

**Kiwanis Club of
Ann Arbor**

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Kiwanis®

Kiwanis Club of Ann Arbor

Volume 7, Issue 2

October 12, 2015

Today's Program...



Barbara Zaret

Luke Panning introduced the speaker and program. Barbara Zaret, Assistant Director of the UM Turner Senior Wellness Program presented her talk on Senior Citizen Drug Abuse—It's a Problem. Barbara stated that substance abuse and medication management for seniors is one of the fastest growing health problems in the USA. She remarked about the dangers of mixing alcohol and medications, and stated that our ability to handle the effects of alcohol decrease as we pass 65 years of age.

Seniors are more susceptible to developing substance abuse issues due to losses of family members and friends, loss of mobility, chronic pain, and financial difficulties. The symptoms are hard to identify and easy to hide. Depression is a major issue for the older generation and is often caused by isolation from society. She emphasized that there are many good treatment options in our community including group therapy and exercise sessions. The good news is that seniors often respond well to group or individual therapy. Coordination of health care and monitoring of medications for seniors is an important part of

prevention. Physicians and other health care providers now recommend an annual review of medications being taken to eliminate unnecessary drugs.

Unused pain medications and other prescription drugs should not be flushed down the toilet or buried in landfills, so Barbara had handouts on locations for the "Big Red Barrel Program" and the "Pharmaceutical Take-Back Program". Prescription medications can be safely disposed at these sites. Finally, Barbara had brochures available that described exercise and educational programs available through the Turner Senior Wellness Center and she had a flyer for a three-part workshop entitled "Living your Best Life in Retirement".

Next Week's Program...

October 19—*Endzone: The Rise, Fall, and Return of Michigan Football*. Speaker: John U. Bacon. Introduced by: **Julanne Williams**.

Upcoming Programs...

- **October 26**—*Kiwanis Club of Ann Arbor Honorary Member Installation*. Master of Ceremonies: **George Gilligan**.
- **November 2**—*Your Vote Counts as Important (November 3 Election)*. Speaker: Nancy Schewe, President, Ann Arbor League of Women Voters. Introduced by: **Ellen Webb**.
- **November 9**—*Alzheimer's Disease: Advances in Diagnosis and Treatment*. Speaker: Jennifer Howard, Exec. Dir., Alzheimer's Association of Michigan, Great Lakes Chapter. Introduced by: **Deborah Jones**.

Meetings...

First meeting of the New Board will be Tuesday, October 13, 2015 at 7:00 in Ned's Place. Contact **John Goff** if you plan to attend the pre-meeting at Grizzly Peak. SMOC will meet before next week's meeting at 10:45 in Ned's Place. Membership Growth, and Executive members of the Grant Policy Committee will meet after next week's meeting.



Kiwanis Center Downtown



Kiwanis Center West

*The
Kiwanis Thrift Sale*

- Since 2004 Over \$2,482,000 in Sale Proceeds Have Gone to Our Community
- Thousands of Lives Have Been Touched



The Family Learning Institute "bookmobile" purchased with a \$20,500 grant from the Kiwanis Club of Ann Arbor Foundation in 2014.

ASSIGNMENTS for the COMING WEEK:

Officer of Day KCD	Sally Lamkin
Dockers	We need Dockers
KCW	Friday —Ray Argyle, Griff Dick, Larry French (OD), Bob Gray, John Sampelle, Sheridan Springer, and Ellen Webb Saturday —Bryce Babcock, Kelly Bertoni, Garry Evans, Larry French, Bob Gray (OD), Paul Klinger, and Joe Medrano
Sorters	Ann and Jim Mattson (they soon leave for Florida and we need sorters)
Hardware	John Dahl, Ted Brokaw and Doug Hanton
Shoes & Sports	Al Gallup and John Kidle
Men's Clothing	John Bassett and Jim Couch
Electronics	Bill Robb and his Jack O'Lanterns
Lamps	Dennis Powers and the Groovy Goblins
Antiques	No Info
Beds & Garden	Dave Bell
Office & Medical	Jim Mattson and the Black Cats
Books/Records	Jim Reynolds
Vouchers	No Info
Invocation	John Dahl
Greeters/Attend.	Ann Mattson, Jerry Brown, Brian Waskiewicz , and Bryce Babcock (Attend.)
Hospitality	Dale Leslie
Cashier	Martha Petroski

Guests at our Club...

Ralph Winter, guest of **Dale Leslie**; Greg Smith, guest of **Julanne Williams**; Tim Gretkiere-wicz, guest of **Deborah Jones**; Kathleen Hurley, Circle K; Julie Naski, Circle K; Jonathan Pe-varnek, NYCYP Kiwanis (formerly UM Circle K) . Welcome all!

Announcements...

