

Upcoming Programs

President's Day

June 26

Jeff Pederson - Paducah City Manager

July 03

Steven Connelly - Mayor of Berea, KY

July 10

Gale Cherry - Mayor of Princeton, KY

July 17

Birthdays

Ashley Grooms

June 24

Debbie Wattier

June 25

Richard R. Veazey

June 29

Michael K. Stone

June 30

Allen Allen Dossey

July 01

Lee Powell

July 04



GearTeeth

The Rotary Club of Paducah

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4th of July, Labor Day, Thanksgiving and Christmas.

Living Life to it's Fullest Through Occupational Therapy



We give little thought to the mundane tasks of life, such as brushing our teeth or hair, putting on our shoes or buttoning a shirt, but for many who have suffered an illness, recuperating from surgery or coping with a chronic disease, these things can seem like monumental tasks. That's when someone like Amy Goebel rides to the rescue. Goebel, and her fellow occupational therapists, makes those tasks easier.

Goebel, who works at Hampton Physical Therapy in Paducah, specializes in OT for children, particularly those with Autism, but she said the therapy is for all ages to promote health, prevent disability and maintain ability. Therapy is very important for those who wish to remain as independent as possible.

Often she uses special tools or makes modifications

in the home or work environment to facilitate a person's needs.

She recalled how a fireman, who was injured, used OT to redevelop his abilities at lugging heavy fire hoses and hoisting ladders so he could return to his job. A chef had to train making dozens and dozens of pies and carrying them on a large platter again.

Rotarian Andy Carloss gamely accepted the challenge in demonstrating a long handled shoehorn to remove his shoes without bending and tools designed to remove and put on socks. An extendable "reacher" with a magnet attached is also a popular helping tool.

For more information on occupational or physical therapy visit <http://hamptonphysicaltherapy.co>
<http://hamptonphysicaltherapy.com>

Announcements

June 19th, 2013



Paul Harris Awards - John Williams, Sr. welcomed a new member to the Paul Harris Society and presented a new Paul Harris Fellow "Plus One" today. Cathy Crecelius received her "Plus One" pin, while Scott Garrett and Betty Higdon received their Paul Harris Fellow pins and certificates. John said the Paducah Club has 30 Society members since September and 7 new PHF's. Rotarians will soon be able to access their accounts online to see how close they are to achieving this milestone. John said the Club would also be mailing letters with

current balances at the end of the Rotary Fiscal Year, which is June 30

Holiday Mail for Heroes - Jessica Toren of the American Red Cross provided Rotarians

with cards to sign as part of this year's Holiday Mail for Heroes, which sends cards to active military members. Jessica said everyone from family to friends to employees are encouraged to take part by using her pre-printed cards or making their own. Last year, Kentucky sent the largest number of cards to our service members than any state in the nation.

Rotaract - President Missy said the Rotaract year-end transition festivities at Glisson Tasting Vineyard were a true celebration of their very successful year. Megan Thomasson, who works for Rotarian Ed Hely, is their new president. She assisted the Club in their Hurricane Sandy Relief effort. Laura Schaumberg is to be lauded for her leadership as president this past year.

McCracken County School Tour - President Missy also thanked the McCracken County School System for giving Rotarians a sneak peek tour of the new consolidated high school. President Missy said it is an "amazing facility."

Rotary Fellowships - June is Rotary Fellowships Month, highlighting the many opportunities to connect with Rotarians all over the USA and abroad. There are numerous Fellowship groups to join no matter what your vocation or avocation. Michael Cochran has joined the Musical Fellowship and there are others ranging in interest from scuba diving to tennis and flying and more. Go to www.rotary.org/Fellowships for how you can get involved!

Open House! - Sandra Wilson, our new Chamber exec, invited everyone to attend an Open House at the new Commerce Center on June 27th from 4-6 pm with plenty of food, drink and fun to celebrate the new home of the Paducah Chamber of Commerce and Economic Development. Sandra also announced a reception to honor outgoing Murray State University Dr. Randy Dunn would be held on June 26th at the Country Club of Paducah from 5-7 pm.

New Member Proposal

June 19th, 2013

A new member has been proposed - Gary Dyer a portfolio manger from US Bank who is sponsored by Zach Hosman. Please notify the Rotary office in writing if you have any reservations concerning his membership.

Guests

June 19th, 2013

Gary Dyer – guest of Zach Hosman
Lennis Thompson – guest of Lewis Carr
Jessica Anderson – guest of Mike Muscarella