



**Wilton Rotary Drummer**  
Wilton, Connecticut  
[www.wiltonrotaryclub.org](http://www.wiltonrotaryclub.org)

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**Editor: Karen Strickland**

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**President Luis Garcia presided, with 21 members, 1 prospective member (Rev. Goldstein) and one guest (Barbara Meehan) in attendance.**

**Announcements**

- President Luis was serenaded by club members singing Happy Birthday in honor of his once-a-year occasion.
- Everyone agreed that the surf & turf meal served by Marly's was delicious
- Pat Russo passed a sign-up sheet for the Senior Protection Plan where club members install fire alarms in the homes of seniors. We have 66 requests so far, and the installations will be in March.
- Wilton Rotary has applied for a District Managed Grant totaling \$6K (\$3K club funds, \$3K district funds) to purchase kitchen appliances for Wilton Commons as a first step towards fulfilling our pledge of \$10K to the project. We should be notified about approval in a week or so.
- Bob Mills separated his shoulder while skiing out West, but is well on his way to a complete recovery.

**Program**

Ray DiGiorgio made a presentation on the Health Care Reform Bill which passed the House and Senate last year. Some of the goals of the legislation are to lower premiums, eliminate pre-existing condition restrictions, cover the uninsured, and extend Medicare. Ray reported that CT residents pay more for health insurance than the national average (\$9500 vs. \$7500). Life expectancy in the U.S. is lower than in most developed countries, and one key factor in better overall health seems to be spending more time with the doctor through frequent visits annually rather than extensive testing and use of prescription drugs. Long term solution is to keep people in good health from an early age through smoking cessation, wellness programs, improved eating habits, and physical activity to prevent obesity, diabetes, and heart disease. Anyone wishing to see the full version of Ray's presentation should contact him for a copy.

***See you next week for the Club Assembly!***