



Rotary Messenger

Rotary Club of Eau Claire

Editor: Jerry Reinecke

October 19, 2009

In This Issue

- Aquatic Therapy
- Greetings from Tom Kishaba, Outbound Exchange Student to Japan
- Poinsettias, Chocolates and Coffee Sale Continues
- Greeters and Classification Talks Schedule

Guests

- Tracey Smiskey (guest of Sara Antonson)
- Cody Berger (guest of Gary Gilger)
- Kristina Skornikova

Resignation

- Paula Kimbllin (10/19/2009)

Leaves of Absence

- Sherry Mohr (5/7/2009 – 11/7/2009)
- Robin Shih (10/1/2009 – 12/31/2009)
- Steve Smith (10/1/2009 – 12/31/2009)
- John DeRosa (10/25/2009 – 1/9/2010)
- Kris Becker (10/13/2009 – 4/13/2009)

Aquatic Therapy by Jim Deignan, CEO of Dove Healthcare and Jeff Sauter, Aquatics Director

(Thank you to Angela Hite for providing this program summary)

Jim Deignan, CEO for Dove Healthcare, provided a general overview on the benefits of aquatic therapy and the Transitions Aquatic Therapy pool located at Dove Healthcare – South.

As defined by the American Physical Therapy Association, aquatic therapy is "Evidenced-based and skilled practice of physical therapy in an aquatic environment. It includes, but is not limited to, treatment, rehabilitation, prevention, health, wellness and fitness of the patient in an aquatic environment with or without the use of assistive, adaptive, orthotic, protective or supportive devices or equipment."

Aquatic Exercise is a generic term used to describe activity that takes place in the water. Generally speaking this is a non-billable, fee for service, private pay arrangement (i.e. working with a personal trainer, participating in a group fitness class, etc.)

Both aquatic therapy and exercise are provided at Dove Healthcare – South as part of their transitions Rehabilitation program.



Jeff Sauter
Aquatics Director
Dove Healthcare - South



Jim Deignan, CEO
Dove Healthcare

The benefits of aquatic therapy and exercise include: start rehabilitation sooner, accelerate healing and recovery, decreased pain and stress, increased mobility and flexibility, improved range of motion and strength, enhanced balance and coordination, and improved compliance for less motivated clients/patients.

Aquatic therapy and exercise is ideal for:

- Arthritis, Fibromyalgia and Chronic Pain.
- Neurological and Neuromuscular Rehabilitation.
- Orthopedic Rehabilitation following injuries or surgery.
- Sports Performance and Injury Rehabilitation.
- Wellness and Weight Loss.

The 4-Way Test

Of the things, we think,
say or do:

1. Is it the 'Truth'?
2. Is it 'Fair' to all concerned?
3. Will it build 'Goodwill' and 'Better Friendships'?
4. Will it be 'Beneficial' to all?

Our Calendar

October 26 – Clear Vision
Book Project for Elementary
Students by Terry Sheridan

November 2 – Chapter 7
Bankruptcy by Randi
Osberg, Trustee for the
Department of Justice;
Youth Rotars Honored

November 9 – Vocational
Service Offsite Meeting at
the Children's Museum.
(Meeting starts at 11:30.)

November 16 – Club Assembly

November 17 – Board Meeting
at Bank Mutual

November 23 – Poinsettia,
Chocolates and Coffee
Pickup at Sweetwaters

November 30 – The Rotary
Foundation, by Bill
Hilgedick, Club Foundation
Chairperson

December 7 – Tele-
communications Update by
Scott VanderSanden,
President of AT&T
Wisconsin Justice:
Youth Rotars Honored

December 14 – Christmas
Luncheon at Eau Claire
Golf & Country Club
(Luncheon starts at 11:30)

The features of the Transitions Aquatic Therapy pool at Dove Healthcare – South include: height adjustable floor that functions as an underwater treadmill, warm water – 94 degrees, resistance therapy jets for running, swimming or deep tissue massage, 6x9 treatment area for up to 4 people, support bars, underwater video cameras to monitor and record gait pattern and computer documentation of sessions.

For more information about aquatic therapy or exercise, contact Jeff Sauter, Aquatics Director at Dove Healthcare South, at 552-1036.

