



Club Officers (2020-2021)

President- Linda Knight

Pres Elect-Linda McKeveny/Jolene Steele

Vice President-

Secretary-Kathy Jans Duffy

Treasurer-Rich Fredenburg

Past President-Rhonda Jasper

Directors

Class of 2021 Tim Ryan

Class of 2022 Cindy Ody-Ortego

Dave Swenson

Fred Capozzi

Class of 2023 Liz Becht

Ted Novak

Club Committees & Chairs

Administration: Tim Ryan

Community Service: Kathy Jans-Duffy/Linda Knight

Foundation: Tim Ryan

Fundraising: Linda Knight/Wendy Freidman/Kolsin

International: Dave Markel

Literacy: Liz Becht

Membership: Linda & Bob McKeveny

New Generations/Youth-Liz Becht

Public Relations-Jolene Steele/Susan Backlund

Sunshine/Social-Jolene Steele

Club Announcements:

Thank you to everyone who has sent in donations for the House of Concern. So far, we have received \$1695 for the House of Concern – The Foundation will match up to \$2,000 so keep those donations coming in. Checks can be mailed to SF Rotary, PO Box 242, Seneca Falls NY 13148

Trips & Happy Dollars

Al Johnson joined us today-all staff have had 2nd shots, all residents have received their 1st and will be getting second this week. It is good to see Bert! Quite a beard on Jerry!

Tim-happy for Dave M, he referred him to a place to get a handicap van-Thanks Dave! A thank you to Cindy, her husband helped with Covid shots yesterday and he was able to get a shot to take home to Wendy.

Jolene-Happy for Birthday Month

Wendy-Bought a house on Long Island and they have accepted an offer on their house, and buyers want them out by March 15th. Making it difficult for tax time, so hoping for the best!

JT-awesome SU Women's team, Men's squeaked out a win

Audie-SU Women's & Men's wins

Dave M-Happy for a snow day, last couple of days have been rough driving the bus

Jeremy-Happy for Jerry & Bob M being retired and not having to worry about snow days and for good bus drivers

Bob M-happy for Dave M and all the drivers who are MVP's. Reminds him of a time a kid came up to him and asked "what do you do?" and another kid said that's the guy who says the Pledge and calls Snow Days!

Recent & Upcoming Club Activities:

District Conf-not sure if it will be virtual or in person at this point, will have more info next week.

Sunday March 21st, Garage Sale at the Seneca Falls Community Center

Presentation–Treat Your Own Back using the Mckenzie Method-Julie Bellone

Low back pain (LBP) pain and discomfort posteriorly between the lower ribs and posterior thighs, most common is "non-specific LBP" that is not attributed to specific pathology, other complications include sciatica, radiculopathy.

Categories of LBP: Acute-less than 6 weeks, Sub Acute-6-12 weeks or Chronic-12+ weeks

The Mckenzie Method is a reliable assessment process intended for all musculoskeletal problems, that was developed by Robin Mckenzie, world-renowned expert Physiotherapist in the 1950's. It is an exercise-based approach of assessment, diagnosis and treatment. The treatment principles promote the body's potential to repair itself and do not involve the use of medication, heat, cold, ultrasound, needles,

SENECA FALLS ROTARY

Today's Guests & Visitors

Jim Dickson

Club Member's Rotary Anniversaries

February

Fred Capozzi-3 years
Cindy Ody-Ortego-3 years
Mark Benjamin-10 years
Kathy Jans-Duffy-19 years
Ken Mitchell-25 years

Club Member's Birthdays

February

Cindy Ody-Ortego
Jolene Steele

Important Dates & Reminders

3/21-Indoor Yard Sale

Upcoming Programs

2/9-Chef from Sackett's Table

or surgery. The method allows patients to learn the principles and empowers them to be in control of their own symptom management, which can reduce dependency on medical intervention.

Most musculoskeletal pain is "mechanical" in origin, which means it is not due to serious pathology like cancer or infections but a result of abnormal or unusual forces or mechanics occurring in the tissues. Further, it means that positions, movement, or activity caused the pain to start. If a mechanical force caused the problem, then it is logical that a mechanical force may be part of the solution. It is designed to identify the mechanical problem and develop a plan to correct or improve the mechanics and thus decrease or eliminate the pain and functional problems. This may mean that moving in one direction may provoke and worsen the pain and moving in the opposite direction may eliminate the pain and restore functions. This is known as Directional Preference. Other patients may have pain just at the end of movement or with certain functional movements like throwing or stair climbing. The McKenzie assessment explores these different positions and movements, how the patient performs them, and the response to these movements, interpreting this information, the clinician determines which of the movements and postures becomes the treatment as well as the necessary exercise dosage.

Extension Biased Exercises



Pelvic Tilt
Standing Back Bend
Prone Press up



Exercises

Flexion Based Exercises

- Pelvic Tilt
- Knees to Chest
- Seated Flexion
- Standing Flexion

