C) (605)-381-3235..
- Gloria Gunn - Summer Nights [grgunn@rap.midco.net](mailto:grgunn@rap.midco.net) (C) (605) 381-7075
- Jim and Arletta Schuh – Summit and Barnett Arena [gymshoe122964@gmail.com](mailto:gymshoe122964@gmail.com)  
(C) (505)-391-8664
- Rod Gunn – Club’s Website <https://portal.clubrunner.co/101337>  
(C) 605 381-3532
- Rhonda Reuwsaat-Facebook Coordinator **RC Cosmopolitan Club**  
© (605)-209-0615



# Rapid City Cosmopolitan Club President



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## Rapid City Cosmopolitan Club President

- **Chuck Reuwsaat**
- **PO Box 994**
- **Rapid City, South Dakota  
57709**



# North Central Federation Governor



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## **North Central Federation Governor**

- Nancy Trautman**
- PO Box 994**
- Rapid City, South Dakota 57709**



# ***COSMOPOLITAN CONTACT LIST***

## ***Cosmopolitan International Headquarters:***

***Melvina Newman, Executive Director***

***Phone 717-295-7142***

***headquarters@cosmopolitan.org***

***2500 West 49th Street, Ste 223, Sioux Falls, SD 57106-6508***

## ***North Central Federation:***

***Nancy Trautman, Governor***

***Phone 605-484-1316***

***njt751@gmail.com***

***2032 Promise Rd Apt 3418, Rapid City, SD 57701***



# *Cosmopolitan International Executive Director*

- The close of our 2022-2023 year is now history and it was closed out in grand fashion with a fun filled convention. Not only the fun, there was also the opportunity to attend some outstanding education seminars in marketing, membership and more. If you were at International convention, you were able to bring home many ideas to share with the members of your club and it is now time to use those ideas as you look to the future*

