

VISTA ROYALE COMPUTER CLUB

February 28, 2019

Members:

President Mike Johnson welcomed 37 members and guests to our 28 Feb 2019 meeting. We have 141 paid members. He reminded everyone to make sure that they sent in their Vista Royale proxy so the Association can conduct the Annual Meeting. You can also send in your ballot to vote for new board members before March 6, 2019.

He also reminded our members of our own upcoming election of officers for next year.

There will be a Genealogy meeting at 3pm on Wed, March 6, 2019 with Sandy McKenny.

As our speaker of the week, Dr. Carl DiLella was scheduled to be here at 10am after early morning surgery, Sandy McKenny showed the changes in G-Mail which in theory was supposed to make it more user friendly. However, for our club purposes, it makes it much longer to input our members for our mailing list. She then showed where you can find all the other Google components and how to re-arrange them to your liking. Sandy then showed several of them, including our Google Calendar and Google Drive which is a great place to store your files and photos for free. She also recommended having more than one email account and provider in case your primary one was unavailable or you could not get into it or needed verification when you had problems.

Dr DiLella arrived right on time and you can see his Bio at: <https://www.orthocentervb.com/> As his parents are part of the Vero Beach community, Dr. DiLella and family gravitated to the area and moved permanently in 2015.

He had a great PowerPoint with slides for several types of shoulder problems: inflammation, torn rotator cuff, shoulder arthritis and fractures. He explained how he diagnoses and treats the various different problems first with physical therapy, injections and ultimately surgery if indicated. The 'repair' work is done arthroscopically through 4-5 small incisions in about 1 hour and you go home right away, preferably with someone to stay with you overnight. He indicated that in 2019 recovery is very fast..... stitches out in 2 weeks and full motion with therapy in 6 weeks.

Shoulder replacement is different as you have an incision, the procedure takes 1 hour, 1 night in the hospital and 12 to 17 weeks for full strength. He also talked about 'Reverse Total Shoulder Arthroplasty' which was very interesting and necessary in correcting some cases. He mentioned 3-D printing, stem cell therapy that is experimental and expensive and answered many really good questions from the members and guests. His mantra is "Therapy is Key for your Recovery".

Here are the particulars you might need to get in touch with Dr. DiLella's office:

Dr. Carl DiLella
Orthopedic Center of Vero Beach
1285 36th Street; Suite 100
Vero Beach, Florida 32960

772-778-2009

Our next meeting as usual is at 9:30 a.m. Thursday morning March 7, 2019 in the kitchen of Pine Arbor Clubhouse with Jurgen Schwanitz of ACT computers whose subject will be Window 10 and the demise of Windows 7 in 2020. Please bring a spouse/neighbor/friend to hear this timely presentation.

Sandy McKenny, sec.

Vista Royale Computer Club, Pine Arbor Clubhouse, Vero Beach, FL 32962

Please go to our <http://www.vrcc.info/> website for archived Meeting Minutes, Calendar of Events, Genealogy Resources and more. You can also set your own computer home page to <http://www.vrcc.info/home.html> to make