

# PILOT CLUB OF LENOIR CITY



Brain Awareness



Community Service



Friendship

MONTHLY NEWSLETTER

AUGUST 2010

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Recently, Norma Idom, was recognized for her 3000+ hours of volunteer service with the Park Service and was awarded the Gold Level Presidential Award from President Obama.

## President's Corner

Did you know that "Friendship Day" and "Girlfriends Day" are observed in the month of August? (Okay, so are "National Chocolate Chip Day" and "Watermelon Day," but I digress!) But speaking of food, August just so happens to be the month of PCLC's Annual Picnic! So what better month to invite a friend to experience Pilot?

As it stands, we are already one member closer to our membership goal. If you haven't already, please be sure to welcome Carla Conway to the club. Carla has a heart for service, so she will be joining the Project Division. I have no doubt that Myrtle and Sandra will find plenty to keep her occupied and involved. Also, Jill Tarter has agreed to serve as Carla's mentor during her first year. Jill will be setting the example for all of us as to how we need to embrace, involve and value our new members (and, of course, each other!). Welcome aboard, Carla!

There are so many reasons to be excited about this year; even the local media is on board. Vicky Newman at the News-Herald is aware of our goal to increase our club's membership by 50% and has committed to helping, along with Tammy Cheek and others at the paper. I'm sure you've already seen the terrific coverage of Festival of Friends, our Officer Installation and even International Convention. Well, you'll continue to see coverage of our events, placement of our self-submitted releases and photos and announcements of our meetings. There's even been some discussion about a "feature" article! At least locally, I am confident we will take huge strides towards making the Pilot Club a household name.

### Now for a few reminders:

If you missed last month's meeting, please be sure to touch base with Myrtle regarding the dish you plan to bring to the picnic. Also, please let Pam or Myrtle know by Friday,

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# Aug

## August Birthdays!

- Sylvia Sproul Aug. 10
- Sonja Delaney Aug. 22
- Sandra Augustus Aug. 31



## Former Anchors- Where Are They Now?



**Amanda Knott**  
**Anchor President**  
**2004-2005**

My name is Amanda Knott and I have been a registered nurse for a little over a year now. I graduated from ETSU nursing school in May 2009. I did my senior practicum at Sycamore Shoals Intensive Care Unit, which is where I currently work. During my last clinical rotation in nursing school here in the ICU, I realized that critical care was what I wanted to do. I feel so blessed that I was offered a position here, and I could not have asked for a better experience as a brand new nurse. My team members have taken me under their wings and been very patient in teaching me the "real world" of nursing. I have found that throughout the hospital are very caring and loving staff. I love the small hospital environment, as well as the small community patient population. I could not have asked for a better work environment.

There is one clinical experience as a graduating student that sticks out in my mind. I guess you could say this was the definitive moment where I decided nursing was exactly what I wanted to do. I knew it was my calling to be a nurse, but this moment verified/ justified all of these thoughts and experiences. This particular experience gave me new insight into what my role as a nurse would be in critical care.

We received a 75-year-old male to ICU room 7 one afternoon. He had extensive anoxic brain injury after surgery, but had just enough brain stem to breathe on his own after he was extubated after surgery. I remember during my assessment of this patient, he made no sounds, had no reflexes or movements, and made no purposeful eye movements. He just layed in the hospital bed staring into space. Vitals on the monitor were

stable at this time. There was nothing much we could do for him due to the brain injury, but we continued to care for him with comfort measures only. We continued to turn him from side to side, do oral care, and wipe the sweat from his forehead.

What was sad was this man had no family at all. He had no friends that came to see him or anyone that called to ask how he was doing. He was all alone except for a random caretaker who was of no relation. And she did not even contact us to check on him. My preceptor and I knew that this man was going to die soon, but we did not anticipate it happening on our shift.

My preceptor went to suction the patients mouth and turn him when I heard from his room, "He is about to die." I rushed in the room, even though he was a DNR, to see what I could do. I looked up at the monitor to see his heart rate dropping slowly, and respirations continuing to drop from 14, 12, 10..... My preceptor sadly stepped out of the room since there was nothing else we could do. I stayed in the room. I don't think anyone should die alone. I also strongly believe that comatose patients are still able to hear. I moved up close to the bed and reached to hold his cold, pale hand. I said to him, "You are not alone, I am here with you," and watched the monitor. I quietly prayed as I watched the respirations on the monitor 10, 8, 6, 5, 3, 1, 0..... and while I was holding his hand, he passed away.

This was an unusual feeling for me. This was the first time I had experienced death. I expected to feel overwhelmingly sad, but instead, I felt a sense of happiness. This man had no quality of life after the brain injury and also had no loved ones in his life. Although the death was sad, I felt that it was in a way a blessing for this lonely and lifeless man to go. It was also a blessing that it seemed to be a fast and peaceful death. I prayed to God for this man's life and hoped that he was in a better place.

This experience gave me new insight of why it was my calling to become a nurse. This moment gave me a sense of joy and honor that I got to be with this man as he passed away. I knew from that moment that I wanted to be a nurse because, in what other profession can I experience a human being's first breath at birth, and their last breath while leaving this world? What other profession can I be a witness to others and pray with patients and families? What other profession is it ok to cry and hold hands with others? When they have no one else, I can be the person that is there for them. When they are unable to speak for themselves, I can be the one to stand up for them. When they are completely helpless, I can be the one to give them hope. There is no other profession that I could leave every day from work and feel I have made a difference in someone's life in some way.