- **Dale Leslie** announced that our club is planning an Interclub at the Ann Arbor Western meeting next Tuesday. They meet at noon in the Corner Bistro. Dale also called our attention to a meeting this Wednesday evening where the Kiwanis of Ann Arbor Morning Edition will celebrate the creation of a new Circle K Club at Concordia College. Some of the UM Circle K Club members plan to attend the celebration.
- **President Betsy Ford** gave belated happy birthday wishes to Kiwanians with October birthdays and they were serenaded with a song.
- **Bob Gray** discussed the iPad for recording your attendance as you enter the meeting. He expects that one person in addition to the greeters will be at the door to help you check in.
- **Mike Anglin** made a presentation for Meals on Wheels and a call for new drivers from our club. We have supplied drivers for Meals on Wheels for more than 35 years, working Monday through Friday on a route in the west side of Ann Arbor. We get some help from Western Kiwanis, but many of our driving teams are getting older and we really need new volunteers, especially for the winter season. Please contact Mike if you are interested and able to contribute.
- **Nick Dever** announced that our normal clean-up staff was not working today, so we need to clean our meeting room. He also asked us to stack our chairs, which are scheduled to be replaced.



Mike Anglin

Fines: Dale Leslie proposed a fine on all bankers because most of them were off work today for Columbus Day. He then expanded the fine to include all Lawyers because they do some much business with bankers. There was some opposition, but that motion passed. Peter Schork then called on Past-President Ann Mattson to administer a fine on all Kiwanians who did not attend the event to honor Cliff Sheldon and his wife, Ingrid. There were many Kiwanians at that event, so this motion passed easily.

Happy Dollars: Ron Gardner gave \$1 in hopes of finding two tickets to the UM-MSU game this Saturday. He also announced the final total for the Eliminate Project was \$103,000. Harry Cross gave \$1 to talk about a large amount of sheet music that the Ann Arbor District Library found during a clean-up effort and donated to Kiwanis. Some was distributed to local bands and musical groups, but most was sold at auction in Chicago for \$85 (\$68 to Kiwanis). Dick Smit gave \$1 to state his appreciation to Mike Anglin for his many years of service to Meals on Wheels. The club members responded with a standing ovation for Mike. Bob Snider gave \$1 to recognize the Alaskan Celebration of the turnover of the Alaskan Territory from Russia to the USA. Jerry McMahon gave \$1 to recognize Bill Tasch and Don Kossick for their long-term efforts with the UM Circle K group and the encouragement for graduates to join or create new Kiwanis clubs after they leave Ann Arbor. Jeanette Okuley gave \$1 to thank the Meals on Wheels drivers who brought her food and comfort when she was house-bound several years ago. Cliff Sheldon gave \$20 to thank the Kiwanians for their support of the Boy Scouts over many years. Joe Medrano gave \$5 for his trip to visit the Statue of Liberty, Ground Zero and the Memorial for Flight 93 in Pennsylvania. Fred King gave \$1 to announce that Friday the 13th arrives on a Tuesday this month.

Stuff You Should Know...

Hospitality News:

Linda Wight, wife of Jim Wight, will undergo shoulder replacement surgery on Tuesday at St. Joe's Hospital. Jean Wild, the widow of our recently deceased member, George Wild, Jr., passed away at Arbor Hospice on September 23, 2015. Memorial contributions are suggested to Arbor Hospice or the Habitat for Humanity. Dale visited the Glacier Hills Retirement Community to say hello to Bob Barden, Sr., Letitia Byrd and Todd Jones. All are doing well and interested in club activities. Todd is in the final phase of his therapy following surgery and hopes to soon return to our weekly Monday meetings. Cards for these three Kiwanians are always appreciated and they all have the same address: 1200 Earhart Road, Ann Arbor, MI 48105. As a final note, Past-Treasurer Cliff Sheldon and his wife Ingrid were honored by the local district of the Boy Scouts of America last week for their significant public service contributions to the unique quality of life in Ann Arbor.

Social Activities:

Martha Petroski announced that she has sixteen people on the waiting list for the play at the Purple Rose Theater on December 4. She does not expect tickets to become available until seven to ten days before the event, if they become available at all.

Also, if you expect to bring extra guests for next week's meeting, please let Martha know how many guests you will bring before this Friday.

Attendance Today: 78

Last Week's Sale Revenue:

KCD: \$ 5,290
 KCW: 4,545
 Other: 0
Total: \$ 9,835

Today's Fines: \$22.89
Mott Pot: N/A
Today's Happy Dollars: \$34 plus \$60 to K Foundation
Vouchers: \$910



Known worldwide as the place for the "funkiest" gift.

