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Rick Fooy

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Appointments

Membership Chair

Josh Graves

Rotary Spirit

This could be you

Programs

Krietz & Weed

Public Relations

Dick Ringness

Stockton East Rotary
 meets every Friday
 12:15 PM
 Elkhorn Country Club

Grapevine

The Official Newsletter of Stockton East Rotary

Send all official correspondence to Stockton East Rotary, Post Office Box 8626, Stockton, California 95208-0626

The Grapevine

Oct 31, 2008

Today's Speaker is **Richard Goldman, MD**

After more than two decades of endeavoring to save lives as a treating physician and Medical Director of the Emergency Department of St. Joseph's Medical Center, a life-altering health episode initiated a career change into Palliative Care, assuring comfort and dignity for those lives that cannot be saved.

Palliative care (from Latin *palliare*, to cloak) is any form of medical care or treatment that concentrates on reducing the severity of disease symptoms, rather than striving to halt, delay or reverse progression of the disease itself or provide a cure. The goal is to prevent and relieve suffering and to improve quality of life for people facing serious, complex illness. Non-hospice palliative care is not dependent on prognosis and is offered in conjunction with curative and all other appropriate forms of medical treatment. It should not be confused with *hospice care* which delivers palliative care to those at the end of life.

The term "palliative care" may be used generally to refer to any care that alleviates symptoms, whether or not there is hope of a cure by other means; thus a recent WHO statement calls palliative care "an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness."

(continued on page 3)

Future Programs

- Nov 7th **Frank Bauer, President of Sunwest Sports**
- Nov 14th **Cheryl DeLaCruz from Delta College**
- Nov 21st **Kathryn Byers, the principal of Nightingale School**

Important Dates to Remember

- Nov 11th **SER Board Meeting**
- Nov 14th **Annual Meeting and Elections**
- Nov 25th **All City Luncheon**
- Dec 2nd **SER Board Meeting**
- Dec 18th **Sears Shopping Spree**
- Dec 20th **Salvation Army Bell Ringing**



SERVICE Above Self

District 5220 Make-Up Opportunities

MONDAY

Lodi Tokay	Noon
	Gary's Uptown Restaurant
Modesto Gateway	Noon
	Sportsmen of Stanislaus Club
Modesto North	6:15 PM
	Appetez
Stockton Delta	Noon
	Angelina's Restaurant

TUESDAY

Manteca Morning	6:45 AM
	Doctor's Hospital
Modesto	12:15 PM
	Double Tree Hotel
North Stockton	Noon
	Brookside Country Club
Stockton Sunrise	7:00 AM
	Brookside Country Club
Tracy	Noon
	Anthony's Steak House

WEDNESDAY

Lodi Sunrise	7:00 AM
	Chancellor Place
Modesto East	12:15 PM
	Hazel's Elegant Dining
Oakdale	12:15 PM
	Oakdale Golf & C.C.
Ripon	12:10 PM
	Barnwood Restaurant
Stockton	Noon
	Stockton Golf and C.C.
Tracy Sunrise	6:45 AM
	Hometown Buffet, Mall

THURSDAY

Lathrop Sunrise	6:30 AM
	Holiday Inn Express
Lodi	Noon
	Burgundy Hall, Lodi Grape & Festival Grounds
Manteca	Noon
	Isadore's Restaurant
Modesto Sunrise	7:00 AM
	SOS Club
Riverbank	7:15 AM
	Riverbank Fire Hall

FRIDAY

Galt	Noon
	Golden Acorn
Galt Sunrise	7:00 AM
	Estrellita High School
Oakdale Sunrise	7:00 AM
	Oakdale Country Club
Salida	6:45 AM
	Holiday Inn Express

Pure Potpourri from President Potter

As you will recall during our club assembly we had a great sharing period regarding our club and your feelings about what we need to be successful in growing our club.

It appears that most of the attendees felt that we needed more social events with our Rotary family. As we gather together socially we share our lives with each other and form stronger bonds of friendship.

I would like to throw out an idea that has become popular in our church, which is called dinners for eight. The members are randomly put in groups of 4 couples on a list. Each couple has the opportunity to be the HOST and

decides where and when to meet. The get together could be a breakfast, lunch or dinner. The meeting place could be at a restaurant or a home. The host can decide; the idea is to get to know the people in a very personal way. Many of the meals we have had have been potluck at the host's home, in which the host couple assigns the meal courses to the other three couples. The groups meet monthly until all for couples have been host.

At the end of the 4th month new assignments are made with different couples; and the program continues. My wife Bev and I have found that we really get to learn more about people in our church that we might not otherwise have known many new friendships have been formed.

Another item that was brought up was the importance of each of us to attend OUR clubs meetings. We need your ideas and your fellowship. Regular attendance is very important to share ideas and fellowship with one another. Please attend regularly.

Yours in Rotary,

Craig Potter
President of Stockton East Rotary



THE FOUR-WAY TEST of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOOD WILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

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Palliative treatments may also be used to alleviate the side effects of curative treatments, such as relieving the nausea associated with chemotherapy.

The term "palliative care" is increasingly used with regard to diseases other than cancer such as chronic, progressive pulmonary disorders, renal disease, chronic heart failure, and progressive neurological conditions. In addition, the rapidly-growing field of pediatric palliative care has clearly shown the need for services geared specifically for children with serious illness.

Although the concept of palliative care is not new most physicians have traditionally concentrated on trying to cure patients. Treatments for alleviation of symptoms were viewed as hazardous and seen as inviting addiction and other unwanted side effects.

The focus on a patient's quality of life has increased greatly over the past twenty years. In the United States today 55% of hospitals with over 100 beds offer a palliative care program and nearly one-fifth of community hospitals have palliative care programs. A relatively recent development is the concept of a dedicated health care team that is entirely geared toward palliative treatment, called a palliative care team.

Nominations for 2009-2010 Board of Directors

President	Jeff Prag
President Elect	Neil Hamilton
Past President	Craig Potter
Vice President	Chris Weed
Secretary	Jeff Pate
Treasurer	Joan Levyssohn
Sergeant at Arms	Dick Ennis

SER Friday Greeters

Today: Thgirw Kcuhc

Next Week: Dave Wilcox


SER Birthdays:

10/26 Gary Medina; 10/27 Julie Pate; 11/1 Collins Wight

SER Anniversaries:

None

TERMINOUS BOAT & RV STORAGE
 Charlie Jacobs



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