



# Bulletin

## East Memphis Rotary Club

Richard Marsh, President

August 12, 2020  
Photographer: Bill Pickens  
2020-2021  
Our 32nd Year

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

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### Upcoming Programs and Meeting Dates

August 26, 2020  
Jack Sammons

Tuesday  
September 8, 2020

September 16, 2020

October 14, 2020

October 28, 2020  
Mike Craft  
The Villages

November 4, 2020

November 18, 2020

December 2, 2020

December 16, 2020

### You Are Appreciated!

Thanks to everyone who shopped and donated school supplies for students at WSE. A special thanks to Wendy Smith for spearheading the drive. They will begin picking up their supplies the week of August 24th.



### Wednesday, August 26, 2020 Jack Sammons



Jack Sammons, longtime friend of East Memphis Rotary, will be our speaker on the 26th of August. Jack's wit always makes him a welcomed guest at our club.

Jack is president of Ampro Industries, a manufacturer of personal care products. He has always been active in the community having served as president of River City Laboratories, former chairman and board member, Memphis/Shelby County Airport Authority, former chairman of the Memphis City Council having served four terms as council member and chief administrative officer for the City of Memphis. Jack also served as general chairman for the FedEx St. Jude Classic and was a former board member of the Tennessee Sports Hall of Fame.

### August 12, 2020 Program Dr. Marcus Ford, Campbell Clinic



Dr. Ford has been in Memphis for four years practicing at Campbell Clinic with his practice focusing primarily on hip and knee replacement. He said that by the year 2030 67 million adults will suffer from some form of arthritis, with many requiring hip or knee replacement. Before replacement, avenues of treatment should be tried such as weight loss, moderation of physical activity and many times physical therapy can be a big help in relieving pain.

Dr. Ford explained that hips, knees, shoulders and ankles can be replaced and today can last much longer than previous replacements as the materials used have greatly improved over the years. He said that recovery from hip replacement is shorter as the physical therapy is not as intense as the therapy for knee replacement.

Patients needing joint replacements are getting younger, with many being between the ages of 45-64 years old. Oddly enough many hip replacements happen around 54 years of age. Fortunately patients are able to return to a sense of normalcy sooner. Some surgeries, depending on the patient, can go home the same day following surgery and recover faster in the comforts of home.

Bottom line, listen to your body and be aware when you can't do the things you want or need to do. As Dr. Ford pointed out, "when the easy stuff isn't working anymore" might be the time to check with your physician.



It may take a village to raise a child, but I swear it will take a whole vineyard to home school one.

