



# ROTARY CLUB OF APPLETON GUSTO

Service Above Self

## September 1st, 2015 Upcoming Programs

September 8th, 2015  
**Radisson – Salon CD**  
Children With Disabilities  
Thought of the Day: Marta Weldon

September 15th, 2015  
**Radisson – Salon CD**  
CELC- Jon Stellmacher  
Thought of the Day: Tom Simon

## Officers 2015-2016

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Sridhar

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**Rotarian of the Year**  
Mary Harp-Jirschele

**Admin. Assistant**  
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**Membership – 170**

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Meets Tuesday Noon

## FALLS IN THE ELDERLY-DR. RAY GEORGEN

Falls are common, predictable and largely preventable. Wisconsin has one of the highest rates of falls related fatality in the nation. Falls are a natural part of aging. 1 in 3 adults over age of 65 fall each year. Falls are the 2<sup>nd</sup> leading cause of death in Wisconsin and the first cause of hospitalization. 1 in 4 who fall go to Nursing homes. Every 29 minutes an older adult 65 years and older dies from a related injury. Even if you have no injury, fear of falling leads to restricting activity, which weakens your body and increases risk for another fall. A progressive loss of muscle mass occurs from approximately 40 years of age. This loss has been estimated at about 8% per decade until the age of 70 years. The injuries in Wisconsin cost the people in Wisconsin over 1.7 billion dollars annually. Hospitalization and ED visits due to falls result in 800 million in Hospital charges each year in Wisconsin. The Trauma Center is reaching out to clubs in the area to bring about awareness and how this epidemic impacts our community. They are putting up posters in the community and offering classes to help people who want to stay home be safer. These classes are known as Stepping on Classes. They are new to the area and begin October 6-November 17<sup>th</sup> and October 7-November 8<sup>th</sup>. This is the beginning of many so people learn behaviors that will help keep them safe after a fall. What else can you do to help?? 1) Public information and awareness activities 2) Spread the Word 3) Begin a strength and balance program. Everyone has a role to play and can make a difference within their own sphere of influences. Spread the word!

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## SEPTEMBER BIRTHDAYS

Please wish the following Rotarians Happy Birthday: Beth Schnorr (9/04), Dennis Hultgren (9/06), Ron Altenburg (9/07), Maria Van Laanen (9/14), Amy Price (9/14), Nancy Leipzig (9/15), Ruth Ann Heeter (9/17), Jon Kester (9/20), Marta Weldon, (9/21). Shane Lathrop (9/22), Tom Scheuerman (9/22), Sridhar (9/29), Bill Hodgkiss (9/30) and Sarah Schneider (9/30).

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## ANNOUNCEMENTS

- Invoices are out. If you are interested in paying online please visit our website at [www.appletonrotary.org](http://www.appletonrotary.org). If you have any questions, please contact Meghan at [rotaryappleton@gmail.com](mailto:rotaryappleton@gmail.com).
- Jeff Knezel recently returned from a trip to the Canadian Rockies. He wanted to raise the bar and be unique with his gift to President Sridhar. He presented President Sridhar with a lapel pin from the 25<sup>th</sup> Anniversary of the Rocky Mountaineer Train, which is priceless! He also presented him with a Loonie coin from his trip.

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## GUESTS, VISITORS AND MAKE-UPS

**Guests today were** Scott Valitchka with Jan Smith, Bonnie Spiegelberg with Harry Spiegelberg, Adam Wolf with Tom Simon, Aruna Shet with Ram Shet, Ray Georgen MD, Deb Doyle, Kathi Hegranes and Tabitha Uitenbroek with the club.

**Visiting Rotarians this week were** Lisa Werner from Rotary Club of Neenah

**There were No Make ups this week**

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## SEPTEMBER 15<sup>TH</sup>-CELC JON STELLMACHER

For over 10 years many in our community wanted to increase the awareness and importance of the first five years of life for children. The community wanted to bring together a few childcare organizations to have a greater impact on child development. When Catholic Center became available, a local committee; headed by Jon Stellmacher; was formed to work with the Catholic Bishop; Catholic Center; the AASD and ultimately the Hoffman construction company to create what is now called the Community Early Learning Center (CELC). Two million dollars was raised in less than a year and the CELC became functional in the fall of 2014. Jon Stellmacher will be here on 9/15 to review the five organizations involved in the CELC.

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Appleton

# HOUDINI 10K



Presented by

**Rotary**  
CLUB OF APPLETON



**What:** First of its kind, everything Appleton and everything Houdini offering a unique distance as well as exciting start and finish line entertainment, including street magicians!

**When:** November 7th, 2015 at 9:00 AM

**Where:** Houdini Plaza, Downtown Appleton, WI

**It's going to be a magical 10k**

For more information visit:

[www.runawayshoes.net/events](http://www.runawayshoes.net/events)



HOUDINI'S ESCAPE

