

The meeting was called to order at 12:01 pm by President Randy Orwig

The Pledge of Allegiance was recited.

The Four Way Test was recited.

Our invocation was by Paul Carlson.

Our greeter Dave Morgan had no guests to introduce.

Chad Schuring introduced our speakers Melissa Toyoshima and Erin Muszynski. They are from Wise Wellness Center. They are most well-known for acupuncture treatments. They use several different modalities to treat chronic pain management and infertility. They also treat autoimmune diseases. They practice Traditional Chinese Medicine (TCM). They focus on both prevention and treatment. They take a health history and create a treatment plan for their clients. They really get to know their clients in order to come up with an individual plan.



Acupuncture involves inserting hair-thin needles into selected points throughout the body to aid with a wide range of symptoms and ailments. They are creating a micro injury to send a signal to the brain to an area to help it heal. It can treat pain, digestive issues, headaches/migraines, high blood pressure, anxiety, depression and much more. The acupuncture points are at sites where stimulation can affect the activity of multiple sensory neuron-receptive fields. This stimulates the central nervous system to release chemicals into the muscles, spinal cord and brain. These biochemical changes may stimulate the body's natural healing abilities and promote physical health. It can be as strong as certain drugs as it stimulates the release of oxytocin in your body.

Acupuncture vs. dry needling: There is no medication in the needle when performing acupuncture. Their training is much more intense than someone who just offers dry needling. TCM is an actual health technique that requires proper education and training.

An average treatment involves asking many questions such as your health history, discussion of symptoms and 10 questions. They look at a client's tongue and touch their wrists, so they know which

channels to concentrate on. When looking at a tongue, they look for deficiencies for effective treatment. They know which Chinese herbs to use to be most effective. Next time you are sick, look at your tongue in the mirror to see how it changes. Other TCM modalities include cupping & gua-sha, moxibustion, food/diet therapy, electrical stimulation and ear seeds/auricular acupressure. Treatment may be covered by insurance. Feel free to call their office to inquire.

Normal treatment period is typically 12 treatments. Chronic pain management treatment is different for everyone. They usually treat twice a week for several weeks. Most of the time you do not need a referral from your primary doctor. Medicare does not cover this type of treatment but may in the future. The cost of treatment is \$135 for the first treatment and \$95 for subsequent treatments. They have treatments that help with appetite suppression. Many times, they can kick metabolism into high gear in their treatments. They do verify benefits through insurance companies prior to treatment.

Announcements:

- District Foundation raffle tickets are \$25 each. Checks should be payable to Rotary District 6360 Foundation. Give cash or checks to Roy or Jose by October 23rd.
- Miller Auditorium fundraiser is ongoing. We receive \$10/ticket per ticket sold. Information was on the tables. Please use our QR code so we receive credit.
- October 24- World Polio Day- There was a Proclamation made by our Mayor yesterday to recognize our efforts.
- Bell Ringing and PCC Holiday Volunteer sign ups were passed around.
- At last night's council meeting, there was a special moment after the proclamation. Jim Pearson shared that 13 Rotarians were front and center at the event last night. Art Roberts was asked to come to the podium. They had a special resolution of appreciation for all of his volunteer duties over the years. He spent 20 years on the Senior Citizen's Board. He truly exemplifies service over self.
- This Friday at 7:30 at Michelle's on Romence is the next board meeting. Everyone is welcome to attend.

Molly Chase, Dave Morgan, and Chad Schuring are celebrating birthdays this week. Randy Orwig celebrated his wedding anniversary.

Happy bucks and fines collected by Sergeant at Arms Pete Marsiglia were allocated to World Polio Day from Molly Chase, Art Roberts, Dave Morgan, Helen Driver, Matt Popp, Chad Schuring, Mary Hall, Ginny Dell, Jim Martin, Paul Ballard, May Lou Wright, Marlene Camacho Ochoa, Christine Berro, Chris Buckley, Pat McGinnis and Jose Santamaria.

50/50 drawing: Karen Foster won \$33.

Ace of spades drawing: Bo Snyder did not find the ace today.

Next program on October 30th will be John Crandle- Club Lunch n Learn. Invite a guest, help spread the Magic of Portage Rotary with friends, co-workers and family. Invitations also going to Senior Center members.

Meeting adjourned at 1:04 pm by President Randy Orwig.