

# Meet Shannon Kirsh...



# The Networker

“Women need to understand that being proactive with their health is very important.” This is the motto of this month’s spotlight, Shannon Kirsh.

Shannon is a physical therapist at PT-OT Professionals who specializes in the area of Women’s Health Physical Therapy.

“I became interested in this area of physical therapy after attending continuing education courses and talking to colleagues in larger cities about the services they offered that were not being offered in Rapid City,” she said. “I knew there was a large need for services designed to meet the needs of women at all stages in their lives.”

She began focusing on the area of bladder and bowel incontinence, post surgical rehabilitation, such as hysterectomy, c-section, bladder suspension, osteoporosis, and pelvic floor disorders.

“It is a niche market but has been well received and continues to grow,” said Shannon, who has been a physical therapist for 15 years.

Shannon is also currently helping to develop a new fitness program which will be offered at PT-OT



Professionals starting this month.

“It is a new franchise called Active@AnyAge Fitness Center and offers a specialized exercise program, designed by physical therapists, and tailored to fit each individual’s needs,” she said.

“It will consist of circuit resistance training, core stabilization, aerobic conditioning, and flexibility exercises. This is an exciting program as it has the capability to monitor blood pressure, heart rate and body mass index. All levels of fitness can benefit from this program.”

Family is important to Shannon, who works with her husband of 14 years, Karl — also a physical therapist.

“Many patients ask how we can live together and work together but it has worked well for us,” Shannon said. The couple has three children — Madison, 10; Kennedy, 8; and Ryder, 4.

When she’s not working, Shannon enjoys cooking, baking, running, camping, monthly Bunko and following her children’s events.

“In my ‘spare time’ I am also currently working towards my doctorate in physical therapy which I will complete in December of this year,” she said. “I am grateful to be a part of the Women’s Network. It is an empowering organization which continues to provide valuable networking and socialization for women.”

TIME TO RENEW — Anyone with a quarterly meeting plan needs to renew at the next meeting! Don’t have a meeting plan? This is a great time to purchase one for the next three months.

### NOTES & ANNOUNCEMENTS



CLEAN-UP DETAIL — It is each member’s responsibility to pick up leftover handouts from the literature table after meetings. Please pick them up or arrange to have someone else do so.

RSVP— Don’t forget, you must RSVP even if you have a pre-paid lunch ticket. If you don’t make a reservation, you may not have a meal waiting at the meeting.

DID YOU KNOW.... — If everyone networked for just 15 extra seconds, only about 20 people would have the opportunity to network at a given meeting! Let’s keep it to **30 seconds** and give everyone a chance to speak!

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\* Committee Chairs who are also Voting Members of the Board

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Visit us on the web at  
[www.rcwomensnetwork.org](http://www.rcwomensnetwork.org)

NEXT MEETING

Aug. 9, 11:45 a.m.  
at The Rushmore Plaza Holiday Inn

MENU

Beef Tip Marsala Over Noodles  
or  
Veggie Surprise

BUSINESS TABLES

MARIE UPDIKE, TASTE OF HOME ENTERTAINING; AND  
JULIE AUGHENBAUGH, JEWELS BY PARK LANE

GREETERS

PAMELA DENKE; SHARON HOFFMAN, APPEARANCES MOBILE DAY  
SPA/BEAUTY CONTROL; CONNEY SUTHERLAND, C & S PEST CONTROL;  
AND KATHY JONES, NIKKEN WELLNESS CONSULTANT

Guests are welcome to attend up to two meetings as  
non-members. For reservations, please call 390-2338  
by noon Friday, Aug. 4.