# Membership Division



## Welcome Carla Conway, Our Newest Member Initiation Ceremony was held on July 20 at Morning Point

On behalf of the Pilot Club of Lenoir City, the Membership Division again welcomes Carla Conway to the club! Carla was initiated in August. Jill Tarter will serve as Carla's mentor, while Myrtle Curtis and Sandra Augustus will put Carla to work right away in the Projects Division.

WE BELIEVE that we can add at least another 11 new members this year! While the Membership Division is working diligently to spearhead recruiting efforts, it is critical that each and every member of the club do her/his part to grow the organization to ensure its future success and continued positive impact on the community. It's easy...especially this month! All you have to do is think of someone you believe to be service-oriented and INVITE them to our picnic! As a reminder, we need anyone who has any PCLC or PI paraphernalia, mementos, or other history to BRING IT to the picnic. We want to give our guests plenty to peruse that tells the PCLC story and illustrates why they should belong.

PCLC now has a page on Facebook (search "Pilot Club of Lenoir City"). We have been using this page as yet another back-up method to help keep some of the club members informed of what's happening, while also enticing others in the community to learn more. So, if you're on Facebook, be sure to "like" our page!

Finally, Miss Betty has been doing a fabulous job letting people know that we are thinking of them during both happy and difficult times. As both the division's "card guru" and the club's chaplain, she is dedicated to reaching out to Pilot members far and wide who are in need of a long-distance hug or a pat on the back. We appreciate her efforts and are certain they are being warmly embraced by those to whom she has reached out.



*Carla is pictured here with Betty Brown, her sponsor, and Brenda Groat who had the honor of initiating her into the club.*



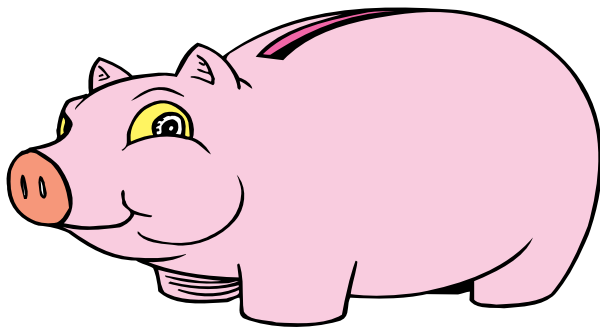
*Also attending that meeting, was guest, Lee Ledbetter, pictured here with Lisa Harvey.*



# Fundraising Division



## Piggy Bank to Fund Scholarships



Pam is working very hard and very fast to get our “PIG” ready to receive quarters from all Pilot members who attend our annual club picnic on the 17th. These quarters will be the start of PCLC members efforts to fill Piggy with enough money to fund our senior scholarship in May. Looking forward to a great smash of Piggy! *Betty Brown*

We will be discussing PECANS very soon and taking pre-orders so we don't order too many extra this year.

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Aug. 13th how many guests you will be bringing so that we are sure to have enough food.

Beginning in September, our regular club meetings will begin with division meetings from 6:00 – 6:30, so please go ahead and adjust your calendars now. In exchange, we are committed to doing our absolute best to finish the meetings by 7:45. It might take us a couple of months to get into the swing of doing so, but with the division meetings occurring regularly, a 7:45 adjournment should be an achievable goal.

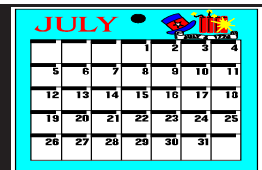
The website is under re-development. If you have any photos or information you would like to see included on the site, please contact me. Also, our club now has a Facebook page. Just search “Pilot Club of Lenoir City” in the Facebook search box and “like” it to receive posts.

Mark your calendars now to attend Fall Council, October 1-3 in Cookeville. More details are available on the District website at [www.PilotTNDistrict.com](http://www.PilotTNDistrict.com). I would love to see a big contingency from Lenoir City this year (not to mention, the more, the merrier!).

Stay cool everyone...looking forward to a great turnout at the picnic! *Allison*



## Mark Your Calendar!



**Aug. 3 Tuesday-** Bingo at Baptist Healthcare @ 6:30 (need at least 6 helpers)

**Aug. 17 Tuesday-** Annual Club Picnic 6:30 @ Sylvia Sproul's house

**Aug. 20-** “Cool Down in Downtown” @ downtown Lenoir City

**Sept. 7 Tuesday-** Bingo at Baptist Healthcare @ 6:30 (need at least 6 helpers)

**Sept. 21 Tuesday-** Monthly meeting 6:30 (Divisions at 6:00) @ Place to be announced

**Oct 1-3 -** Tennessee Fall Council @ Cookeville, TN

**Oct 2 -** Foothills Alzheimer's Memory Walk @ Maryville College for Blount, Loudon & Monroe Counties

**Nov. 6 -** Five County Alzheimer's Memory Walk @ Oak Ridge Civic Center

**April 9, 2011 -** Alzheimer's Forget Me Not 5K Run @ Lenoir City High School @ 8:00 AM