

The Roundtable

**Published Mostly Weekly by the
Bangor Area Breakfast Rotary Club**

www.bangorbreakfastrotary.org

July 6, 2017

Touching, Caring and Making Connections

Leanne Bishop has no trouble making connections when she speaks to a group. Her presentation in this morning's meeting was filled with information, advice and suggestions, and she dropped nary a word.

Ms. Bishop, a UMaine graduate in Elementary Education and Counselor Education, owns Guided Energy for Health, an energy therapy program based at the Bangor YMCA. She also represented "Caring Connections" with which she has worked, beginning 21 years ago when it started. That program is also connected with Eastern Maine Medical Center.

Caring Connections focuses mainly on women's health, offering breast health awareness and breast self-exams. They include cervical health, osteoporosis, menopause and arthritis as well as cancer prevention programs. Women living in Maine, who are 40 or older, have little or no insurance to cover breast exams, mammograms or Pap tests and meet the income guidelines can usually qualify for free mammograms and Pap tests. The active Breast Cancer Survivor Support Group will have a retreat in September.

The Men's Cancer Network is a new addition to the Caring Connections offerings. Ms. Bishop will speak to the next monthly meeting August 2, 6-7:30 pm at the Bangor Y. She will focus on the benefits of Healing Touch. In the case of one patient she worked with, the person's pain level was 8 on the Faces Pain Scale at the start of the session and dropped to 2 at the end.

The Caring Connections staff and volunteers will attend physician/patient meetings, important when high patient stress can affect understanding of treatments and options. The Connections staff will also provide the means for transportation to appointments.

As a Healing Touch practitioner, Ms. Bishop, speaking from personal experience, can help parents handle the stresses autism brings to a family.

Ms. Bishop has started working with middle school children and general health issues. "You would be surprised how little they know about gun safety," she said. She speaks to church groups, community organizations and even summer camp employees.

The Caring Connections geographical radius is about 60 miles from Bangor, focusing on the rural areas. Ms. Bishop said they are working with primary care physician staffs- mostly nurses- although it is difficult to talk directly with physicians.

“We will help with the paperwork, transportation and to help patients get through the barriers that may impede treatment.”

President Townsend starts his year



We welcomed two new members. **David Wheaton** and **Steve Harrison**.

Steve is a returning member to the club. “Pudge” works in financial services. Dave is the HR Director for the East Region of EMHS with responsibility for Acadia Hospital, Affiliated Systems, Beacon Health, Capital Ambulance, Charles A. Dean Memorial Hospital, Miller Drug and the EMHS Home Office. His span of support covers the entire State of Maine from his office at Acadia Hospital. Dave was a member of The Ellsworth Rotary Club for five years before joining our group. In his time with Ellsworth he was a member of the International Committee and participated in wheelchair projects to Panama and Belize. He has also served as Sergeant at Arms. He also is a past board member for the Center for Grieving Children in Portland, Maine.



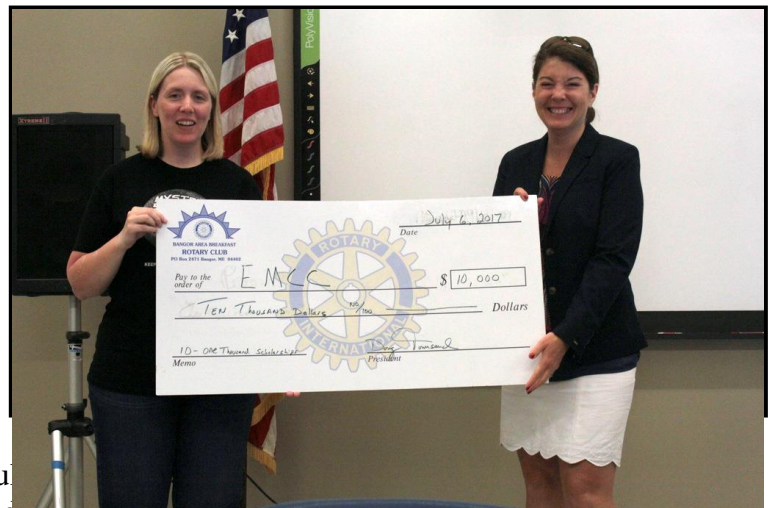
David grew up in West Enfield, Maine and now resides in Ellsworth with his wife, Susan.

Thanks to all who helped at the pancake breakfast on Tuesday at Brewer Parks and Recreation that raised \$1,000 for the wheelchair project. The goal is \$5,000. Each chair costs \$165. The annual Camp Hope dinner on Wednesday at Camp Jordan that was organized by Kendra Speed was a huge success. “These were a couple of amazing days,” said Doug.

Caroline King will need some help for the American Red Cross’s installation of smoke alarms in Old Town on July 22. She said also that she is preparing a dinner for the Salvation Army on August 31, and will need help for that.

Jenifer Khavari accepted a \$10,000 check for the Eastern Maine Community College Foundation for ten scholarships.

Ken Huhn will become administrator of Seaport Village on Ju



Lisa Wahlstrom’s father’s birthday – his 90 – was July 4. Speaking of birthdays, we would be remiss not to mention **David Zelz’s** announcement that Ringo Starr will be 77 on July 7.

The Unfinished Business Department

Ken Kimball won the Paul Harris Fellow Award at last week's annual dinner. Your editor thought Karen Schaller's introduction is worth sharing with those who were not able to attend the dinner.

What does Rotary mean to you? Giving Back to Community Being Part of something larger than oneself Friendships and Networking Sense of Accomplishment by touching the lives of others. These are the responses given by this year's Paul Harris Fellow. A person who reliably and generously contributes time and resources to our club's events and projects – both in leading and supporting roles. When attendance is submitted, again and again he's on the list. In fact, he has near perfect attendance at our weekly meetings before considering all his event and project participation. And on top of this, starting next month, he will be serving on the club's Board of Directors. Outside our club, he's also Secretary of the 4th of July Committee. He's on the Board of BRLI (Bangor Region Leadership Inst), and has held many roles at the local chapter of BNI (Business Network International) and is a successful local businessman. When focusing on his personal interests he's the bass player in a band that meets weekly, and he has a collection of bass and regular guitars. He's big into road biking. I hear he bikes 30 miles a day, and more on weekends; sometimes trekking from Bangor to Bar Harbor. And he's into computers and technology – we know that because Ken Kimball is our club's go-to guy for technology challenges. Ken Kimball has not always lived in Bangor. He was born at Haan Air Force base in Germany and, growing up in a military family, moved around a lot. Virginia, Florida, Pennsylvania, Brunswick ME, and Bangor; graduating high school at Hampden Academy. He then went to business school at Saint Leo University in Florida. Finally, after all the communities he might have returned to, he made Bangor his home. The place he strives to make a better, stronger community. The place where every day he demonstrates the principles and purpose of Rotary and the Rotary Foundation. A Paul Harris Fellowship represents contributions equaling \$1,000 to support the work of the Rotary Foundation – an organization that makes a tremendous difference in the lives of people throughout the world. Each year, through club contributions to the Foundation, we are able to recognize a club member who works locally to make our club stronger and our community a better place to be.

Les Myers- July 6, 2017