



Sept 22, 2018

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Flex Therapy

Mike Uhrlaub, owner of Flex Physical Therapy, spoke at the Treynor Optimist Club on September 22. He lives in Underwood. He is originally from Hastings, Nebraska and has been a physical therapist for 21 years. He also served in the military.



Mike opened his first Flex Therapy in 2006 on Valley View Drive. He now has one on West Broadway and one in West Omaha. They are now redefining what they do as a company.

In High School he was a wrestler until he hurt his knee. They he played football and hurt the other one.

The mission of Flex Physical Therapy is to end chronic pain and restore health. Chronic pain is pain that last more than 90 days. Normal injuries, except for surgery, will heal in three months. If pain lasts longer it is due to the body compensating for the injury.

Flex Physical Therapy is starting to integrate a medical brand of Yoga into its program. They are also using some multifunctional movements from Yoga and martial arts. All therapists have special

training. They are also integrating some massage therapy, focusing on injuries. Mike said "I see that as a necessity.

Mike also talked about the diet plan he promotes, the Ideal Protein Protocol. He used it to go from 293 lbs to 215 lbs. It is not covered by insurance and some health conditions prevent participation, such as active cancer. People must have medical doctor permission to participate.

The Ideal Protein Protocol is a weight and lifestyle management protocol medically developed and based on validated science for safe weight loss. It features one-on-one coaching an a healthier lifestyle education.

Meeting Minutes

Keith Denton called the meeting to order. Fifteen members were present and four guests. Chad Guttau and Keith Denton shared jokes followed by the Pledge of Allegiance. Dee Guttau gave the opening prayer. Ken Graham won the 50/50 award and Kirk Vorthmann won the attendance drawing but was not present. Chad Guttau won the Football Contest.

For bragging rights, Gary Guttau contributed to the Youth Fund to recognize the one handed catch in the end zone. He also contributed because of a fantastic time at the Omaha zoo with the Russian visitors. Kevin and Marsha Underwood each contributed because Bailey was the homecoming queen at St. Albert. Keith contributed because he found a men's shoe store, Haney Shoe Store, which has large shoes that can fit over a brace.

Dee Guttau celebrated her birthday and brought cinnamon rolls. She also got her driver's license renewed. Gary Guttau said that he had a car accident at age 82 and had to take a driving test, a knowledge test, and the eye test.

Bill and Ann are celebrating their 49th anniversary this week.



Garret Pryor collected his \$500 scholarship check. He is a sophomore at IWCC. He graduated from High School with about 30 credits, so he started IWCC as a sophomore. He plans to attend Wayne State next year, majoring in Social Science Education. He plans to get a master's degree and be a Social Studies teacher. He is planning on teaching at military bases until his student loans are paid off. He said his favorite activities in High School were dance team, being the school mascot, and Boys State.



Jordan Campbell collected the can kennel receipts for the Cardinal Core. They had about 50 youth, K-5th grade, participate in the Cardinal Combine before the football game. Cardinal Core got a grant for \$6500 the first year, but they have been really tight with money since then.

Dennis White said the dictionaries are ready and will be given out at school at 2:40 on Tuesday.

Kirk and Lynell Vorthmann were recognized for their work on the Homecoming float.

Gary Gutttau, John Klein, and Keith Denton attended the multi-zone meeting on Monday.

Calendar

Oct 3 Can kennel sorting for Studio 7 Competition
Team

Birthdays

Sept 22 Dee Gutttau (recognized)

Anniversaries

Sept 26 Bill & Ann Vorthmann (recognized)

Programs

September Linda Danker
October Bill Vorthmann
November Keith Denton

Speakers

Sept. 29 Angel's Health Care

Newsletter notes-Dale Willenborg

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Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 51575