



# ROTARY CLUB OF APPLETON

## GUSTO

Service Above Self

**July 8, 2014**

### **Upcoming Programs**

**July 15th**

#### **Salon A**

RYE Students  
Presentations-Abbie  
Skorzewski/Isiah Higgs  
Thought of the Day:  
Mary Schmidt

**July 22<sup>nd</sup>**

WisconsinEye Public  
Affairs – Joe Otterson  
Thought of the Day: Chris  
Mings

### **Officers 2014-2015**

#### **President**

Deborah Wetter

#### **Vice President**

Sridhar

#### **Past President**

Peter Kelly

#### **Secretary**

Jennifer Stephany

#### **Treasurer**

Chad Hershner

#### **Directors**

Rosie Canizzo  
Michelle Devine-Giese  
Ruth Ann Heeter  
Gary Hermsen  
Dennis Hietpas  
Egide Nimubona  
Shana Shallue  
Marta Weldon

#### **Sergeant-At-Arms**

Jon Kester

#### **Rotarians of the Year**

Tony Gonzalez/  
Kathy Dreyer

#### **Admin. Assistant**

Meghan Warner  
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#### **Membership – 182**

Downtown Gusto  
Meghan Warner, Editor  
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Appleton, WI 54912  
[www.appletonrotary.org](http://www.appletonrotary.org)  
Meets Tuesday Noon

### **POST-POLIO SYNDROME**

Polio or Poliomyelitis, is an infectious viral disease that can strike at any age, causing a spectrum of neuromuscular deficits. Between the 1940's and early 1950's polio crippled over 35,000 people annually in the United States alone, making it one of the most feared diseases of the 20<sup>th</sup> century. Polio has been eradicated from the U.S. population since the introduction of the polio vaccine in 1955. As of February 2012, Afghanistan, Nigeria and Pakistan have yet to achieve polio eradication. Post-Polio Syndrome appears to be related to Polio. The Polio virus has attacked and in some cases destroyed parts of the brain stem and spinal cord of these victims. Polio survivors have regained lost strength but however years of high use have added stress to the deterioration of the regenerated nerve endings leading to loss of muscle strength. Bob Williams was diagnosed with polio when he was only 29 years old, but he didn't let that stop him from living a normal life. He raised a family and pursued a career. Years later he was diagnosed with Post-Polio syndrome also known as PPS. PPS is known as Polio's second act. It is a condition that can affect anyone who has had polio and suffered paralysis. Bob diagnosed himself of this disease after reading an article in *The Rotarian* in September of 2010. Bob's wife Mary is a Rotarian with the Rotary Club of Stevens Point. They have reached out to the Rotary Club of Stevens Point to spread the word on Post-Polio Syndrome. The club has produced brochures and a video and is now working with the medical community to publicize the symptoms of PPS and treatment resources. The club has developed an approach but needs help from other Rotarians to spread the word on PPS. They have reached out to Rotary International because there are 34,000 clubs throughout the World and they feel are the most equipped to take on this mission. Bob wanted to reach out to our club in Appleton because in 1953-1954 Appleton was known as "Ground Zero". Appleton had the most cases of polio in the state. There was a fear of panic throughout the city and everything was closed up for days. He explained that 1 out of 2 people that had polio have a chance of getting Post-Polio Syndrome. There are approximately 20,000 people in Wisconsin that have had polio so that means approximately 10,000 people will develop PPS. This disease needs to be addressed and people need to be made aware of this crippling disease.

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### **ANNOUNCEMENTS**

- The Membership Committee is holding a membership drive. Invite friends/colleagues to come and see what Rotary is all about. Free lunch tickets are available. Please see Trey Neher, Dawn Doberstein or Jon Kester for a free lunch ticket.
- Levi Cross, outbound student, is back from Brazil. He will be attending the August 12<sup>th</sup> meeting to give a power point presentation.
- Volunteers needed for Bergstrom-Mahler Museum of Glass 40<sup>th</sup> Annual Arts Festival on June 20<sup>th</sup>. The festival is scheduled for July 20<sup>th</sup> from 10:00 to 4:00 with a new feature of a beer garden, (biergarten—i.e. Germanic drinking vessel collection) on our back lawn with music sponsored by the Scene, from 11-6:00. Set up starts at 6:00 and clean up from 4-6:00 or so with the beer garden after. Music, family fun, raffles, 70 artists, food vendors, children's tent, free museum admission, free drink ticket for volunteers and a t-shirt. Glass demos at the museum and museum tours. Loads of fun starts at 6:00 am and all shifts are needed for anywhere from 2 hours or more. Call Kelly at the museum if anyone is able to help. 920-751-4658.