*Melvina Newman*

*headquarters@cosmopolitan.org*





## **North Central Federation Board:**

**Governor Nancy Trautman**

***njt751@gmail.com***

**Governor- Elect: Deb Petersen**  
***petedoug44@sio.midco.net***

**Secretary Cherry Luitjens**  
***Cherry.dakota@gmail.com***

**Past Governor: Melvina Newman**  
***melvinanew@aol.com***

**Bruce McCollier**  
***brucemcc@sio.midco.net***

**Lt. Governor: Chuck Reuwsaat**  
***c.reuwsaat@rap.midco.net***

**Sioux Falls Noon President**  
**Deb Petersen Sioux Falls Evening**

**Treasurer Chris Bauer**  
***cbauer@cortrustbank.com***

**President Chuck Reuwsatt**  
**Rapid City Club President**

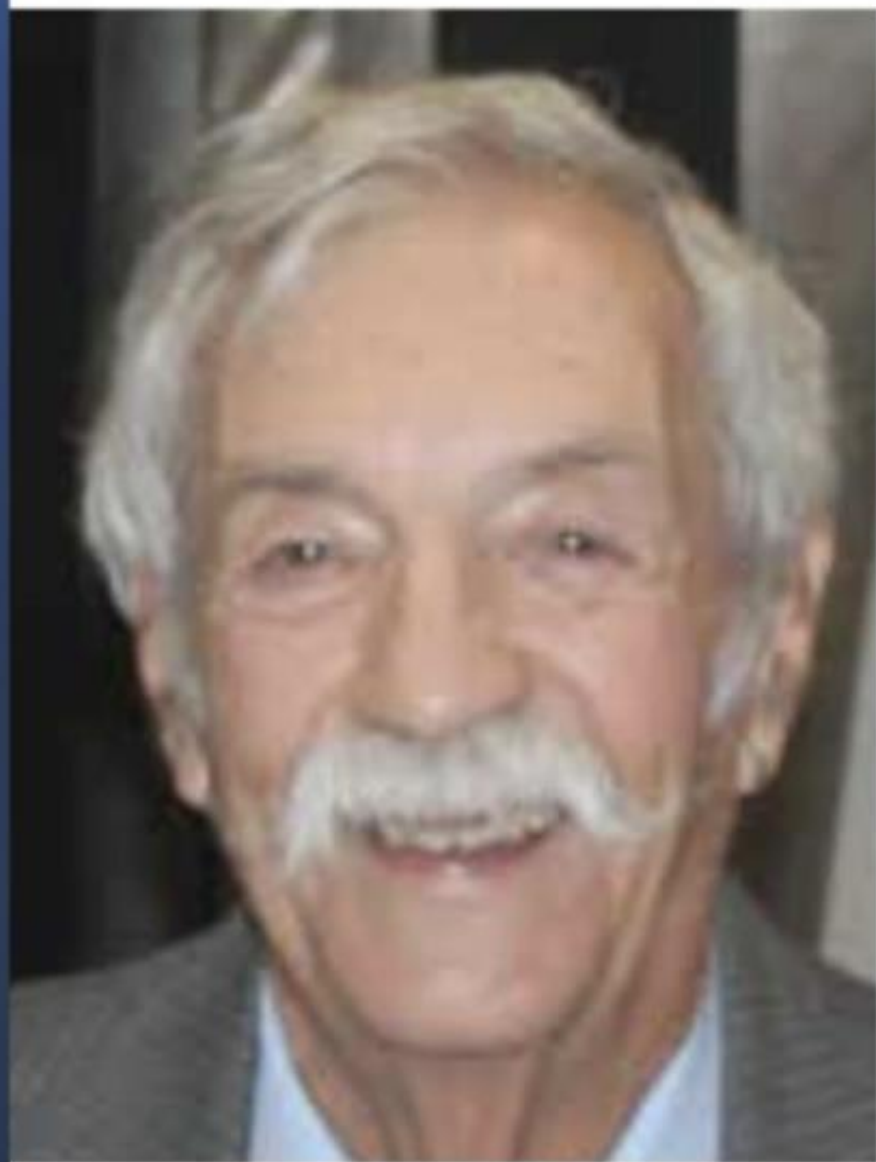


***WHAT IS YOUR WISH FOR  
COSMOPOLITAN INTERNATIONAL –  
THE SKY'S THE LIMIT!***



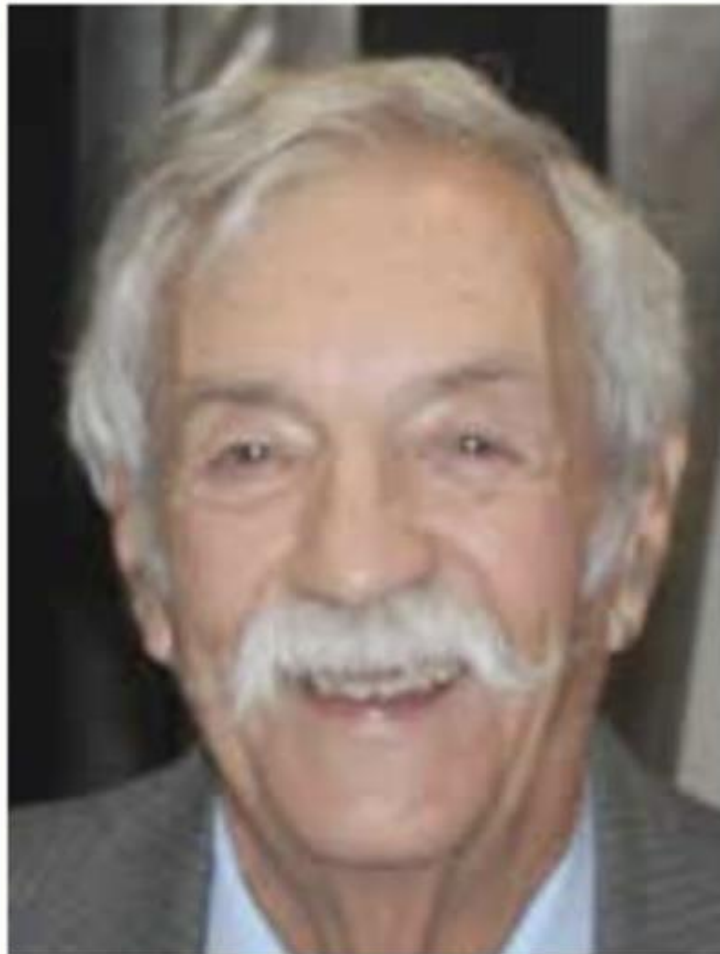


## International President Dick Groton



- We are fortunate to have some really talented people serving as officers who will help with the implementation of our programs. Plus, you have Candy to help me and for that you are most fortunate! Most of you have had some contact with her as she contacted your clubs to update member rosters, current club officers, and names of members who have passed away this year for memorial recognition at the International Convention. Speaking of the International Convention, I can't remember the first convention Candy and I attended. It's been a few years ago. It may have been the convention in New Orleans; that was certainly a memorable one as we paraded down Bourbon Street complete with marching band!