Greetings from Tom Kishaba, Outbound Exchange Student to Japan

(Tom Kishaba recently sent the following email to Tom McCarty, Outbound Exchange Student Coordinator for our Rotary Club)

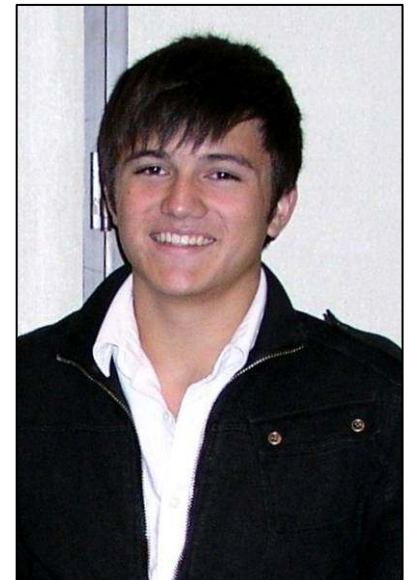
I am very sorry it has taken me so long to email, and I really don't have an excuse, so sorry again. I would like to thank you, however and the rest of the Eau Claire Rotary for this amazing opportunity you have given me. I am learning so much about global affairs, the mindset of a different nation, and just about life in general.

I am at school right now, in my uniform using one of the school computers because my host family's one really doesn't like Charter for some reason. I love my school... all the teachers are so understanding and helpful, allowing me just to study Japanese in all my classes. I am making friends and overcoming the language barrier more and more, but the Japanese is becoming increasingly difficult oddly enough.

I have tried a plethora of interesting and exotic foods; some I loved and some I didn't love quite so much, but at least I tried! Japanese lifestyle is very different from the American one, especially that of a student it seems.

My school is a very serious, prestigious (or so I'm told) school known for its English (thankfully) and baseball. There are plenty of teachers to speak English with me and that is very helpful, but usually I try to keep my English speaking to a minimum. My host mother is actually quite good at English, which was a lifesaver in those first few weeks, as I had no clue just how bad my Japanese was upon arriving, but now I'm at the point where we speak mainly Japanese at home. I have a little host sister as well who is very quick to tell me when I use incorrect Japanese, which is very helpful too. We often do homework together (she does homework, I just study Japanese) and she'll teach me kanji or something like that. I have inherited the bike of my would-be host sister who has gone to America for the year through Rotary and I ride it to school every day, and it is my main means of transportation.

My host club is amazingly nice and I have already met my second and third host families (who are both Rotary members) at a few Rotary meetings I have attended. I have given one speech so far for my club (in Japanese),



Tom Kishaba, Outbound Exchange Student to Japan

Officers/Board of Directors for the 2009-10 Rotary Year

President – Jacqe Lahn
 President-Elect – Jon Niebergall
 Vice President – Sara Antonson
 Secretary – Mary Knight
 Exec Sec / Treas – Jerry Reinecke
 Past President – Don Huebscher
 Avenues of Service:
 Club – Angela Hite
 Community – Bob Schmidt
 International – Mark Morse
 Vocational – Marcia Van Beek

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and I am soon to give another as they want to hear about my recent school trip to Tokyo. I'm quite nervous suffice it to say.

I hear that there's a Memorial student who wants to go to Japan next year as well! That's fantastic! Being an exchange student has not been easy in the least, but it definitely has been the most rewarding experience of my life, give him some encouragement from me to go through with it (and my email, though we may be facebook friends). So thank you again, and again and again. My laptop should be arriving very shortly (perhaps today when I return from school!) from which point I can promise regular updates. Thank you for everything.

Tommy

Poinsettia, Chocolates and Coffee Sale Continues

It seems like the poinsettia and chocolates sale just started, and it's already winding down... the order deadline is Monday, November 2.

We are once again selling the 8-inch poinsettia plants grown locally by Plant Marketing and the gift boxes of chocolates and bags of coffee from Seroogy's of DePere, Wisconsin.

All members have received the three order forms via emails. The monies are due by Monday, November 2 with the products to be picked up at Sweetwaters on Monday, November 23.

- Poinsettias – \$20.00 per 8-inch plant (red or tri-color); delivery available for 20 or more plants to any one location.
- Chocolates – \$10.00 per 9-ounce gift box; available in four varieties... chocolate assortment, meltaway assortment, mint meltaway and caramels.
- Coffee - \$10.00 per 14-ounce re-sealable bag; available in four flavors of both regular and decaf.

The goal of this year's fund-raiser is \$13,000. In order to reach this goal, all members are expected to participate at a level that will net at least a \$200 profit to the club.

Chairing this year's fundraiser are **Susan McLeod** and **Sammie Bostrom**. If there are questions or comments, you may contact Susan at 834-7871 (s.mcleod@cvmuseum.com) or Sammie at 833-8400 (sammie.bostrom.j7em@statefarm.com).

Greeters and Classification Talks Schedule

Date	Greeters	Classification Talks
October 26	Laura Talley	None
November 2	Marcia Van Beek and Barb Wiedenbeck	None
November 9	None – Vocational Service Trip to Children's Museum	None
November 16	Janine Wildenberg and Luke Wren	None