NEXT BOARD MEETING

Aug. 16, 11:45 a.m. at The Beanery

**Reminder: Meeting site has  
changed to the Rushmore  
Plaza Holiday Inn!**

## Door Prize Winners

**August Spotlight winner:** Marie Updike

**July 50/50 winner of \$37.50:** Debra Farrar

**Vesta Wells Johnson, CDR**

✧ "Songs My Mother Loved" CD, won by Fran Hatfield

**Liz Bennisis, Portrait Echo**

✧ Herbal Bug Repellent, won by Kathy Jones

**Sande Lofberg, Aglow International**

✧ Silver Serving Tray, won by Joan Hunter

**Rebekah Dargatz, Healthy Living**

✧ Energizing & Nourishing Shower Pack, won by Sharon Faiman

**Fay Swenson, AVON ISR**

✧ Daring Definition Mousse Black Mascara, won by Jessica  
Martin

**Sharon Faiman, Forget-Me-Not Floral**

✧ Flower Basket, won by Janet Smith

**Joan Hunter & Diane Melvin, The Journey Museum**

✧ Glass & Pewter Votive & Two Journey Passes, won by Conney  
Sutherland

**Dr. Mary Roth, Wilson Park Dental**

✧ Travel Mug, 2 Elks Theater Tickets, \$5 Black Hills Bagel Card,  
One Free Dental Exam, Floss & Lip Balm (2), won by Myra Duba  
and Caroline Thelen

**Pauline Weichler, Eye Works, Inc.**

✧ Flower Frame, won by Rosemary Harvey

**JoAnne Schriver, Black Hills Workshop**

✧ Tool Triangle (2), won by Angela Wolter and Laura Collins

**Linda Rabe & Dianna Fuchs, Rapid City Area Chamber of  
Commerce**

✧ Chamber Portfolio, Rapid City Pin & A Free Chamber Mixer  
Pass for Two, won by Kay Stambaugh

✧ A Free Chamber Mixer Pass for Two (2), won by Deanna  
Foreman and Ann Henrichsen

**Darlene Kremer, Kirk Funeral Home**

✧ Disney's Mickey and Minnie Photo Holder won by Nikkole Abbas

**Jen Blake, JAB Publishing & Kat's Coffees**

✧ JAB Publishing Mug (2), won by Kyla Wright and Sandy Sandmeier

**Caroline Thelen, Interior Insights**

✧ Potted Pansy, won by Pauline Weichler

**Carol Perrigo, AFLAC**

✧ AFLAC Talking Duck, won by Pamela Snyder-Varns

**Marie Updike, Taste Of Home Entertaining**

✧ Two Floating Candles & A Cork Screw, won by Linda Rabe

**Kathy Jones, Nikken Wellness Consultant**

✧ Choice of Magnet or Book (2), won by Kathy Cline and Mary Wilson

**Peggy Roosting, National American University**

✧ Flower Pot with Address Book, Flower Notepad, Mini-Memo Pad & Pen,  
won by Mary Maisey-Ireland

**Heather Morijah, Sierra Club**

✧ Messenger Bag, won by Ann McGuire

**Ann McGuire, Phase III**

✧ Smooth Therapie Shampoo & Card, won by Mary Vee Knauer

**Pam Snyder-Varns, Gunderson, Palmer, Goodsell & Nelson, LLP**

✧ Mini-Travel Bag with Game Book, Water, Sunscreen & Snacks, won by  
Vesta Wells Johnson

**Kym Reis, Cadillac Jacks**

✧ One Nite Stay in Luxury Room, won by Debbie Siemonsma

**Ann Henrichsen, Black Hills Faces Magazine**

✧ Tote bag with a *Faces* Magazine, Sunscreen, and Kenny Putnam CD

— "Sure Beats Me — compliments of Kenny P., won by Keisha Freeman

**Laura Neubert, Girl Scouts of the Black Hills**

✧ One Box of Peanut Butter Cookies, won by Carol Perrigo

✧ One Box of Thanks-ALot Cookies, won by Stephanie Ford

**Deanna Forman, Jeunique International**

✧ Very Soft Hand Cream, won by Laura Neubert

**Conney Sutherland, C&S Pest Control**

✧ African Violet, won by Shirely Muck