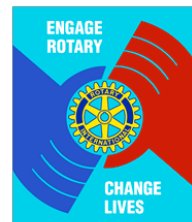


# Rotary Club of Galveston - Texas



# PILOT



Rotary Newsletter  
August 21, 2013

**Kevin Harrington** presided over the meeting.

**Rabbi Kessler** offered the invocation

**Ruth Suhler** led the pledge and music

**Chuck Hererra** introduced visiting Rotarians and guests

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Guests:

**Cathy Marinos**, guest of Robyn Bushong

**Jack Davison**, son and guest of Don Davison

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## Announcements

There will be a Rotaract meeting on September 1 at 6 pm at MOD Coffee Shop.

**Ulli Budelmann** introduced the club's exchange student, Inez. She is from West Germany, near Cologne. She will stay with Keith and Genette Bassett until November or December when a new host family will be needed.

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**Program: Ruth Suhler** introduced the program, Meredith Masel and patient-centered care.

Hospital patients should be advocates for themselves and their loved ones. If you go in to the hospital, make sure someone can take notes for you. The patient sees many different doctors and nurses and staff and, often, much of what is told to the patient is forgotten. She advised the patient's partner to bring a notebook and take notes often.

Speak up. Ask questions, but expect the medical staff won't like being corrected. She suggested that you dial down emotion and not be non-confrontational with the staff.

Ask what is the care plan for the day. What medicines are needed and why? When can you expect test results? Why is this test necessary? Trust the staff but verify. A good website to consult is [medlineplus.gov](http://medlineplus.gov).

If your partner can clean your room, refill water, make broth, etc. doing so will free up nurses' time so they can care for the patient. Make sure to keep your hands clean and note that your doctor or nurse cleans his or her hands.

Ask for skid-free socks to lessen the risk of falling.

Before leaving the hospital, ask "What should I watch for?" Make sure someone checks in on the patient at least once a day every day for 30 days once he is home.

Door Prize:

**Kristen Carlson** won the door prize.

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**Kevin Harrington** led the group in reciting the Rotary 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 GOODWILL and better FRIENDSHIPS?
- 4) Will it be BENEFICIAL to all concerned

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**Upcoming Programs:**

September 4: TBA, Chamber C-Crewe

September 11: No Meeting

September 12: United Way Kickoff at Moody Gardens

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*Mary Beth Bassett, PILOT Editor*  
*Bill Ray, Photographer*



**The Galveston Rotary Club**

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