



# Rock Island Rotary Weekly Review



December 11, 2018: Volume XXVI, Issue 24  
MEETING EVERY TUESDAY NOON - QUAD CITY BOTANICAL CENTER

## ILLINOIS MEDICAL SOCIETY

Katherine M. Tynus, MD, FACP, president of the Illinois State Medical Society was our guest speaker at today's Rock Island Rotary meeting. Dr. Tynus' medical specialty is Internal Medicine. She is board certified and practicing with Northwestern Medical Group in Chicago. She serves on the medical staff at Northwestern Memorial Hospital where she is also a clinical associate professor at the Northwestern University Feinberg School of Medicine. Dr. Tynus serves on the Accreditation Council for Graduate Medical Education Transitional Year Review Committee and previously served on the American Board of Internal Medicine Test Writing Committee. A graduate of Northwestern University, Dr. Tynus majored in speech and communications as an undergraduate. She earned her medical degree at the University of Illinois College of Medicine at Rockford before completing an internal medicine residency at Loyola University Medical Center. Dr. Tynus stated that the Medical Society has been actively working to pass legislation to lower health care costs. "Step Therapy", the practice of requiring a patient to try a less expensive medication as opposed to medicine ordered by the patient's doctor and establish that less expensive option failed before the insurer will pay for the more expensive medication is curtailed under newly passed legislation. Other legislations stopped "Prior Authorization", the practice of denying payment for a prescription and requiring the doctor to complete a substantial amount of redtape paper work before the insurers would authorize payment has been prohibited in mental health and substance abuse prescriptions. That practice caused undue and often critical delays in getting needed medication to patients. Yet another new law prohibits insurance companies from changing the coverage for medications during the term of the insurance policy. A very important new law requires insurers who offer stage four cancer coverage to include medications used in treating the cancer. Another new law allows medicaid patients to continue seeing their primary physician after the physician is dropped from the medicaid program until they have time to find a new physician. One other new legislation extends from 12 to 15 months the maximum time for long term refillable prescriptions. Dr. Tynus said this year the Medical Society will be working to extend curtailment of Prior Authorization practices to all medical conditions. They will also continue their effort to raise the legal age for purchasing tobacco products from 18 to 21. She noted that through efforts of the Medical Society, prescriptions for opioid medications have decreased by 23%. In questioning, Dr. Tynus stated that a shortage of doctors exists generally and particularly in Illinois. She noted that in some rural areas doctors are not anywhere nearby and care is often provided by nurse practitioners and physician assistants. She stated that immigration requirements have made it more difficult for foreign medical personnel and students to enter the country. She also noted that Illinois is not considered a "friendly climate" for doctors. Insurance is higher than in other states, taxes are high, and Illinois has not placed caps on litigation. As a result, doctors are more likely to select another state for their practice. It was a very interesting and informative program and we thank Rotarian, Dr. Bud Phillis for arranging for Dr. Tynus' visit.



### December - January Calendar

- Dec 18 - Community Grants Committee 11:15 am
- Dec 18 - Tom & Molly, "The 4-Way Test and the 2018 Tax Act!"
- Dec 25 - No meeting - Merry Christmas!
- Jan 1 - No meeting - Happy New Year!
- Jan 7 - MONDAY - Joint with Kiwanis Mayor Thoms' "State of the City"
- Jan 15 - Mark Poulos - "River Rescuing Today"
- Jan 22 - Lauren Hall, 2018 recipient of the Rock Island Rotary Augustana College Scholarship.
- Jan 29 - Angela Campbell "Rock Island Library's New Strategic Plan"



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## Officers

Sue Cassatt, President  
Mark Mayeski, 1st VP  
Angela Campbell, 2nd VP  
Anne McGlynn, Secretary  
Carrie Crossen, Treasurer  
Bruce Peterson, Past Pres.  
Co-Sergeant at Arms  
Bob Swanson & Vic Boblett

## Board Members

Rick Emery  
Sarah Gorham  
Kathy Lelonek  
John Oliger  
Justin Peterson  
Molly Shattuck  
Bill Stengel  
Tammy Weikert

