



Aug 4, 2018

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“STOP THE BLEED PROGRAM”

Nikki Rauth, assisted by Katie Morse, presented “Stop the Bleed” to the Treynor Optimists on August 4. Nikki is the Director of Emergency Services at CHI Health Mercy in Council Bluffs. Katie is the Travel Coordinator for the “Stop the Bleed” program. Both are certified trauma nurses.



L-R: Katie Morse, Nikki Rauth

After the Sandy Hook school shootings, The Hartford Consensus along with three other national trauma organizations came together and said “We need to do better.” Bleeding is the number one cause for preventable death regardless if it is a mass incident or an everyday incident. A person with a serious injury can bleed to death in five minutes.

Because of that meeting, grants were obtained to teach people how to become immediate responders, to recognize life threatening bleeding, and to learn the appropriate ways to stop bleeding.

The program included teaching about the basic principles – the ABC’s of Bleeding:

A – Alert 911- Get help.

B - Bleeding – find the source of bleeding and look for and identify “life threatening” bleeding.

C – Compress- various methods to use to stop the bleeding.

This free one-hour program is available to groups, businesses and organizations in SW Iowa. This program began about one year ago and this program has been taught to 350 people. The desire is to reach many more.

Kits ranging from \$55-\$99 are available for purchase or for sponsoring for public places.

Three persons attending the program won tourniquet kits: Ann Vorthmann, Jim Clausen, and Ken Graham.

Contact: 712-328-5010 to arrange a program.

Meeting Minutes

Dale Willenborg called the meeting to order. Fourteen members were present plus three guests, Katie Morse, Nikki Rauth, and Jordan Campbell, who has committed to becoming a new Optimist Club member.

Dee Guttau announced she would be baking (cinnamon rolls) for next week’s meeting to celebrate Chad’s birthday.

The regular meeting items were suspended to allow time for the one hour presentation today.

The meeting was adjourned after the presentation with the stating of the Optimist Creed.

Sunday Humor

A few hymns for those who speed on the highway:

55 mphGod Will Take Care of You

75 mph.....Nearer My God To Thee

85 mph.....This World is Not My Home

95 mph.....Lord, I’m Coming Home

100 mph..... Precious Memories

Remember: All guests are welcome! Come be informed and enjoy the fellowship. The coffee is on and donuts are available

Calendar

Aug 8 Can Kennel Sorting – Cardinal Core

Birthdays

Aug 11 Chad Guttau
Aug 23 Judy Guttau

Anniversaries

Aug. 13 Jerry & Barb Hempel
Aug. 25 Gary & Julia Funkhouser

Programs

August Judy Guttau
September Linda Danker
October Bill Vorthmann

Speakers

Aug. 11 Alora Nowlin, Girls State attendee and scholarship recipient, JOI Club President
Aug. 18 Mick Guttau, VN Helicopter Pilots Monument Dedication
Aug. 25 Deb Masker, SWI Leadership Academy

Judy Guttau, Editor, 31107 Dogwood Rd, Treynor, IA 51575
402-670-4330 judy.guttau@tsbg.com

Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 51575