



# Swarthmore Rotary Cog Notes



P.O. Box 4, Swarthmore, PA 19081

July 18, 2019

Mark Daniel Maloney  
RI President 2019-20  
Peter A Mardinly  
District 7450 Governor

Swarthmore Rotary  
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Maria Michael Zissimos  
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Youth Services Chair  
Craig Fava  
iPast President  
William Clinton Hale  
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Brian N. Casey  
Club Executive Secretary  
Sonya Pappas  
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Club Programs Chair  
Penelope Reed  
Public Relations Chair  
Barbara Whitaker-Shimko  
Rotary Foundation Chair  
Heather Saunders  
Interact Club Sponsor  
Sean Murphy  
Assistant Governor

Service Quotation

**“DO GOOD AND  
FORGET ABOUT IT. DO  
BAD AND REMEMBER  
IT.” – Frank Gulli (1921-  
2013), Master Mason and  
Philosopher**

Rotary Celebrations!

Birthdays

No Birthdays Found

Wedding Anniversaries

No Wedding Anniversaries  
Found

Years of Service

No Years Of Service Found

Meetings and Events

July

18th - Meeting

Speaker: Greg Brown, Vice President for Finance and Administration, Swarthmore College  
Subject: Construction on Campus - The Maxine Singer '52 Hall

25th - Meeting

Speaker: Gwen Soffer, MSW, Nationalities Service Center  
Subject: Helping 5,000 immigrants and refugees make life anew in Philadelphia each year

August

1st - Meeting

Speaker: Marjorie Wainfan, Executive Director, The Art Barn Foundation  
Subject: Painting it Forward. Building Community Through Creativity and Kindness

## Table Grace

By Frederick E. Christian

Father, you have taught us by word and by example that we should work your works while it is yet day, before the night comes when no one can work. Keep us from idleness and from the misuse of these talents that you have put into our care. Here around these tables may we inspire one another to those good works that make life better or happier for others. We give thanks for the food to nourish us and the friendship here that Inspires us, O Lord of our lives. Amen.

## 4 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 GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

## Last Meeting Summary



Every second counts when treating stroke victims. Brain cells start to die quickly when deprived of blood, which is what happens during a stroke. Dr. Erol Veznedaroglu (or Dr. Vez), Director of Neurosciences at Crozer, explained that a stroke is a blockage by a clot in the blood supply to the brain. Unless the clot is removed, brain cells will die. Dr. Vez said Crozer's new Global Neuroscience Institute (GNI) is a regional center of excellence in treatment of diseases of the brain. It includes the regions first neurologic emergency department. He related an example of a Delaware County woman who had a stroke. Normally she would have gone to a local ER and then she would have been transported to the City for treatment because local hospitals were not able to remove blood clots in the brain. With the establishment of GNI's new emergency department, she was brought directly from her home to the ER and she was in surgery

## Happy Dollars

\$217

2019-20 Happy Dollars  
for Polio Plus Fund  
(\$3 to fully protect one child)

2018-19 total: \$3,845  
2017-18 total: \$4,515  
2016-17 total: \$3,756

## Guests Last Meeting

No Report

## Mark Your Calendars:

Phillies Night 07-31-2019  
Custom Text

to have the clot removed within half an hour of having the stroke. According to Dr. Vez, this speedy response made the difference between a significant loss of brain function and almost complete recovery. It appears we are fortunate to have such a facility so close at hand.

## stroke symptoms

From [www.webmd.com](http://www.webmd.com)

When you have a [stroke](#), your brain isn't getting the blood it needs. You need treatment right away to lower your chances of [brain damage](#), disability, or even death.

Use the FAST test to check for the most common [symptoms of a stroke](#) in yourself or someone else.

**Face:** Smile and see if one side of the face droops.

**Arms:** Raise both arms. Does one arm drop down?

**Speech:** Say a short phrase and check for slurred or strange speech.

**Time:** If the answer to any of these is yes, call 911 right away and write down the time when symptoms started.

Minutes matter in treating stroke. Calling a doctor or driving to the hospital yourself wastes time. Ambulance workers can judge your situation sooner, and that boosts your chance of getting the treatment you need as soon as possible.

Depending on the type of stroke, doctors may give you [aspirin](#) or powerful clot-busting drugs. The treatment works best when you get this medication within 3 hours of when your symptoms started. If your stroke was caused by a burst blood vessel, doctors will try to stop the bleeding as soon as possible.

## Warning Signs

Sometimes a stroke happens gradually, but you're likely to have one or more sudden symptoms like these:

- Numbness or weakness in your face, arm, or leg, especially on one side
- Confusion or trouble understanding other people
- Difficulty speaking
- Trouble seeing with one or both eyes
- Problems walking or staying balanced or coordinated
- [Dizziness](#)
- Severe headache that comes on for no reason

If you have these symptoms, call 911 even if you're not sure you're having a stroke.

## Be Prepared

Each year, some 800,000 people in the U.S. have a stroke. They can happen to anyone at any time. Planning for an emergency can make a big difference.

- Learn the warning signs of a stroke and let your family and friends know, too.
- If you have any medical conditions, wear a medical bracelet or other identification that lists them, your [allergies](#), and any [medication](#) you take.
- Teach your children the FAST test, plus how to call 911, give your address, and describe what's happening.