## Program Chairs 2018-19

Aug – Sept: Stan Coin  
Oct – Nov: Mike Locander  
Dec – Jan: John Wetzel  
Feb – Mar: TBA  
Apr – May: Gary Rowe  
June – July: TBA

# Club Notes & Announcements!

□ **WELCOME GUESTS!** Rock Island Rotary was pleased to welcome many guests attending today's meeting. Our Exchange daughter, Ricio Hernandez attended, as did Jr. Rotarians from Alleman Paige Nimrick and Gabriela Loiz, and Jr. Rotarian from Rocky, Monica Diaz. Amber Brummit, a prospective corporate member from the Quad City Bank & Trust was present as a guest of Tom Hammar. Elizabeth Hauser, Cade Nelson, Sydney Grau, Hannah Prigge, and Ashley Garber, all members of the Riverdale Interact Club joined as, as did ShaKeem Gilliam, a guest of Linda Golden. Sarah Bobus of the Illinois State Medical Society was in attendance as a guest of the Club. Visiting Rotarians this week were Mark Zimmerman of the Davenport Club, Duncan Cameron from the Naples, Florida Club; and Bruce Peterson, DDS, from the River Cities Club. Guests are always welcome at Rock Island Rotary.

□ **COMMUNITY GRANTS COMMITTEE** will meet next Tuesday, December 18<sup>th</sup> at 11:15am. Members are: Chair Frank Lambert, Clarence Darrow, Kevin Koski, Bud Phillis, Ardo Holmgren. Others interested are welcome.

□ **ANGEL TREE – We must have Angel Tree gifts returned no later than next Tuesday's meeting.** Molly will be loading them into her car and heading to Earl Hanson School to make sure the children have their presents. Thanks to all who selected a little boy or girl to surprise this holiday season!

□ **SERVICE–** Help is still needed with the Heart of Hope Food Pantry. We help every Thursdays from 5:30 to 7:30pm. It's easy duty and is truly Service Above Self at its most basic definition. Volunteers have been scarce lately, so please contact Al Metz to join our team of volunteers! Used but sound plastic bags are needed too. They also are collecting men's and women's winter clothing for their free clothing exchange. Drop off anytime the Heart of Hope Center is open. Call Al Metz to volunteer to help at 309-236-2013.

## FOUNDATION RAFFLE REPORT



Today's raffle featured fine wine from the Lo Milani Collection, a Dr. Tadlock wooden bowl and a 50/50 cash drawing. The first lucky ticket was held by Tammy Weikert who took the bowl. John Daly had the second ticket and took the cash and donated it to the Rotary Foundation! The final winning ticket was held by Al Metz and he took the wine. Keep in mind, all raffle proceeds go to support the International Rotary Foundation.

Thank you to all who participated!

## New Club By-Laws Adopted

New By-Laws for our Club were previously distributed to all members via email and/or printed copy. The document was the culmination of many months of work with numerous revisions and edits prior to receiving approval by our Board of Directors for presentation to the membership for adoption. A Club vote to adopt the By-laws was taken today resulting in adoption as presented. Thanks to President Sue Cassatt and all who worked on the project. The new constitution and by-laws will be posted on our [www.rirotary.com](http://www.rirotary.com) website where it can be reviewed and printed at any time.

## NOMINATING COMMITTEE PRESENTS SLATE OF OFFICER & BOARD CANDIDATES

Nominating committee chairman Frank Lambert presented the following slate of officers and board candidate nominees for election for the 2019-2020 Rotary Year. Nominees are: President Mark Mayeski; 1st VP Angela Campbell; 2nd VP Justin Peterson; Treasurer Carrie Crossen; Secretary Anne McGlynn; Sergeant at arms Bob Swanson. Directors: 1-year term: Rick Emery, Kathy Lelonek, John Oliger, Bill Stengel (elected last year). Directors: 2-year term: Cindi Gramenz, Howard Beck, Karla Thies, and Eric Westphall.

