



March 27, 2010

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Report of Recent Club Speakers

Lou Jensen, Assistant Professor at Creighton University, spoke about strokes and re-habilitation at the Optimist Club on March 27. She teaches Occupational Therapy at Creighton.

Mrs. Jensen discussed the parts of the brain and the functions of each of the different parts of the brain. Then she talked about strokes. Strokes are the third leading cause of death, behind diseases of the heart and cancer. Stroke is the leading cause of disability in the U.S.

A stroke is defined as the interruption of normal blood flow in the brain that causes neurons in the brain to die. It is classified by neurological deficits (slurred speech, clumsiness, loss of balance, etc.) for at least 24 hours. A mini-stroke are where these deficits typically last for 1-5 minutes and cause no permanent brain damage. A mini-stroke is a warning sign for a future stroke. Some factors that can increase the risk of a stroke are smoking, high cholesterol, uncontrolled diabetes, high sodium/fat diets, previous strokes, and use of birth control pills.

There are two primary types of stroke; blockage in an artery and rupture of an artery. Most strokes (83%) are blockage in an artery and most drugs are for this type of stroke. Studies have shown that one of the newer drugs, t-PA (tissue plasminogen activator) produces a drastic reduction in stroke symptoms in some cases, but it must be administered within 4.5 hours.

A stroke is a medical emergency! Call 911 and get the person to a stroke capable hospital. There is a lot of brain research now that shows the brain can "re-wire" itself after a stroke, allowing a person to gain back many of the functions they lost from a stroke. The latest rehabilitation techniques assist the brain in this repair through focused practice and repetition.

Meeting Minutes

Gary Gutttau opened the meeting with the pledge and Ken Graham gave the prayer. Ken Graham,

Dick Baber, Kirk Vorthmann, Keith Denton, and Jeff Jacobsen provided jokes. There were 17 members and two guests in attendance.

Steve Irvin contributed to the Youth Fund for his granddaughter's first birthday. Gary Funkhouser contributed because his son is traveling around the world.

Ed Veldheisen won the 50-50 drawing. Gerald Forristall won the attendance drawing.

The club received 200 bags for the Can Kennel from Dahl distributing.

CALENDAR

- March proceeds for the Can Kennel will be for Art Students
- Apr 9-10 SPY garage sale
- Apr 11, Sunday, Griswold Optimist Club 25th anniversary. 6:30 p.m.
- Apr 24, Optimist International President's visit to Amana Clarion Inn, 5:00 p.m.
- Apr 24 – Jr. Treynor Women city wide garage sale
- Iowa Optimist District Convention - Convention dates July 29 to August 1.

Birthdays

- Apr 20 – Steve Chambers
- Apr 25 – Rocky Saar
- Apr 28 - Gene Seran

Anniversaries

- Apr 7 – Jim & Diane Clausen

Speakers

- Apr 4 – Matt Schultz, Lawyer, Council Bluffs City Councilman, Republican candidate for Iowa Secretary of State.
- Apr 11 – David Vault, Iowa State Auditor
- Apr 18 – YMCA Aquatic Director

Programs

- Apr – Chad Gutttau
- May – Dale Willenborg
- June – Linnea White
- July – Jeff Jorgensen
- Aug – Charlie Johnson
- Sept – Eric Allen
- Oct – Steve Irvin
- Nov – Arlyn Norris
- Dec – Chuck Nielsen/Keith Denton

Laughter is good for your health

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.