



The Optimist Club of Treynor, Treynor, IA  
Iowa District, Zone 2 Club Number 40-109  
Iowa District Governor: Jane Schmidt  
Lt Governor: George Volz

## NEWSLETTER

Treynor Optimist Club President:  
**Dale Willenborg**



Dec.20, 2025

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### Josh Bintz, Physical Therapist



Josh Bintz, a 2007 Treynor grad, loves serving and caring for people in this community and area. He attended two universities and is a 2013 graduate of Physical Therapy School. Josh is married to Christy. They have two young girls.

Josh's first job as a

Physical Therapist was at the VA, then Flex, then Miller Ortho. Josh stated that Miller closed after 51 years in February which had a lot to do with the state of health care in general. He said Ortho Nebraska is doing a great job of cornering the service.

Josh stated he wasn't really planning to change jobs. However, he wanted to be able to do more at school and church. He said opening his own practice seemed scary. Prayers and faith help him know he himself couldn't have orchestrated the way this has worked out.

Josh is now working part-time for Highline Warren in Council Bluffs, working with and teaching employees to mitigate injuries. This has allowed him time to add other things he loves: an expanded role at the church as Associate Pastor, being hired on contract with the Treynor school to cover all their sports medical needs, plus working on opening his own practice.

Josh opened "Ahead of the Pain Physical Therapy" in October at the Fitness Center in Treynor, 7 East Main St. Josh's philosophy is that physical therapy in general encourages healthy living. It's important to treat on the front side to identify areas long before you need surgery.

It was stated that dentists and eye doctors have done a great job of encouraging people to have annual or bi-annual appointments or more, but there is very little being done for preventive

care from a physical therapy wellness standpoint. How many primary care doctors watch you move? Are you able to sit and get up without using your hands? Josh stated physical therapists are becoming more approachable and utilized to avoid surgery and medicine. Surgery doesn't always turn out as you want so health and wellness are being pushed.

Josh demonstrated simple stretching exercises to open up the chest as we do so many things hunched over phones, computers, and books. The other exercise is for back extensions.

Bintz stated that the American Heart Association did a disservice by stating that 30 mins. of cardio exercise is all that is needed. It is great for heart and lungs. Josh states new research is indicating strength training is more beneficial. You are less likely to fall, and it will be easier for you to move and have less strain.

Josh emphasized that in Iowa, you don't need a doctor referral to go to any physical therapist provider. The therapist will then send his evaluation to your primary physician who then sends billing to Medicare, etc.

To make an appointment, contact Josh at [aheadofthepain@gmail.com](mailto:aheadofthepain@gmail.com). He keeps hours generally on M,W,F afternoons at the Treynor Fitness Center. His long-term goal is to step down from the oil company. He hopes eventually to be in the PT office 20-25 hrs. a week and also be available as needed 5-6 days a week.

Other topics discussed were: 1) Slowing down arthritis. Try an inexpensive version of glucosamine chondroitin for six weeks to see if it works. Stay hydrated – 64 oz./day. 2) Actively Aging Class at Fitness Center. He will encourage the Fitness Center to restart. 3) ACL tears. 4) Turf vs grass issues and cleats used. 5) Being a toe or heal runner issues. 6) Resistance bands – he likes. 7) Steve Chambers praised him for how he handles kids who get injured in a game.

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**Next Week's Program**  
**Brian Young, Pastor**  
**Living Hope Community Church**

**Kathy Luedke and Judy Guttau will talk a little about their growing up Christmas Traditions.**

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**Inspirational Quote:**

**"God never gives someone a gift they are not capable of receiving."**

**Pope Francis**

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**Meeting Minutes**

Vice President Kirk Vorthmann called the meeting to order. 16 members were present. Guests: Josh Bintz, Doug and LaJean Wehring.

**Prayer:** Dee Guttau

**Jokes:** Kirk Vorthmann, Steve Chambers, Keith Denton

**50/50:** Judy Guttau

**Attendance:** Joel Beyenhof but couldn't claim

**Birthdays/Anniversaries:** None

**Bragging Rights:** (Dollars are contributed to benefit local youth programs.)

- Judy Guttau: Dane Guttau had a funny picture in the online Nonpareil of rebounding against Clarinda in a BB game Thurs. night at the MAC. He had a good game.

**Business**

- John Klein said Moxey Signs in CB had the lowest bid for the Can Kennel signs. Five signs for ten youth organizations have been ordered at a cost of \$371 total. Each of those ten organizations will have a reasonable amount taken out of their proceeds next time to recover costs.
- The next Can Kennel sorting is for After Prom Committee. Time and date to be announced.
- Jerry Hempel helped his wife out today by offering PEO nuts for sale.

**Community:**

- **Bingo – Sun. Jan. 4** at Legion at 6:30 PM.
- **Occasional Collective: Dec. 30** the store is pivoting to an online store.

**Events this week in Treynor and some away if indicated:**

- Christmas Break: No School through Jan. 2

There being no further business, the meeting was adjourned.

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**HUMOR**

**"I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph."**

**Shirley Temple**

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**CALENDAR**

**Events:**

Dec. 27 Optimist Meeting 8:00-9:00 AM,  
Treynor Community Center

**Birthdays:**

Dec. 23 Chuck Nielsen

**Anniversaries:**

Dec. 27 Glenrose & Bob Meier  
Dec. 27 Gary & Dee Guttau

**Programs:**

December Mick and Judy Guttau  
January Judy Guttau (1<sup>st</sup> Sat)  
January Keith Denton (2,3,4,5 Sat)  
February Linda Danker (1<sup>st</sup>,2<sup>nd</sup> Sat)  
Kirk Vorthmann (3<sup>rd</sup>, 4<sup>th</sup> Sat.)  
March John Klein

**Speakers**

Dec. 27 Brian Young, Pastor, Living Hope Church  
Kathy Luedke and Judy Guttau brief talk about their growing up Christmas traditions.

Jan. 3 Collins Consulting – Tax Update on the tax changes from the Big Beautiful Bill.