



Jan. 25, 2020

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Dennis Hopp Speaks Today

Dennis Hopp, Physical Therapist, spoke to the Treynor Optimists on Saturday, January 25 at the Treynor Community Building. Hopp, a Council Bluffs native, is a graduate of St. Albert High School and the University of Nebraska Center Physical Therapy program.



After two years at Immanuel Hospital, he became the Director of Cogley Physical Therapy in 1987. In 1995 he became independent as the Director of Hopp Physical Therapy and has currently been in practice in Council Bluffs for 34 years.

Hopp stated that he is not a doctor, but recent graduates in the last ten years are doctors of Physical Therapy. The program when he started was unique in the area with only 20 in the class. Today there are 50 in the UN program, 60 in the Creighton program and there are also three programs that offer PT Assistants training.

“30” is the magic number. 30% of people in the US state they do regular exercise, not counting work that is physical. This was also true in 1970. And worldwide, 30% also state they do regular exercise. Plus he said 30% do what he tells them to do even though all are paying for the advice. In addition, after age 30, Dennis stated we lose 1 percent of our body strength per year.

People come to him for trauma healing as well as for posture improvement. Hopp stated that after an injury, if you aren't better in 8 weeks, you are not going to get better without help.

Harvard has a study for mature adults recommended for exercise: (Do these 3-4 times per week for 20 mins. 1) Walking, 2) Swimming 3) Light level strength training – bands, weights 4) Tai Chi (slow motion martial arts), 5) Kegel exercises for men and women. He stated we won't get stronger unless we push our muscles. If you have tightness when doing certain exercises, try stretching more.

Hopp led the group in some basic therapeutic principles: 1) Use your pelvis to stand straight. The major muscles are attached to your pelvis. Roll it in. Use your pelvis as you get out of a chair and walk. 2) Take more deep breaths. 3) Stretch out your arms more. It was all great advice!!

Next week's speaker will be from Children's Square. Join us from 8-9 AM on Saturday at the Treynor Community Building.

Meeting Minutes

Bill Vorthmann, President, called the meeting to order at the Treynor Community Building. Fifteen members were present, including new member Doug Dillivan, and three guests, Dennis Hopp, Dan McMullen, and Kirk Funkhouser.

Jokes/stories were shared by Gary Funkhouser, Chad Guttau, Keith Denton, and Bill Vorthmann. The group said the Pledge of Allegiance. Dee Guttau gave the opening prayer.

The 50/50 Drawing was won by Judy Guttau and the Attendance Drawing was won by Jerry Hempel, who was present but didn't qualify because he was absent last week.

Birthdays/Anniversaries: The group sang to Doug Dillivan for his birthday this past Thursday.

There were no anniversaries celebrated.

Bragging Rights:

1) Gary Guttau donated to honor Sherriff Danker on his retirement. Gary stated he taught him in 7-8 grade math, science, HS chemistry, and may have been a wrestling “dummy” for him. 2) Keith Denton stated he either had a bragging or apology. He regularly speaks messages into his phone and stated to a friend he was attending Julie Funkhouser's birthday party. His friend responded to Keith, “You must have really been mad!” Keith looked at his message and the phone had interpreted his oral message with written swear words! 3) John Klein contributed

because a letter to the editor was in the Nonpareil that he wrote yesterday and he had several favorable responses. He also stated he had volunteered as an usher at IWCC Arts Center last night to hear the Good Humor Men. One performer was originally from Omaha and his mother attended and made comments during the show. 4) Bill Vorthmann suggested that Judy Gutttau had note-worthy brags. She paid a dollar for grandson Brock Fox being interviewed on KMA.

Community News:

The Wedded Band group at St. Paul Lutheran Church will celebrate their 70th anniversary on Sunday, January 26 at 3 PM with a concert performed by The Witness.

Today is the District Speech Contest and John reported that the Speech Night in Treynor last Sunday was very enjoyable.

The JOI Club has flyers out that they will gather cans on Sunday starting at 1 PM.

Old Business:

Bill Vorthmann thanked Gary Gutttau, Gary Funkhouser, and John Klein for helping with the Can Kennel this week.

New Business:



Dan McMullen, McMullen Ford, was present to discuss a fundraising opportunity for the Treynor Optimist Club in conjunction with Ford Motors. A motion was made, seconded and approved by the group to proceed with this project.

The group is excited about the opportunity and an application to participate will be submitted. More details will be forthcoming.

John Klein stated that he has nominated our club for the Iowa Optimists Forestry Award for our Arbor Day project. 87 trees have been planted and 12.1 T of mulch has been used in 20 years. Thanks, John, for your leadership!

There being no further business, the meeting was adjourned and concluded with the saying of the Optimist pledge.

HUMOR

GUEST TO THE WAITER: "Can you bring me what the lady at the next table is having?"

WAITER: "Sorry, sir, but I'm pretty sure she wants to eat it herself."

HOW DO mathematicians scold their children? "If I've told you n times, I've told you $n+1$ times..."

Calendar

Jan. 26 "Souper Bowl Drive" Sunday – JOI
Feb. 5 Can Kennel – Studio 7
Feb. 15 Regional Optimist Conference - Greenfield
10 am – 3 pm, Hotel Greenfield

Birthdays

Jan 19 Dennis White

Anniversaries

Programs

Feb. Gary Funkhouser
Mar. Gary Gutttau

Speakers

Feb. 1 Speaker from Children's Square
Feb. 8 Travis Castle, Fitness Center and Vision
Treynor Update
Feb. 15 To be announced
Feb. 22 Scott Wallace, new baseball coach
Feb. 29 To be announced

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