## International President Dick Gorton

- **The conventions offer a number of opportunities and benefits. The first is to renew old friendships and make new ones. As a member of Cosmopolitan you will be able to participate in our business meetings and make decisions that are critical to our success. You will also visit some interesting places, places that you might not have seen if it were not for our conventions. Places like Gettysburg, New Orleans, Calgary, Rapid City, Omaha, Las Vegas, and Norfolk. Lastly, our conventions provide the latest information on what is happening with diabetes research and offer the opportunity to develop a new Cosmo project to help find a cure for this dreaded disease!**
- **Dick Gorton Cosmopolitan President-  
thegortons@cox.net**



International  
President and  
First Lady  
Dick and Candy  
Gorton





### **How did you become a Cosmo?**

I golfed with a bunch of guys who were Cosmos and they asked me to join.

### **What is one thing about you that you want people to know?**

I have three that help define me. The first is that I am one of the fortunate few to have overcome diabetes. The second is that I was one of the first people in the federal government to have the responsibility to implement the environmental laws that were passed from 1970 to 1973. The third is that I was a combat engineer platoon leader in Vietnam.

### **What was your first job?**

I started working in a drug store at age 14.



**Tell us about your career.**

For most of my career I worked for the Army Corps of Engineers as an engineer. The last 15 years of my career I worked for an engineering firm, HDR, in Omaha. I retired when I was 70.

**How do you feel your career experience helps you with being the International President?**

I spent a lot of my time working with people, both in the office and the general public. I think that experience helps me in working with the people in Cosmos.

**What is some of the best advice you have ever received?**

I will learn more with my ears open and my mouth shut.



**Tell us about Candy, our First Lady. How did you meet?  
What are some wonderful things to know about her?**

Candy and I met while working for the Army Corps of Engineers in Omaha. She cares about people, especially family. She is one of the smartest people I know. Her organizational skills help me continuously. The fact that she loves me and married me is amazing to me!



### **Tell us about your family.**

We have a blended family. Candy and I each have children from previous marriages. We also have extended family. All told we have four kids, 20 grandkids, and 14 great grandkids with two more on the way. We have been fortunate in that our blended family all get along. For instance, our two youngest sons are both plumbers and have worked together for years.



Another example was shortly after we got married, we had Christmas at our house and invited all the family over. It was the first time they would be getting together in a large group. I was curious as to how everyone would relate, especially our 20 grandkids. They all knew each other, but hadn't been together in a combined family setting. As the families arrived, the siblings split up and joined their "cousins" who were their age. It occurred to me that our blended family may be OK.



## **5 Favorites:**

**Favorite TV Show:** Pretty much any PBS Masterpiece Mystery

**Favorite Movie:** The Big Chill

**Favorite Food:** LaCasa's Pizza (an Omaha Italian restaurant I started going to in 1957 when I was in high school)

**Favorite Book:** Lord of the Rings

**Favorite Sports Team:** any Nebraska Husker team! Go Big Red!



# Cosmopolitan International Officers

*International President -  
Dick Gorton, Omaha  
Cornhusker Club*

*VP of Finance - Keith  
Shepherd, Regina Club*

*VP of Membership - Tim  
Dollens, Columbia  
Luncheon & Breakfast  
Clubs*

*VP of Marketing and  
Fundraising - Sheila  
Anderson, Sioux Falls  
Evening Club*

*Judge Advocate - Jim  
McVay, Omaha  
Cornhusker Club*

*Capital Federation  
Governor - Perry  
Johnson, Norfolk Club*

*Cornbelt Federation  
Governor - Gery  
Whalen, Omaha 1-80  
Club*

*Mid-States Federation  
Governor - LaVonne  
Hawking, Aurora Club*

*Mo-Kan Federation  
Governor - Dayton  
Shepherd, Columbia  
Show-Me & St. Charles  
County Clubs*

*North Central  
Federation Governor -  
Nancy Trautman Rapid  
City Club*

*Western Canada  
Federation Governor -  
John Krysak, Wascana  
Club*