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### **GUESTS, VISITORS AND MAKE-UPS**

**Guests** today were Andrew Sather with Chuck Barnum, Cheri Hohner, Alvin T. Dupree and Yolanda Ortiz-Fordham with Patti Warmenhoven and Terry Arnold, Suzanne Murphy, Ann Huntoon, Mary Williams, Bob Williams and Chuck Nason with the Club.

There were no **visiting** Rotarians today.

**There were no Make ups submitted this week**

## **WELNESS IN A HEARTBEAT: HEALTH AWARENESS IS IMPORTANT-HEALTH MATTERS**

What is health awareness? Health is the overall condition of an organism at a given time. Thinking of people, health consists of a complete state of physical, social, and mental wellbeing. Health permits people to lead an individually, socially and economically productive life.

Health awareness is the basic concept of living a healthy life that makes sure that you do not get sick and are able to live an optimal life style.

- It can provide every one freedom from all diseases
- It can provide sound mental and physical state to live optimal life.
- It helps you choose your health care options.
- According to the World Health Organization (WHO) report, it is a fundamental human right

Health awareness is a comprehensive understanding of health. Every normal person need to know this to take care of their "SELF". This responsibility also extends to the families, societies, countries and the world.

It is a very important aspect of our lives. Introductory health care and taking care of yourself is taught in schools also, but no one stresses the implication of these rules when children are growing up except parents. Parents tell children what to do and how to do but its importance and constant practice for long term health care is not the focus at all.

**Health promotions through education is essential wellness plan of life. Once growing children know that taking care of health is as important as being ready to work for making money, they will have a different outlook on health information.**

In the last two decades, Doctors, business health experts, nutrition and fitness experts, did pay attention to the health awareness. The risks of junk food, alcohol, tobacco were the target topics of health promotion education. Exercise, nutrition, stress management and medical self-care was given exposure to everyone, but somehow results were not positive, as is stated in the medical Journals.

### 1. Health promotion education

People in general not only need health promotion education but people need to be motivated to use this education to better their lives.

### 2. Health awareness is the key

Health promotion education, along with health awareness is the key. Educate healthy ways of living, eating and taking care of the physical mental and spiritual aspects is the best way to achieve health awareness.

### 3. Awareness by educating everyone

Use smart health care options by creating contests, educational videos, and indirect promotional strategies to make health care a permanent part of people's life to see positive results.

### 4. Overcome obstacles by problem solving

Global health organizations to governmental and local health organizations must provide problem solving skills required to build new habits, overcome obstacles and work through the setbacks that always occur

### 5. Create a healthy life style

Homes and society must create physical and cultural atmosphere at home, at work and schools to help and make healthy life style as a smart choice.

This is an important goal facing us. If health care facts are promoted by parents teachers, writers, health care providers, health care business information providers we all can improve. Our next generation will have better hope and results.

I will request everyone whoever reads this post to do something about it, as it is a genuine cause and we must do something about it.

Start putting more effort in taking care of yourself. Are you living an optimal healthy life today? Ask yourself this question and start by thinking about your long term health care.

When did you have your last physical?

Depending your age, think of the health risk assessment that you need.

- How do you sleep in the night?
- How is your bowl moment?
- How is the health of your gums and teeth?
- How is the health of your skin?
- Major organs of the body, How is their performance?
- How is your emotional health? as it covers most of your life
- In case you have lost or gained too much weight suddenly?
- How fit are you physically? A simple self-assessment will get you started on this.

All these are general health concerns and will help you to your health quest and how to make it better.

Best care starts from home and it is self-care. Take care of yourself, as nobody can take care of you except yourself.

Even doctor cannot help you until you tell them honestly how you feel and depending on your words they will do a health assessment to find a solution for you.