



## Waunakee Rotary Club

Oct. 28, 2010  
Vol. 45 No. 10

The United States is ranked 37th for wellness, according to the World Health Organization, and yet it is ranked No. 1 in spending on its health care system.

Those statistics, from Dr. Brian Wussow, a Middleton chiropractor, illustrate the need for U.S. citizens to improve their wellness and disease prevention.

Brian, who spoke at the Oct. 21 Waunakee Rotary meeting, said his father suffered from health problems now thought of as normal – heart attacks, Parkinson's, dementia and strokes.

And the cost of treating these diseases can be financially crippling to families, he said. Every 30 seconds, someone in the U.S. files for bankruptcy due to illness, and three quarters of those have health insurance that is lost when they can no longer work.

As Harvard law professor Elizabeth Warren put it, "nobody's safe."

That's why Brian recommends concentrating on wellness and prevention rather than taking medications with side effects that require other medications to treat them.

While the U.S. spends \$2 trillion a year on health care, it's really sick care, Brian said. It doesn't matter who pays for it – ObamaCare or private health insurance companies – most of the money is spent on preventable, lifestyle-related illnesses like heart disease, cancer and diabetes, Brian said.

Wellness can be achieved by exercising regularly, eating well and developing healthy habits.

Brian suggested that people check their work stations to ensure they are ergonomic, use orthotics to protect their feet, sleep on supportive mattresses and try to alleviate stressors.

Bad posture can lead to health problems, and the feet are important. In some cases, exercise causes pain; then lack of exercise can cause other problems.

He recommended at least 30 minutes of aerobic activity between five and seven days per week with mixed routines, eating fresh fruits and vegetables, and taking supplements such as Omega3, probiotics and a multivitamin.

Stress is a common contributor to poor health, he said, adding that each person reacts to events differently. Stress can be just our perception of that event.

"Discover wellness – it works if you live it; it doesn't if you don't," Brian said.

He advises people to find out where the stress in their bodies has impacted them, eliminate the stress and allow the body to heal.

### In other news:

•Phil Willems said Oct. 30 is the date of the Wisconsin School Music Association's Rock 'N Stroll in the Arboretum Business Park. It starts at 8 a.m. and features a 5K run or 1-mile costume stroll and activities for children. Also, Phil said, on Oct. 23, Schumacher Farm will have its Halloween Happenings event.

•Bill Erickson said on Monday, a big lift will be brought to Village Park to hang the lights for the Rotary in Lights Christmas event.

### OFFICERS

BRENT ZIEGLER, PRESIDENT • JOHN CULLEN, PRESIDENT ELECT  
PHIL WILLEMS, CLUB SECRETARY  
BOB PULVERMACHER, RECORDING SECRETARY • JOY MCMERTY, TREASURER

### DIRECTORS

ELLEN SCHAAF • JOHN CULLEN • LINDA OLSON

### Calendar of Events:

- Thanksgiving breakfast, Nov. 25.

Wednesday, Bob Ziegler could use help painting the soldiers, he said.

•Harriet Statz said she and Ray had a chance to see Marie during their visit to Europe.

Guests: August Felker, guest of Rich Murphy; Chad Updike, guest of Alan Langetieg; Roman Bukolt, guest of Susan Vergeront; Tony Hellenbrand, guest of Connie Blau.

Visiting Rotarians: None.

Birthdays: Oct. 29, Lori Derauf.

Anniversaries: Nov. 1, Neil and Lily King

Prayers: Oct. 28, Susan Vergeront; Nov. 4, Pat Durden; Nov. 11, Leonard Allen.

Programs: Oct. 28, Marianne Garitii, sustainable business practices; Nov. 4, Club Assembly.

Greeters: Oct. 28, Drew Lawrence; Nov. 4, Robert Lenz and Jim Leonard; Nov. 11, Joyce Maly and Traci Mann.

### Make up meetings online

It's easy to make up a meeting on the Internet. The site is [www.rotaryclubone.org](http://www.rotaryclubone.org). Print out the form and give it to Phil Willems, the club secretary.