## Foundation Minute

Rotarian Karin Davies, a retired pediatrician and a member of the Rotary Club of Del Mar, California, marshaled resources and connected key players to establish a curriculum for neonatal care at the University of Gondar's College of Medicine and Health Sciences in Ethiopia, which is helping reduce their high infant mortality rate.

Davis led four vocational training team trips to Gondar between 2015 and 2017. The team, funded by a \$107,000 Rotary Foundation Global Grant, trained 73 health care providers who now teach classes for midwives, nurses, and medical students on resuscitation techniques and post-recitation care for newborns.

She relates that she had just finished teaching a group of Ethiopian health care providers a life-saving technique for newborn babies, when a third-year obstetric resident came rushing in - "It really works," he said. The night before, he had delivered an infant who was born limp and not breathing. After several unsuccessful attempts to stimulate the baby's breathing, he used a technique, known as positive pressure ventilation, that he had learned only the day before. Within minutes, the baby was screaming.

"We saw the power of vocational training right before our eyes." Your contribution to TRF enables this happen! Thank you

## ROTARIANS / KIWANIS AND FRIENDS CELEBRATE

On December 5<sup>th</sup> a group of 78 Rotarians, Kiwanians, families and friends celebrated the holidays by attending the Circa 21 performance of *Annie*. The evening began with a private party in the Salon with luscious chocolate covered strawberries, cheeses, crackers, veggies and dip, Swedish meatballs, and barbequed little smokies. Guests were welcomed by Kiwanis past-president, Jeff Condit and Rotary president, Sue Cassatt. The gathering then entered the theater for a buffet banquet featuring white fish, sliced Virginia ham, and roasted turkey, plus dressing, potatoes, gravy, creamed peas, roasted carrots, soup, salad, and rolls. The Bootleggers waitstaff danced and sang a collection of "Santa's Top 10 Favorite Christmas Songs" and as usual, did an outstanding job. Then the curtain opened for *Annie*. The show lived up to its impressive reviews, described by Argus-Dispatch critic, Jonathan Turner as, "An ideal gift for the holiday season." He also stated, "With assured direction and entertaining choreography by Trey Compton, the perfectly cast production emphasizes the true values of family, honesty, hope, optimism and togetherness." Strong performance in every roll, particularly Daddy Warbucks, Annie, and all the orphans were given! It was a fantastic show, but pictures speak louder than words .....



Don't miss the party next year!



## PLANNING AHEAD

With Christmas and New Years both falling on Tuesday this year, Rock Island Rotary meetings for those days have been cancelled. That mean that we will meet just twice more in December, next week on the 11<sup>th</sup> and the following week on the 18<sup>th</sup>. We will then not meet again until our first meeting in January. That meeting will be on MONDAY, January 7<sup>th</sup>. It will be a joint meeting with Rock Island Kiwanis to hear Mayor Mike Thoms' "State of the City" address.

Be sure to mark your calendar. I'm sure Angela Campbell will have some nice fines lined up for anyone who shows up a day late on the 8<sup>th</sup>!



There is just one more Tuesday meetings this year. Donating to the Rotary Foundation before the end of the year will be matched by the Gates Foundation 2/1. Thus a \$100.00 donation will be \$300.00 after the match. Any donation will be gladly excepted I just used \$100.00 as an example. The Gates match ends at the end of 2018. Also, those who made a pledge to Polio eradication over three years can pay it all now to take advantage of the match.

## RIVERDALE HIGH SCHOOL INTERACT CLUB DONATES!

More than nine months ago on March 7<sup>th</sup>, Bob and Bud presented our Kenya Water Filter Project to the Interact Club at Riverdale High School. We had heard nothing from them since, but little did we know the Interact kids went to work! They held a blood drive and received a grant for exceeding their 20-unit goal. They held a series of other fund raisers and today paid Rock Island Rotary a visit. To the surprise of the Club, and particularly to Bob and Bud, representatives of the Club presented a \$350 donation for our Water Filter project. That is enough to fully purchase a filter and provide safe water for 70 children in Kenya!



Elizabeth Hauser, Cade Nelson, Sydney Grau, Hannah Prigge and Ashley Garber, members of the Riverdale Interact Club presented a check to Rock Island Rotary.