

THE ROTATOR

WEEKLY BULLETIN OF THE ROTARY CLUB OF COUNCIL BLUFFS

CLUB NO. 1506 ORGINATED FEBRUARY 23, 1915 VOLUME 37 NUMBER 28



Rotary International Theme 2011-2012

Thursday, January 12, 2012, 12:00 pm

Jeff Barnes – George Custer’s 24 Hours in Omaha
The Center, 714 S. Main St.

JANUARY MEETINGS/EVENTS

- 05 Dr. Kent Boese, Arthritis and Joint Replacement
- 11 Board Meeting, 12 pm, TS Bank, 1745 Madison Ave.
- 12 Jeff Barnes, George Custer’s 24 Hours in Omaha
- 19 Anthony Carano & Dawn Hovey, Pott. Co. Foundation
- 26 Vocational Talks – Dick Christie and Rick Guill

JANUARY BIRTHDAYS

- | | | | |
|----|-----------------|----|-------------------|
| 01 | Nancy Coziahr | 13 | Jennifer Doebelin |
| 01 | Jeanne Prickett | 20 | Jon Leu |
| 04 | Jared Olson | 22 | Jim Hughes |
| 05 | Scott Belt | 25 | Tom Whitson |
| 09 | Marcia Antworth | 28 | Ron Tekippe |
| 13 | Del Campbell | 29 | Paul Bass |

2011-2012 Officers

President – Mike Maher
Past Pres. – Carol Horner
Pres. Elect – Mick McKinley
Treasurer – Paul Hamilton
Secretary – Donna Pritchard
RI Fndn. – Doris Heineman

Board Members

Terry LeMaster 12
Gilbert Thomas 12
Tom Whitson 12
Peg Christensen 13
Tony Doremus 13
Jay Simms 13
Marcia Antworth 14
Jason James 14
Jill Orton 14

Executive Director

Wendy Chubick

January	Song Leader	Clipper	Greeter
05	Marcia Antworth	Lynne Branigan	Jason Ferris
12	Steve Chamley	Jill Orton	Tony Doremus
19	Carol Wood	Carol Horner	Rich Scotter
26	Larry Knotek	Martha Bruckner	Terry LeMaster

Rotary Club of Council Bluffs
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Wendy Chubick, Executive Director

MAKE UP OPPORTUNITIES

MONDAY

North – Noon, Eppley Airport Conference Center
Bellevue – Noon, DJ's Dugout, 2440 Cornhusker Rd.
Millard – Noon, Bel Air Banquet Room, 12100 W. Center Rd

TUESDAY

Morning – 7 a.m., Happy Hollow Club, 1701 S. 105th St
Northwest – Noon, Champions Run, 13800 Eagle Run Dr.
Southwest – 5:15 p.m., The Prestige, 168th & Pacific

WEDNESDAY

Downtown – Noon, The Field Club, 3615 Woolworth Ave.
Council Bluffs Centennial – 7 a.m., Hy-Vee, Madison Ave.

THURSDAY

Suburban – Noon, Anthony's, 7220 F St.
Western Douglas County – 7 a.m., Elkhorn Common Ground Community Center, 1701 Veterans Dr.

FRIDAY

West – Noon, Champions Run, 13800 Eagle Run Dr.

E-Club Meeting Links:

www.rotaryclub7210.org
www.rotaryclubone.org
www.rotaryclubny1.com
www.rotaryclub7890.org
www.rotaryclubsouthwest.org
www.rotaryclub34.org

Rotary Events

Super Bowl Weekend Food Drive – Fri., Feb. 3, 3-7 pm & Sat., Feb. 4, 10 am-4 pm. Stores: Hy-Vee W. Broadway, Hy-Vee Madison Ave., No Frills W. Broadway, Super Saver N. Broadway, Fareway McKenzie Ave. 35 volunteers are needed to work two-hour shifts. Please sign up at a meeting or contact the Exec. Dir. to volunteer.

