

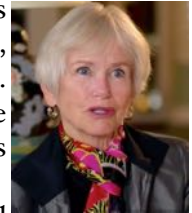


# The Spoke

## Chronic Pain Management and Drug Addiction



A growing epidemic of overdoses of prescription painkillers is leading to a record numbers of deaths, especially among women, according to the Centers for Disease Control and Prevention. More people are dying from drug poisoning than in motor vehicle accidents. **Bill and Judy Rummler** spoke to us about this growing problem.



Their son Steve died in 2011 from an overdose. Steve had become addicted to opioid painkillers as the result of a chronic back pain problem that could not be solved by doctors. The Rummlers were determined that Steve's death would not be in vain. They formed a foundation with the mission **"to heighten awareness of the dilemma of chronic pain and the disease of addiction and to improve the associated care process"**. The motto is, "Providing HOPE for those with Chronic Pain and Addiction." Rotary clubs in Minnesota have provided support for the organization.

The foundation's statement of the problem and outline of the solution are:

### **The Dilemma of Chronic Pain & Addiction**

Addiction treatment programs require abstinence

Pain treatment often relies on medicines that are habit forming

Addiction treatment programs often turn away patients with pain issues

Pain programs often exclude patients with active addiction

Accurate pain assessment is hampered by drug seeking behaviors

Special interest groups and initiatives have made pain treatment for all a social expectation

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO), the World Health Organization (WHO), pharmaceutical companies, and pain specialists promote aggressive pharmacologic pain management

Addiction and pain both have co-existing psychiatric disorders: Personality, Mood and Anxiety

### **What Can Be Done?**

Train physicians in pain and addiction

Coordinate pain and addiction treatment programs and change the treatment model to be compatible

Make available a wide array of non-opioid options for pain

Create a supportive health care home for the patient with dual diagnoses

Shape public awareness about both pain and addiction into a more realistic and balanced view

[www.SteveRummlerHopeFoundation.org](http://www.SteveRummlerHopeFoundation.org)

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|---------------------|
| LAST WEEK'S MEETING |
|---------------------|

President **Sandy Hemstead** presided. **Susan Schmitt** presented the invocation; **Dave Langendorfer** (rr) led the Pledge of Allegiance; and **Chuck Spears** read the Four-Way Test flawlessly. **Ron Anderson** led us in singing the tenor version of *I'm Looking Over a Fourleaf Clover*.

Sandy issued thankyou's to **Clara Anne Graham** for her work as speaker chair for April and to **Scott Vail** who manned the welcome desk for April.

**Brian Olitsky** stood up to present a tribute to **Jeff Somers**, recently deceased track coach at EHS. Brian said, "I ran with him every day. I didn't just run with him to become a better runner, I ran with him to become a better person. I came away from every practice with something to help me be a better person."



**Rex Sims** announced that this was the 30th anniversary of the founding of Heaven Scent Flower shop. He followed with a brief commercial for Mother's Day flowers.

**Dave Shellenbarger** said he is leaving for Michigan for the summer. He is compiling a history of Bonita Bay so would appreciate any anecdotes and historical data of BB before, during, and after development.

Sandy announced that **Evelyn Pancheco**, a junior at EHS, student of the month honoree, and New Horizon student, has been selected as our representative at S4TL. Sandy is looking for a volunteer driver for June 27th to take Evelyn's mother to Brandon and bring them home.

**Bob Lombardo** reminds us that Saturday and Thursday golf is about to start. Golf will be second and fourth Saturdays of the month; and the third Thursday of the month for lesson, lunch, and 9 or 18 hole golf. Contact Bob or Mark McCaw to get on the "golf mailing list."

Bob also reported that the **veteran's bricks** will be installed at Riverside Park starting at 9 AM, Saturday, May 23rd.

So far there have been 56 replies to the club survey. If you haven't replied, please follow the link at the bottom of this page for the survey.

Sandy is promoting the District Conference on Captiva May 14th to 17th. We will be hosting Saturday lunch. Sandy is looking for volunteers for the invocation, pledge of allegiance, and Four-way test.

**Roger Brunswick** was acting Sergeant-at-arms. He said, "I haven't done this for a while and I'm a little out of shape." He managed to organize a shout out for **Steve Hiatt's** birthday, but **Gerry Myers** wanted more. Gerry got **Steve Krchniac** up to lead a Happy Birthday tribute. Steve uttered some technical, Italian, musical terms and led a lovely rendition of Happy Birthday to Gerry.

