

# ROTARY CLUB of SARASOTA



CHARTERED APRIL 12, 1926  
CLUB NUMBER 4339  
DISTRICT 6960  
ZONE 34

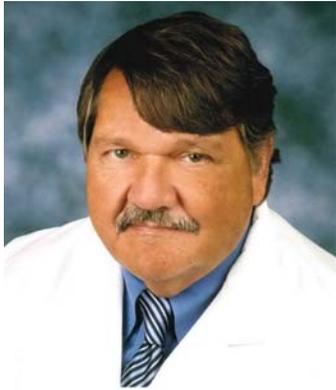
**PRESIDENT – JOE DEVORE**  
Classification: Skilled Nursing Administration

November 21, 2018

SMILE, the weekly club newsletter

WWW.ROTARYCLUBOFSARASOTA.COM

## T O D A Y ' S P R O G R A M



**Dr. Jeffrey Sell** will talk to us about the current status of heart diseases. Dr. Sell is Chief of Cardiovascular Surgery and part of First Physicians Group's team of Cardiovascular & Thoracic Surgeons. Dr. Sell earned his medical education at Harvard Medical School and served his internship and residency at Brigham and Women's Hospital in Boston. He is board certified in cardiovascular-thoracic surgery. His breadth of experience spans three decades as a highly specialized surgeon, researcher and administrator in private practice, and a leader in hospital and academic settings. As chief, he helps guide our strong team of cardiologists and surgeons in adopting the latest innovations in cardiovascular and thoracic care. His specialties and practice focus include a full range of cardiovascular and thoracic care, including: Coronary artery bypass, arrhythmia and valve surgery; Repair of congenital heart conditions Implantation of ventricular assist devices; Repair of thoracic aortic aneurysms; Valve replacement and repair.



**SMH NURSING STAFF RECEIVE THE NATION'S MOST PRESTIGIOUS HONOR FOR NURSING EXCELLENCE!**

See page 2 for details



### PREVIOUS MEETING (11/14/2018) BY RON RAYEVICH

It's always a pleasure to have one of our own members who has mastered their profession to share their insights with their fellow members. **Dr. Par Reid, who is both a PhD and an MD with a specialty in Psychiatry**, shared his observations on the issue of Depression. Par noted that there are a variety of types, including Transient Depression (*when FSU loses to Miami or anybody else*); Situational Depression (*when things frequently go badly at work, and you just want to avoid the place*); Chronic Depression, which lasts for 2 years or more; and Major Depression, which can and sometime does result in the physical disabling of an individual or suicide. Recognizing depression can be tricky as it often is confused with laziness, general lack of motivation, or even old age. Symptoms can be too little or too much sleep, poor appetite or overeating, lack of concentration, and poor memory. Individuals with Major Depression may have a variety of physical problems. They may often smile a lot to cover up their depression and some even appear to be crazy because of the delusions or hallucinations they are having. The causes of depression can vary from stress, to genetic, to neural pathway issues in the brain itself. Treatment of Major Depression can vary from therapy, to medication, to special medical treatments with names like TCM, ECT and drugs with street names such as "Special K". The ability of family doctors and medical specialist to recognize depression, evaluate its causes, and prescribe appropriate treatment is the key to favorable outcomes for those suffering the effects of depression. Thanks, **Par**, for giving us these valuable insights into the problem which impacts many in our society today.



### PROGRAM COMMITTEE CHAIR - BOB GAGLIO

November Program Coordinator  
Dick Rehmeier

November 28: Dr. Alan B. Grindal, The Aging Brain

December/January Program Coordinator  
Bob Stone

December 5 -Denise Chimbos: Friends of the Selby Library

December 12 - Club Member Peter Bartys

December 19 - Rotary Singers

Rotarians Make the World Better,  
One Community at the Time.

Rotary



# HOLIDAY SEASON SCHEDULE

ROTARY CLUB  
of  
SARASOTA



**There will be no meeting on  
December 26 or January 2**

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of  
SARASOTA



## **December 1: Holiday Party**

**SaraBay Country Club. 7011 Willow Street, Sarasota (North of the airport.) Excellent time last year, so we are returning again this year.**

Holiday Party meal will be a buffet dinner. The salad is served to each diner at the table, after which we can have a few welcoming words from Joe, and then the dining manager will call each table individually. If someone has limited mobility, their dinner will be brought to their table. If folks have a specific dietary need, i.e. vegetarian or gluten free, contact Social Judy via e-mail at [judithearl8@hotmail.com](mailto:judithearl8@hotmail.com)

It's coming up quickly!! November is going to fly by just like October did so sign up early.



## **SARASOTA MEMORIAL HOSPITAL 4TH MAGNET AWARD!**

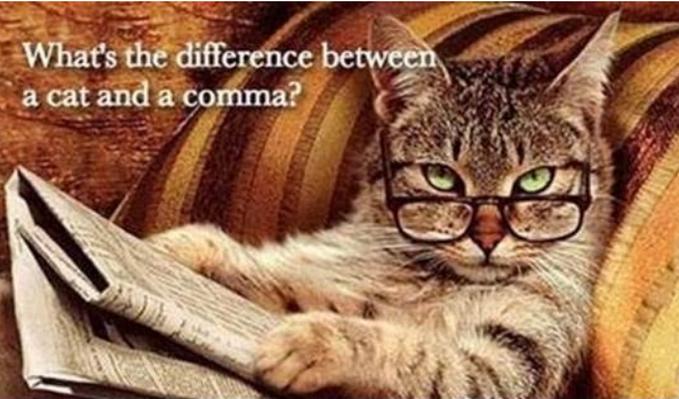
"It was clear to us that you have a great hospital," said Magnet Commission Executive Committee Vice Chair Brian Selig, who emphasized that the recognition is the result of Sarasota Memorial's "contributions to nursing excellence, your dedication to your nurses, your team and most importantly, your patients."

We first received Magnet designation - the nation's most prestigious honor for nursing excellence - in 2003. SMH is the only hospital in the region with Magnet Recognition. We now join a very small, elite group of only 51 hospitals that have earned the recognition an incredible four times. That's an achievement attained by less than one percent of all hospitals in the U.S. The latest designation demonstrates once again that our nurses truly set the standard for excellence and provide the highest quality of care to our community.

Magnet designation is a long and rigorous process that involved virtually every area of the organization. Earlier this year, we submitted a detailed written application that Magnet officials described as "exceptional." In September, Magnet appraisers conducted a multi-day site visit to meet with staff and see our nursing practices, policies and procedures in action. Our latest designation will be valid for four years.

Magnet status truly represents the gold standard in patient care, and shows SMH's consistent commitment to superior quality, patient safety, nursing professionalism and teamwork. Research shows that hospitals with Magnet recognition have positive outcomes for patients and staff, including improved nursing recruitment and retention rates, increased nursing and patient satisfaction, and better results in key quality measures.

What's the difference between  
a cat and a comma?



One has claws at the end of its paws,  
and one is a pause at the end of a clause.