



ROSSMOOR NEWS

WALNUT CREEK, CALIFORNIA

Rotary Club's donation of VibraFlex to Fitness Center is much appreciated by users

By Wilma Murray Staff writer

Good vibrations.

They're happening at the Fitness Center, thanks to a generous donation by the Rotary Club of Rossmoor.

After witnessing the positive effects of a VibraFlex® machine that was temporarily on loan to the center, Rotary members decided to make the machine a permanent fixture with a gift of \$12,349 toward its purchase.

Residents and Fitness Center staff are grateful. The machine sees a lot of traffic, and Fitness Center Manager Masha Henzel said some of the results are nothing short of amazing.

She cites cases of residents feeling relief from physical issues ranging from urinary incontinence to multiple sclerosis.

“We've had huge success,” Henzel said.

Shaking things up

The VibraFlex®, which stands next to the check-in desk at the Fitness Center, is an unpretentious piece of equipment. It consists of a thick, rubber-topped platform, backed by a curved metal tower topped with a display panel, and handlebars extending horizontally.

Users step on the platform and grip the handlebars while simply standing, or making gentle movements such as squatting or swiveling at the waist. While on the platform, the user receives vibrations up from the feet throughout his/her entire body.

While it may seem counterintuitive, the machine's high-powered vibrations (patented Galileo vibration technology) actually work to increase muscle tone and improve circulation, according to the product literature. The unit generates a frequency ranging from 20 to 27 Hz, producing some 1,500 repetitions per minute in a specific unidirectional, oscillating pattern.

Within just a few minutes, the machine purportedly achieves what might take an hour or more to achieve otherwise in terms of muscle activity, without the soreness and shortness of breath that might follow other exercise.

The machine has been in use for many decades in Europe, but is only now making its way into the United States. It has already become a mainstay for a number of athletes, including some local teams such as the Warriors and the Raiders.

Multiple uses

Henzel said one resident whose multiple sclerosis had become so severe that she was spending most of her time in a wheelchair saw profound benefits from using the VibraFlex®. After using the machine, the resident was able to walk out of the Fitness Center.

It was found, Henzel said, that the resident could continue to function without her wheelchair for eight hours after each VibraFlex® session. This worked so well that the resident purchased a machine for home use.

And there are plenty of other success stories. Five residents said that using the machine had helped them with the problem of urinary incontinence, Henzel said.

Some residents struggling with peripheral neuropathy also got some help from the machine, Henzel said, but cautions that the machine cannot reverse damage; it simply helps function. It is also helpful with Parkinson's and other neurological diseases, she said.

Jane Carmichael said she's been using the machine for several months. She has poor circulation and suffers from restless leg syndrome, but now she has less cramping and restlessness in her legs.

"I just feel more balanced," she said.

There is a slight downside, though. After using the machine, she gets itchy and red. It's not painful, just annoying, and it only lasts about 15 minutes, she said.

Harriet Golden isn't sure if the machine is helpful or not, but she said it's stimulating and fun and gives her a nice tingling throughout her whole body.

"It's like a quick massage," she said.

Esta and Victor Wolfram take turns on the machine. They have a personalized program in which each one gets on the machine for a minute, then gets off for a minute to rest while the other gets on, and so on. The vibrations increase with each of the first few minutes, then decrease for the last minutes, making for a total time of about 10 minutes, every day.

Both Wolframs have had problems with their legs and Esta said the workouts with the VibraFlex® help. Also, she said she sleeps better at night, but can't say if that is due to the machine or not.

Esta recommends that newcomers be sure to get a program that fits them and cautions residents not to try to use the machine without instruction.

Henzel strongly seconds that notion. It is imperative that she see anyone who wishes to use the machine to make sure there are no health concerns and to teach them correct usage, which differs from person to person. The VibraFlex® is not for everyone, she said.

A real gift

Henzel credits Nancy Bann, Rotary's chairwoman, for being the force that motivated Rotary's gift, but also says club members came down to check out the machine and got squarely behind the donation.

“Our Fitness Center is very, very beholden to them (Rotary),” Henzel said. “We're very happy.”

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Community Club

Valentin Chu, Rossmoor resident and former Time-Life correspondent, will be the Community Club's guest speaker on Tuesday, June 19, in the Fireside Room at Gateway. His talk is titled “China: Where Is It Going?”

Evac Pac surveys being tallied, emergency bag is still available

Over 600 Rossmoor residents have responded to the Evac Pac survey and the results are being tallied. Along with their responses, Rossmoor residents have made many helpful suggestions and requests that are now being evaluated by Contra Costa County Supervisor Gayle Uilkema's office.

Executive editor of Contra Costa Times will speak at Republican Club gathering

Kevin Keane, executive editor of the Contra Costa Times, will address the Republican Club of Rossmoor at its dinner meeting set for Wednesday, June 13.

GRF agenda

GRF Board May agenda items

Hearing-impaired get help in Peacock Hall

A transmitter for the hearing impaired has been installed in Peacock Hall at Gateway by Centrum Sound Systems in Sunnyvale.

[Interviewers are needed to continue Veterans History Project](#)

The Veterans History Project of Rossmoor will start its sixth year of interviewing veterans and civilian war workers on Monday, June 25.

[Irene Roth honored for her volunteer work in Rossmoor, receives Mary Shockley Award](#)

If it's Tuesday, it must be Irene Roth's day to staff the Excursion Desk in the Recreation Department at Gateway.

[Leo Bach's wartime](#)

Who would expect that a chance encounter at a bazaar would lead to a magazine cover story?

[Lions Club offers free hearing screenings](#)

As part of its continuing effort to assist residents with hearing problems, the Rossmoor Lions Club sponsors free hearing screenings for residents once every year.

[Lions White Cane Days fund-raiser approaches goal](#)

The Rossmoor Lions Club conducted its annual White Cane Days fund-raiser for the benefit of the blind and sight-impaired more than a month ago.

[Looking for Rossmoor pioneers](#)

The Rossmoor News and Channel 28 are looking for pioneer Rossmoor residents. Residents or former residents who lived in Rossmoor between 1964 and 1970 are invited to tell their stories of the early years in Rossmoor, Leisure World. What was life like here back then?

[President's Corner](#)

How Board meetings are conducted and members of the GRF

[Recycle column](#)

A new way to recycle hazardous waste

[Rossmoor Rotary helps with creek cleanup](#)

At the recent annual "Clean the Creek" event, which the city of Walnut Creek refers to as the actual Walnut Creek, several Rotarians from the Rossmoor club showed up to lend helping hands.

[Special needs preschool renamed for its founder, Rossmoor resident Robert](#)

[Shearer](#)

Once upon a time there was an educator named Robert Shearer who saw a need. A very special need. So he sought to fill that need and now, more than three decades later, he is being honored for his work.

[Take precautions around snakes; they come out of hibernation at this time of year](#)

It's the time of the year when the snakes come out of hibernation and move into patios, carports and walkways. There are several different kinds of snakes in the valley, including garter, gopher, king, whip and rattlesnakes.

[Third Mutual will hold its 33rd annual meeting of members in the Fireside Room](#)

The 33rd annual meeting of members of Third Walnut Creek Mutual will be held on Tuesday, June 12, at 9:30 a.m. in the Fireside Room, Gateway Clubhouse, 1001 Golden Rain Road.

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