<https://www.SurveyMonkey.com/s/BonitaRotarySurvey2015>

## Larry Miller (rr) Feb 2, 1948 - May 4, 2015

*It is a great shock to have to report that Larry Miller (rr) passed away on his trip North. He had received the Heart of Rotary Award at this year's Installation Banquet two weeks ago. A portion of his obituary is reported here.*



A man who could not stand still, Larry was said to have gerbil energy. Some called him the Energizer Bunny. He enjoyed making the world a better place and going on daring adventures, often alongside his wife of 41 years. Larry married Brenda Elaine Seaman on August 25, 1973. She survives.

Larry is also survived by three daughters- Katherine (Michael) Kolodzie of Fayetteville, NC; Haley (Kendall) Thrapp of Champaign, IL; Keegan Miller of Denver, CO;

Though he would one day become an international philanthropist and community ambassador, Larry had a humble start. He became an Eagle Scout in 1963 and found their goals of leadership, honesty, fairness and dependability to be good qualities to live by in all areas of his life. He worked multiple jobs to put himself through school, graduating from Costa Catholic High School in Galesburg in 1966. He enlisted in the Army Reserves and served for six years. After graduating from Western Illinois University with a degree in Finance, Larry began his insurance career in 1972, working at his father's agency.

In 1979 Larry started his own agency with one employee, brokering policies for one insurance company. Over the years, the company grew, as did Larry's impact in the insurance industry. After 13 agency purchases, Larry's company had 2 branches, 28 employees, over 20 standard insurance carriers and was one of the largest independent agencies in Illinois owned by a single individual before he sold his agency in 2005 and retired.

Larry's numerous adventures included wintry whitewater rafting in North Carolina, summer sledding down the streets of Madeira, Portugal, and participating as a spotter in the Eskimo/Indian Olympics in Fairbanks, Alaska. He went Go-Cart racing in the streets of Galesburg, parasailing in Acapulco, skiing the big hills of Colorado, scuba diving with the sharks of Tahiti and took a solo glider flight in the Rocky Mountains. He flew around the Outback of Australia in a twin engine plane, and sailed to Cuba through stormy seas in a 46-foot ketch that was once owned by Walter Cronkite. He enjoyed sailing so much that, in addition to captaining a boat for friends and family in the Caribbean, he had a hobby of helping owners move their sailboats from summer ports to winter ports. One such trip took him on a great adventure through the Panama Canal.

He was also active in Rotary International projects that included delivering wheelchairs to San Salvador, participating in water projects and spearheading fund raising for a school water project in San Salvador, and giving polio vaccination drops to children in the indigent and nomad areas of India.

Memorials may be made to the Larry & Brenda Miller Scholarship Endowment at Western Illinois University for the benefit of Finance and Accounting majors, or to the Rotary Foundation of Rotary International.

### Last Week: Carl Nickel drew 3♥ to win \$5.



The 50/50 is:  
**\$567**

### Rotary Sings: *You are my Sunshine*

You are my sunshine, my only sunshine  
You make me happy when skies are grey  
You never know, dear, how much I love you

Please don't take my sunshine away  
The other night, dear, as I lay sleeping  
I dreamt I held you in my arms  
When I awoke, dear, I was mistaken  
So I hung my head, and I cried

You are my sunshine, my only sunshine  
You make me happy when skies are grey  
You never know, dear, how much I love you  
Please don't take my sunshine away

The 4-Way Test  
of things we think, say or do.

Is it the **TRUTH**?

Is it **FAIR** to all concerned?

Will it build **GOODWILL** and  
**BETTER FRIENDSHIPS**?

Will it be **BENEFICIAL** to all  
concerned?

*This Week:*

**Russell Kelly,  
U.S. Coast Guard**

### *Birthdays*

**Chuck Spears May 11**  
**Gordon Costley (rr) May 12**  
**Chris Riesen May 12**  
**Guy Quinn May 13**

### **This Morning's Invocation**

Good and Gracious God, it is humbling for us to realize that you have made each of us the crown of creation, not just for privilege but to be stewards of Your created order.

But we have been called also to be stewards of moral, ethical and spiritual values. Give us a sense of urgency as we seek to make a meaningful difference in the lives of others.

Grant to us as responsible citizens and leaders, such strength of character, courage of conviction and compassionate concern, that our influence for good will be felt in every life we touch.

Bless now our food to strengthen our bodies, and our fellowship to enrich our relationships.

In the spirit, as well as with words of gratitude, we offer this prayer. Amen.

Your finances. Your future. *Our focus.*

**McCaw Wealth Management**  
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