



Weekly Spokes

May 12, 2020

Club Officers (2019-2020)

President-Rhonda Jasper

Pres Elect-Linda Knight

VicePresident-Wendy Freidman-Kolsin

Secretary-Kathy Jans Duffy

Treasurer-Rich Fredenburg

Past President-Dave Markel

Directors

Class of 2020 Liz Becht

Class of 2021 Jolene Steele

Tim Ryan

Class of 2022 Cindy Ody-Ortego

Dave Swenson

Fred Capozzi

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: Rhonda Jasper

New Generations/Youth-Liz Becht

Public Relations-Jolene Steele/Susan Backlund

Sunshine/Social-Jolene Steele

Club Announcements:

Contributions to HOC, donate amount of money you would usually pay for lunch, memo SF Rotary

Annual Dinner June 23rd.

Foundation letters have gone out, please return to the PO box as soon as possible.

Trips & Happy Dollars:

Peter Same-76th birthday May 9th and will be married 55 years on 5/22. All dry wall is up and have 2 guys there doing the family room! Couple days should be back to normal-maybe

Bob-May 17th-62

Linda K-Happy that Pete has had so many wonderful years of marriage, should market that being a club member leads to long happy marriages.

Jerry-Diane received a very special Mother's Day gift, their children and grandchildren that live in Rochester came and put a plaque outside to celebrate her as a mother and grandmother

Linda M-Son and wife and grandbabies from Portland are moving back to Seneca Falls in the beginning of June.

Dave S-Wonderful Mother's Day all the kids and grandkids and got takeout from Lasca's and brought food to the house. Kids destroyed the house, left a mess in the house-even the beds, and no one spent the night! Babysat 8 yr. old grandson last night, they did BB guns and rides in the lawnmower, cornhole, war-an excellent day.

Kathy-at the 1/2 way point on the deck! Would be better if it wasn't freezing! Once she figured it out, it went pretty easily.

Fred-fixing upstairs bathroom-couple more days should be done. Also, last Tuesday got a great pic of 2 eagles sitting in a tree in Montezuma, it's the 2nd time he has seen them in this spot

Julie-A thank you for people dressing theme appropriate & she & Mike finished a hunting course while in Quarantine.

Cindy-took AARP driver safety class and will now get a 3-year discount on car insurance.

Mark-Blue Grosbeak-rare bird for this area has been sited at the landfill. Bird experts have come out to see the bird, super cool



SENECA FALLS ROTARY

Today's Guests & Visitors

Club Member's Rotary Anniversaries

May
Audie Gillon-19 years!

Club Member's Birthdays

May
Dave Markel
Al Johnson
Audie Gillon
Peter Same
Bob McKeveny
Phil Dressing

Important Dates & Reminders

Save the date-Change Over Dinner 6/23 at Vince's Park.

Upcoming Programs

5/19-Karen from United Way-Problem Gambling

Today's Program/Speaker info Julie Bellone-Austin Physical Therapy

Julie gave us a virtual tour of the aquatic center. This project is about 18 years in the making. Austin Physical Therapy has been providing Physical Therapy in the Finger Lakes region since 1998. She purchased her current location in 2012. The recently opened Aquatic center features a custom built 18X38 heated pool, with depths of 3 ft, 4 ft & 7 ft. The pool is handicap accessible, featuring a lift for those who are unable to negotiate the steps.

Why Choose Aquatic Therapy?

- Unique properties of the water enhance treatments across the age span with a variety of body system disorders or conditions including:
 - Musculoskeletal
 - Neuromuscular
 - Cardiovascular/Pulmonary
 - Integumentary (skin) diseases
- Being in the water offers assistance to move the spine and extremities as well as provide resistance for strengthening.
- Aquatic Physical Therapy interventions are designed to improve or maintain:
 - Function
 - Aerobic capacity/endurance conditioning
 - Balance, coordination and agility
 - Body mechanics and postural stabilization
 - Flexibility
 - Gait and locomotion
 - Relaxation
 - Muscle strength, power and endurance
- The different depths within the pool allow for the ability to address different goals and adhere to weight bearing restrictions.

Several conditions can be treated with Aquatic Therapy:

- Neck and Back Pain
- Stroke
- Fractures
- Spinal Cord Injury
- Sports Injury
- Overuse Injury
- Arthritis
- Neuromuscular Disorders
- Balance Impairments/fall prevention

They also offer Water Aerobics classes and Yoga Splash. Classes are run by trained instructors and routines can be modified as needed to allow for participation of individuals of all abilities.

