



Club News

Maumeerotary.org

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FUNCTIONAL MEDICINE 101

with
MyTotalBody
Michelle L. Sandwisch, APRN, FNP-C

er 9 | 1- 2:30
ral Ave. #219
PH 43615

MYTOTAL
Personalized Fun
Michelle L. Sandwisch, APRN, FNP-C

I found my passion for Functional Medicine after walking through my own wellness journey. For many years, I sought answers that did not readily come and eventually was diagnosed with Crohn's Disease. I am dedicated and passionate about finding the root cause of disease and achieving optimal wellness in all those that come to me for treatment.

I am an Advanced Practice Certified Nurse Practitioner licensed in Ohio. I received my Master of Science, Family Nurse Practitioner, from Georgetown University and Bachelor of Science, Nursing, from Lourdes University. I am an active member of the Institute of Functional Medicine.

I am dedicated to my patients and encourage a collaborative environment to design a personalized healthcare program that supports and optimizes health. <https://www.mytotalbody.me/>

Your current state of health is a result of your unique genetics, experiences, lifestyle, nutrition and environment.

Functional Medicine is an integrative evidence-based healthcare that focuses on

your individuality and provides personalized care plans that address the underlying causes of your illness.

Functional Medicine integrates traditional Western medical practices with what are sometimes considered "alternative" or "integrative" medicine, creating a focus on prevention through nutrition, diet, and exercise; use of the latest laboratory testing and other diagnostic techniques; and prescribed combinations of drugs and/or botanical medicines, supplements, therapeutic diets, detoxification programs, or stress-management techniques.

Over the past 25 years, leading scientists and clinicians have taken up the challenge of researching and developing applications for this personalized medicine approach. The resulting emerging science has validated its efficacy in fighting the chronic disease epidemic.

Michelle Sandwisch
APRN, FNP-C



November 6, 2019

H.O.O.V.E.S

Prayer & Pledge

Phil Kirk

Greeter & Fines

Don Knepper

November 13th

180th Fighter Wing

Prayer & Pledge

Tim Kearny

Greeter & Fines

Jeff Keim

Meetings at Brandywine

2019-2020 Officers

Sharon Trabbic – President

Chaz Price – President-Elect

Robbin Syrek – Sec./Treasurer

Jennifer Kiernan –

Sergeant-at-Arms

Justin Glover – Membership Dir.

Melissa Tansey –

Community Service Director

Paula Birney – Public Image Dir.

Todd Cramer – Club Service Dir.

Michele Free – Past President

District 6600 Governor

Carolyn Huston

Rotary International

President

Mark Daniel Maloney

UPCOMING EVENTS

**November 23th: Peace Conference
Findlay, OH**

<https://rotarydistrict6600.org/peace-conference/>

**December 4- Rotary "Spirit of Giving"
Dinner**

Belmont Country
Club Perrysburg
6 pm

Collecting gifts for
charity TBD.



Dec 7th: Cherry Street Mission

10 am to 1 pm

Cherry Street Mission

105 17th St. Toledo, OH 43604

Every other month

See Jen or Chris for more information.

Dec. 14- Rotaract Christmas Party

January 4, 2020: One Rotary Summit

Terra Community College, Fremont.

Watch for more details. Register on

DACdb



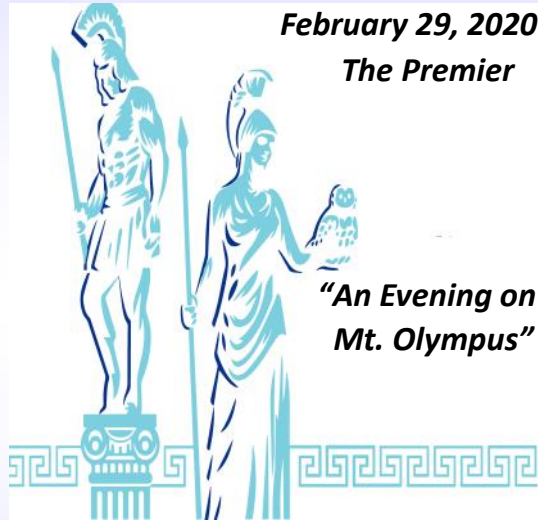
Blue Campaign: January 13, 2020

**Areas 3 and 4 . Department of Home-
land Security [Blue Campaign](#)**

Bahamas Relief Fund

Donate to the Service Foundation on
our Website: [https://
maumeerotary.org/](https://maumeerotary.org/)

