

**Kiwanis Club of
Harker Heights**
P O Box 2309
Harker Heights, TX 76548



Speaker Roster 2019

- Oct 15 – N Dunbar
- Oct 22 – A Frias Rodrigues
- Oct 29 – NO MEETING
- Nov 5 – R Dunlap
- Nov 12 – E Frias
- Nov 19 – G Honaker
- Nov 26 – J Hoyle

Please notify Paul Loughran prior to your program as to your speaker and topic or if you need assistance obtaining a speaker.

2019-20 Officers
President: Darrel Charlton
President Elect: Paul Loughran
Vice President: Ron Dalton
Treasurer: Randy Stone
Secretary: Vivian Marschik
Outgoing President: Jody Nicholas

Board of Directors
Jeanette McNiesh
Edita Villafana de Frias
James Hoyle
Lisa Youngbloods

Harker Heights Kiwanis Club Meeting 10-15-19

Speaker: Dr. Brent Dunbar, PT, DPT, OCS
Topic: Falls – Each year over 3 million older people are treated in the ER for fall injuries. Falls are the 2nd leading accidental or unintentional injury deaths worldwide. Fractures from falls include hip, wrist, arm and ankle. A person that has hit their head should see a doctor right away to identify if they have had a brain injury. More than 12 million Americans have a dizziness or balance problem. This makes them more susceptible to falls. Three sensory components of balance are: **Vision** - changes with age, cataracts, retinal damage, decreased focal ability. **Proprioception** “body sensors” in feet and joints gives information to the brain about position, pressure, speed of movement, decreased with peripheral neuropathy/diabetes/surgery. **Vestibular** – inner ear. Information about where our head is in space. We rely most on vestibular cues during movement. Get annual screening especially over age 65. Brent gave Kiwanis member James Hoyle the “Berg Balance Test”. This helps determine those mostly likely to be subject to falls.



Raffle
Winner: Norm Dunbar
Amount: \$ 12.00
Jackpot: \$125.00 (not won)
Next Jackpot: \$ 130.00



Kiwanis Motto

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time.



Club Business

Prayer: Bob Dunlap

Pledges: Charles Sweeney

Song: Dick Dinwiddie

Children's Miracle Network:

Jar passed

Lunch: Chick-fil-A nuggets, sandwiches, fruit salad & tea

Prayers: For Yolanda McClure who had shoulder surgery yesterday

Birthdays: Esabell Zellmar 10-14



Guests: None

Brag: Norm Dunbar bragged on his son Brent opening his own physical therapy clinic and sending his oldest child off to Texas A & M & Corps of Cadets

FYI: Daylight Savings Time Education

Submitted by: Jos Portmann

Daylight saving time (DST), also **daylight savings time** or **daylight time** (United States) and **summer time** (United Kingdom, European Union, and others), is the practice of advancing clocks during summer months so that evening daylight lasts longer, while sacrificing normal sunrise times. Typically, regions that use daylight saving time adjust clocks forward one hour close to the start of spring and adjust them backward in the autumn. In effect, DST causes a lost hour of sleep in the spring and an extra hour of sleep in the autumn.

[George Hudson](#) proposed the idea of daylight saving in 1895. The [German Empire](#) and [Austria-Hungary](#) organized the first nationwide implementation starting on April 30, 1916. Many [countries have used](#) it at various times since then, particularly since the [1970s energy crisis](#). DST is generally not observed near the equator, where sunrise times do not vary enough to justify it. Some countries observe it only in some regions; for example, parts of Australia observe it, while other parts do not. Only a minority of the world's population uses DST; Asia and Africa generally do not observe it.

Source: Wikipedia

DST ENDS AT 2:00 AM NOVEMBER 3, 2019

