

# LIGHTNING DATA CENTER MINUTES

November 11, 2022

ST. ANTHONY HOSPITAL, LAKEWOOD, COLORADO

Monthly Quote: “The Rocky Ford Enterprise has no love for lightning rod agents, and says it so plain even the agents can hear it.” The Denver Times editorial in the Rocky Ford Enterprise, June 30, 1898.

Members present: Clark, Stemple, Yarnell, Langford and Crow. Meeting began at 12:00 PM and ended at 1:20 PM.

1. The LDC is accepting donations, either as cash or check. If you donate via check, please make your check payable to Steve Clark at 755 S. Clinton Street, #2A; Denver, CO 80247. He will cash the check and keep the cash holdings specifically for the LDC. When the LDC incurs expenses, Steve will pay for services rendered through his bank account using the cash from LDC’s cash holdings. A log will be maintained detailing the inflow and outflow of monies. LDC currently has \$1087.00 in cash.
2. The Lightning Strike & Electric Shock Survivors International held their annual meeting in Lynchburg, Virginia on November 4-5, 2022. Steve Clark, Dr. Phil Yarnell, Tom Coomer and Coleen Crow were present. Coleen Crow assisted with running the female survivors support meeting on Friday. On Friday morning, there were 45 attendees – 15 via Zoom and 30 in the physical room. Following is some of what was presented.

Samantha Mladen, a Virginia Commonwealth University Practicum Doctoral Trainee, gave a presentation on seeking help after trauma. In general, there are three levels of help one can seek: Professional, e.g. therapist, help from family and friends, and self-help. The bulk of her talk was on self-help using ACT. ACT is an acronym for Acceptance and Commitment Therapy, pioneered by Steven C. Hayes in the 1990s. The acronym means:

A = Accept your reactions and be present (mindful acceptance).

C = Choose a valued direction.

T = Take action.

Accept: There are several ways to reach mindful acceptance: counted breathing, “dropped anchor”, feeling rooted, be a mountain, notice five things, mindful walking, mindful eating, mindful anything.

Choose: Samantha presented a table of 34 values and told the attendees to choose 3-5 of them to work on. She said there can be values other than those listed on her table.

Take action: What action should I take? Set a goal and do it! Be SMART. The goal should be:

S = Specific goal.

M = Meaningful.

A = Adaptive.

R = Realistic.

T = Time-framed.

Before lunch, Jim Segnari gave a formal welcome to the group and discussed the group's functions. He urged survivors to be proactive in advocating for their care because no one else will. Perhaps most importantly, he urged survivors to first address issues of pain, sleep disorder and depression, since failure to address these will amplify other problems.

After lunch, Dr. Joy Palmer gave a talk on osteopathic medicine. I was unable to hear most of what she said and thus do not have any notes from her talk. I did not attend the Saturday meeting as I had fallen ill.

Coleen Crow moderated the women's' support group on Friday. Rather than giving their stories, the women discussed their symptoms and the difficulty of care. Dr. Phil Yarnell said the neurological and neurocognitive issues described by them are not localized and thus are hard to validate. On Saturday, there was not a women's' breakout group, but there was a main group of survivors. Coleen found her role as a moderator to be fulfilling and she gained a much deeper appreciation of the injuries suffered by others. Thanks, Coleen, for helping on such short notice. The conference was recorded and it will be placed on the LS&ESSI website.

3. At the conference, Coleen heard about a handbook published by the Brain Injury Association of Kansas & Greater KC. Through their website, they offer a "Red Book" titled: *Traumatic Head Injury: Cause, Consequence and Challenge* which was published on January 4, 2010, which is aimed at families and caregivers. A link to the book is given below.

Other guidance is out there addressing the same topic. For example, The Brain Injury Association of America issued a PDF booklet titled: *Challenges, Changes and Choices: A Brain Injury Guide for Families and Caregivers*, which is also mentioned below and is free.

4. Last month, Carl Swanson told us of a lady who thinks she was hit by lightning while walking down a hallway in her home. She was scheduled to talk about her strike at this month's meeting, but she had to cancel due to family scheduling issues. She has been rescheduled for December's meeting.
5. Ken Langford had a nice visit with Ron Holle while he was in the Tucson area. Ron is co-authoring a book on lightning in Arizona with Daile Zhang titled: *Flashes of Brilliance: The Science and Wonders of Arizona Lightning*. The book is scheduled for release in early 2023 and will sell for \$29.99 and will be available through Amazon and Barnes & Noble.

6. LDC received a request from Rachel Bittner with the University of Pittsburgh's PittMed Magazine for insight into Dr. Cherington. At Pitt, he earned his undergraduate degree and then he earned his MD in 1960. His obituary in PittMed is attached to these minutes.
7. Phil mentioned a young kid who was shocked while trying to save a squirrel from a downed 220V line following a storm. Phil asked if a person was more prone to have a seizure attack following an electric shock and what that might mean for this kid's future. During the LS&ESSI conference, the name Dr. Michael Morse came up. He is an expert in electrical injury based in southern California. Steve Clark will reach out to him.
8. The LDC learned of a father and daughter that were struck by lightning while on a beach. Both were knocked to the ground. The father came to and saw the daughter lying face-down and not breathing in the sand. He began performing CPR and was later assisted by a life guard. She was taken to the hospital and was put into a medical coma. Tests were runs and efforts were made to normalize her organs. A few days later, she was brought out of the coma and awoke to the presence of family members. Since then, she has undergone occupational, speech and physical therapy. She still is addressing issues with memory, anxiety and social skills.
9. LDC welcomes your questions. Please send them via e-mail to Steve Clark at [sclarktoto@gmail.com](mailto:sclarktoto@gmail.com). Your medical questions will be forwarded to Dr. Phil Yarnell for his review and will usually be taken up for discussion in the next month's meeting. Please be advised any questions posed are for the general consideration by the group and do not constitute a formal medical opinion. If a formal evaluation is requested, arrangements can be made directly with Dr. Yarnell. If you have a medical emergency, please call 911 or your local EMS.
10. Questions, comments, error notifications, and critiques of these minutes are welcome. Please forward those to Steve Clark. Please keep your communications professional and respectful. Communications will be forwarded to the appropriate author(s) of the minutes and addressed accordingly.
11. LDC Disclaimer: These minutes do not represent official positions of the LDC or its members. They simply reflect the comments made at the meeting. Furthermore, the LDC does not implicitly or explicitly recommend or endorse any product or service. Any product or service presented in these minutes is done so for purposes of discussion and analysis. The merit (or lack thereof) is open for the consideration and review by the entire membership.
12. Next meeting: Zoom Meeting Only. Friday, December 9, 2022, from 11:45 AM to 1:00 PM MDT. TOPIC: We will be meeting with a lightning strike survivor via Zoom.

Respectfully Submitted,  
Steven E. Clark, Consulting Meteorologist