"Serving the Children of the World... our motto, our mission"

Thrift Sale Hours

KCD
 Saturdays
 9am-Noon

KCW
 Fridays and
 Saturdays
 9am-1pm

October 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Donations 9am-Noon	2 Sale: KCW 9-1	3 Sale: KCD 9-12 KCW 9-1
4	5 Emergency Responders Donations 9am-Noon	6	7	8 Donations 9am-Noon	9 Sale: KCW 9-1	10 Sale: KCD 9-12 KCW 9-1
11	12 Sr. Drug Abuse Donations 9am-Noon Columbus Day	13 Board Meeting 7pm, Ned's Place	14	15 Donations 9am-Noon	16 Sale: KCW 9-1	17 Sale: KCD 9-12 KCW 9-1
18	19 UM Football Donations 9am-Noon	20	21	22 Donations 9am-Noon	23 Sale: KCW 9-1	24 Sale: KCD 9-12 KCW 9-1
25	26 Honorary Member Install Donations 9am-Noon	27	28	29 Donations 9am-Noon	30 Sale: KCW 9-1	31 Sale: KCD 9-12 KCW 9-1

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Your Vote KCD Donations 9am-Noon	3	4	5 KCD Donations 9-12	6 Sale: KCW 9-1	7 Sale: KCD 9-12 KCW 9-1
8	9 Alzheimer's KCD Donations 9am-Noon	10	11	12 KCD Dona- tions 9-12	13 Sale: KCW 9-1	14 Sale: KCD 9-12 KCW 9-1
15	16 JFK Assassina- tion KCD Donations 9am-Noon	17	18	19 KCD Dona- tions 9-12	20 Sale: KCW 9-1	21 Sale: KCD 9-12 KCW 9-1
22	23 Volunteer Honors KCD Donations 9am-Noon	24	25	26 KCD and KCW Closed for Thanksgiving	27 KCW Donations but No Sale 9-1	28 KCD Donations but No Sale KCW Open 9-1
29	30 Maternal Mortality KCD Donations 9am-Noon					

☛ The fact that you are taking time to read this indicates a high aptitude for being a newsletter editor ☛ Email John Kittle at jkittle@gmail.com immediately to volunteer ☛☛

Planning Calendar

March
Spring Divisional

May
Club Annual Meeting
Elections
Attendance Awards

June/July
International Conven-
tion
Club Family Picnic

August
District Convention

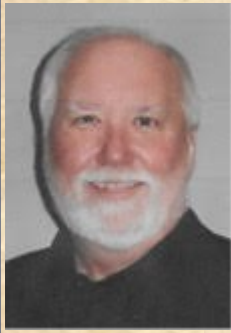
September
Installation of Officers
& Directors
Legion of Honor
Awards

December
Christmas Sale
Salvation Army Bell
Ringing
Club Christmas Party

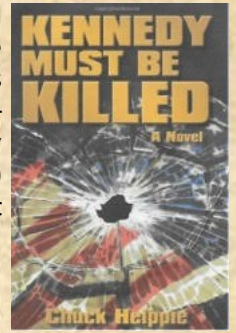


Other News...

Coming Program:



CHUCK HELPPIE, noted authority on the Assassination of President Kennedy, will address the our club on Monday, November 16, 2015, less than a week before the 52nd anniversary of the event that shook the world (November 22, 1963) and is firmly entrenched in the minds of those who lived through it. Helppie is the author of the detailed description of the assassination and uniquely begins his story leading to the tragedy from Joseph Kennedy's (the President's controversial father) brief term as the U.S. Ambassador to England. Additional information available at <http://kennedymustbekilled.com/>. ~Dale Leslie



Remember the Smoke House?



In the early 90s, our club contributed a major financial stipend to the Ann Arbor Fire Department (AAFD) for a "Smoke House;" a reality portable trailer training device for children on how to react to a fire in their home.

The AAFD "Smoke House" is replaced by a cooperative Smoke House that is shared by the area fire prevention agencies. Ellen S. Taylor, Assistant Fire Chief with the AAFD, is interested in finding a new home for the original "Smoke House." If any non-profit organization or school is interested in the AAFD "Smoke House," they should contact Ms. Taylor at (734) 794-6961 x49604. ~Dale Leslie

The Smoke House uses artificial smoke.

Our Sponsored Programs in Service to Youth:



KIWANIS CLUB OF ANN ARBOR

Meetings:

Mondays at Noon
200 S. First Street
Ann Arbor, MI 48104
www.a2kiwanis.org

Building Phone:
734-665-2211
Thrift Sale Voice:
734-665-0450

"Ann Arbor Kiwanis Thrift Sale" is on the Web at:
www.kiwanissale.com
and



Other Links:

- [Michigan District Kiwanis](#)
- [Kiwanis International](#)
- [U of M Circle K](#)
Meets 7pm Thursdays at UM Union or League (Check Calendar on Website)
- [Kiwanis Club of Ypsilanti](#)
Meets Noon Wednesdays at EMU Student Center
- Ann Arbor Western
Meets Noon Tuesdays at Quarter Bistro
- Kiwanis of Ann Arbor - Morning Edition
Meets 8:30am Wednesdays at Guy Hollerin's

"Serving the Children of the World"



From October/November Michigan Builder...

District Membership is Growing!



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