Annual Rotary Chili Luncheon – Thur., Feb. 16, 11:30 am-1:30 pm, Masonic Temple. Proceeds will go to Club projects and programs.

Volunteers are needed to:

- Work the luncheon
- Donate/make roasters of chili
- Donate store bought desserts

Each member is responsible for selling/purchasing a pack of 5 tickets for \$25. Tickets and volunteer sign up sheets will be available at meetings or you may contact the Exec. Dir.

Announcements

The 100-year Anniversary Planning Committee will meet at 1 pm after the regular meeting on Thur., Feb. 12. Anyone interested may attend.

Thank you to Celebrate Catering for providing our weekly meals. Please contact Stacy to cater your event. Call 712-322-2580 or visit www.celebratecatering4u.com.

Rotary Links:

District 5650 Website: <http://www.rotarydistrict5650.org>

Rotary International Website: <http://www.rotary.org>

January 5 Program

Dr. Kent Boese

Arthritis and Joint Replacement

Dr. Boese has been practicing for 17 years. He specializes in arthritis and joint replacement. He is with Miller Orthopaedic. His office does 1,000 joint replacements per year.

Arthritis occurs when the cartilage on the end of the bone wears down. Osteoarthritis is the most common type. It occurs when the body's regenerative process slows down and can't keep up with wear and tear on the joint. There is a big genetic component to this type of arthritis. Unfortunately, there are few treatments. Treatment is usually geared toward management of pain and stiffness or joint replacement.

Over the counter ibuprofen and naproxen are often used to treat pain and inflammation and work just as good as their prescription counterparts. Chondroitin has become popular as a treatment. It is a version of the naturally occurring compound found in the joint. No studies have shown that it actually works to replace naturally occurring chondroitin but it may help with pain and inflammation.

Exercise is extremely important to help lubricate and bring nutrients into the joint. Physical Therapy is important for the same reason.

Cortisone injections can provide dramatic temporary relief from pain and inflammation. One injection can last days to months. Another type of injection is viscosupplementation. It is an injection of hyaluronic acid, a naturally occurring joint nutrient that also provides cushioning to the joint. It does not provide as dramatic relief as cortisone but can last up to six months.

Arthroscopy is another option. They go in and clean out the joint and remove loose cartilage. This, however, doesn't work well in cases of severe arthritis.

The last option is joint replacement. Rather than actual replacement, it is actually a resurfacing of the joint. It is capped with metal and plastic replaces the cartilage. It provides excellent pain relief.

Knee replacement is one of the most common procedures. The knee is a very complicated joint and there are only seven sizes of knee replacements. The surgeon has to be careful matching it up to get the best possible fit. 10% of knee replacement patients are not satisfied with the results. However, of those 10% most say that their knee is better than it was but not as good as expected.

A nice trade off to total knee replacement is partial knee replacement. Often, the inside of the knee wears out sooner than the rest so they replace only that part. There is a higher chance for more bend and natural movement and recovery is faster. It can be an outpatient procedure whereas a total

replacement requires a 2-3 day stay and extended care for the elderly. Of course, the rest of the knee can wear out and the need for a second replacement within the first couple of years is more likely than with total replacement.

Another area that is often replaced is the hip. The hip is easier to recreate because it is just a ball and socket. Once healed, it is almost like a natural hip. After three months of recovery, patients often have no activity restrictions.

Reverse shoulder replacements are also becoming more common. They are often done when the patient has a rotator cuff tear that can't be repaired to help with pain and range of motion. It is called a reverse replacement because the ball is placed where the socket was and the socket where the ball was. This procedure is usually done after age 65 when wear and tear is less likely.

When shopping for joint replacement, the most important thing to concentrate on is finding a good surgeon. Look for one with experience, a good reputation and a good support system. They will do the research for you and make good decisions for a maximum result.

For more information visit www.millerortho.com or call 712-323-5333.