**Maumee Rotary Service Foundation
39th Annual Charity Auction**



LAST MEETING

Guests:

Michelle Sandwisch

John Siedel

Students of the Month:

Visiting Rotarians:

Bottle Winners:

Raffle Winner:

Carol Rambo \$10.00

Raffle Balance: \$135.00

Rotary District 6600 includes 64 clubs and over 3, 500 members in Northern Ohio. **Registration is now live on DAC db.**



May 1-3, 2020:

District Conference

Maumee Bay State Park.

Rotary Club of Maumee Service Foundation Board

Kathy Altman Chairman
Richard Carr Legal Advisor
Tom Cox Treasurer
Steve Smigelski Secretary

Julie Abbey 2 yr December 2020
David Bodner 1 yr December 2019
Joe Coyle 3 yr December 2021
Tom Dussel 1 yr December 2019

Jeff Keim 1 yr December 2019
Jim Moeller 3 yr December 2021
Scott Mosher 1 yr December 2019
Sarah Schnurr 3 yr December 2021
Cindy Smith 2 yr December 2020

Past Presidents

1950-51 HOWARD RHINEHALT
1951-52 TOM ANDERSON*
1952-53 FRANK ROGERS*
1953-54 GEORGE BURNETT
1954-55 BOB LAJINESS
1955-56 TOM MILLER
1956-57 LOU EARICK
1957-58 CHARLES TOMLINSON
1958-59 PAUL MORAN
1959-60 DIXIE GREEN*
1960-61 PAUL GROVER*
1961-62 LARRY UNTERBRINK
1962-63 CHUCK STAHL
1963-64 BARNEY LENZ
1964-65 KEN KELLER
1965-66 FRANK RATTA
1966-67 JACK BRIGHAM
1967-68 KEN CROTHERS*

1968-69 DONALD R. KNEPPER*
1969-70 DUANE KERSCHER
1970-71 RALPH K. DAY*
1971-72 EDWARD H. SCHMIDT*
1972-73 PHILIP D. KASER
1973-74 NORMAN CHURCHILL*
1974-75 WENDELL ALLEN*
1975-76 CLIFFORD B. DUSSEL*
1976-77 GENE BALK*
1977-78 CARL TEIPEL*
1978-79 DONALD SERVAIS*
1979-80 ROBERT C. PURDY*
1980-81 ARTHUR COLLIER*
1981-82 CHUCK OSWALD*
1982-83 JACK BRINER*
1983-84 DALE FALLAT*
1984-85 ERNEST SPOHN*
1985-86 JOE MOCKENSTURM*

1986-87 JAMES P. O'BRYANT*
1987-88 HECTOR RAMIREZ*
1988-89 CHARLIE CARR*
1989-90 JAMES C. MOELLER*
1990-91 RAY CORBO*
1991-92 ROBBIN SYREK*
1992-93 JOE COYLE*
1993-94 TOM SCHELL*
1994-95 TIM KEARNEY*
1995-96 TOM DUSSEL*
1996-97 TERRY MOHLER*
1997-98 RICHARD CARR*
1998-99 GREG FISH*
1999-00 JOHN ENGLISH*
2000-01 RON GROTHAUS*
2001-02 BILL SCHMIDT*
2002-03 BOB ADAMS*

2003-04 DAVE LINDSAY*
2004-05 DO NGUYEN*
2005-06 JOE LUDWIG*
2006-07 GREG SMITH*
2007-08 JULIE OSWALD*
2008-09 WILLIAM R. HAUPRICHT*
2009-10 ANA L. BELONGEA*
2010-11 SUE McCLOSKEY*
2011-12 KATHY ALTMAN*
2012-13 DAVID BODNER*
2013-14 CHRIS TRABBIC*
2014-15 JEFF KEIM*
2015-16 SARAH SCHNURR*
2016-17 CINDY SMITH*
2017-18 SCOTT MOSHER*
2018-19 MICHELE FREE*

*Paul Harris Fellow

