

Kiwanis

NEWSLETTER

The Gateway Gazette News

Kiwanis Club of Fort Myers Gateway to the Islands

Volume 1, Issue 5
Week of – October 7- October 14, 2008

The mission of the Alvin A. Dubin Alzheimer's Resource Center is to provide educational, informational, and supportive resources for individuals with Alzheimer's disease and related disorders and their caregivers in Lee County, Florida.

Alzheimer's disease is the most common of the dementia disorders. It is a progressive, degenerative disease that attacks the brain and results in impaired memory, thinking and behavior.

Warning Signs of Alzheimer's Disease

Recent memory loss - forgetting more often and not remembering later **Difficulty performing familiar or routine tasks** - meal preparation, doing laundry **Problems with language** - trouble finding the right word, forgetting simple words, substituting inappropriate words **Disorientation of time and place** - getting lost in your own neighborhood, not knowing how to get home or to familiar places **Poor or decreased judgment** - dressing inappropriately, layering clothing, disrobing in public, leaving stove burners on **Problems with abstract thinking** - balancing a checkbook, coming up with a reasonable plan to an everyday problem like a toilet that is overflowing **Misplacing things** - putting things in inappropriate places and cannot remember where to find common items, putting frozen items in oven **Changes in mood or behavior** - rapid mood swings for no apparent reason **Changes in personality** - becoming confused, suspicious, fearful and may think family members are stealing things **Loss of initiative** - becoming very passive and requiring cues and prompting to become involved

It is important to seek a medical evaluation if you observe these warning signs in a loved one. Lee Memory Care at Lee Memorial Health System can complete the comprehensive evaluation necessary to determine the cause of dementia. Evaluations of this nature make it possible to identify treatable causes, such as depression, malnutrition, infections, vitamin deficiency, and allow physicians to be 90% accurate in diagnosing Alzheimer's-type dementia. The only way to be 100% certain of an Alzheimer's diagnosis is to complete an autopsy. To contact the Lee Memory Care, call (239) 334-5634. If you have a question about Alzheimer's or related memory impairments, complete the [request for assistance](#) or e-mail the Dubin Alzheimer's Resource Center at DUBINCTR@aol.com or call (239) 437-3007.

Opportunity to Serve with Fort Myers South Kiwanis

Fall Kids' Festival is on Saturday, October 25th in Cape Coral at Jaycee Park from 9 a.m. to 4 p.m. Please call Viki Luster, 415-3100 if you can volunteer some time and of course you will be able to take in all the activities before or after your time slot. Go to www.fallkidsfestival.com for more information.

Charter Banquet Meeting on October 14th at 6 p.m.

This one time only event at Crown Colony Golf & Country Club will include the presentation of the official documents and materials for the newest club of Kiwanis International: **Kiwanis Club of Fort Myers Gateway to the Islands**. Also attending will be the 2007-08 Florida District Governor Mark Taylor and the 2008-09 Florida District Governor David Liddell. A silent auction will occur to start the year off right. Call President Kelly to let her know you will be attending (if you have not already done so).

Inter-club Meeting

This unique opportunity to visit one of our sponsor club's meetings will occur on October 14th because the Fort Myers-Metro club meets at the same time as we do on Tuesdays. Call Viki Luster 415-3100 by noon on Monday, October 13th to make reservations and get details.

Kiwanis 101, Lesson 1: Inter-clubbing

This new feature will appear nearly every week to provide more information and an orientation to Kiwanis, especially for those new to Kiwanis.

An inter-club meeting is a meeting staged by two or more Kiwanis clubs (including clubs in formation), or by a Kiwanis club and any K-Kids, Builders Club, Kiwanis Junior, Aktion Club, Circle K Club, or Key Club. Clubs with 20 or fewer members need a minimum of two members in attendance to constitute an interclub meeting. Clubs with 21-30 members need three members, and clubs with 31 or more members need at least four members in attendance.

Inter-clubbing is a means of supporting Kiwanis' fifth Object, which is "To provide, through this club, a practical means to form enduring friendships, to render altruistic service, and to build a better community." Through the fellowship gained by inter-club activities, members learn how other clubs function, get to know their neighboring Kiwanians, develop new ideas and a broader interest in how Kiwanis operates, find new ideas for use in their own club, and become better Kiwanians. Interclubbing creates fun and strong fellowship.

Upcoming Dates

October 14	Inter-club at Sponsor Club Fort Myers-Metro
October 14	Charter Banquet
October 21	Supervisor of Elections Sharon Harrington
October 25	Fall Kids' Festival in Cape Coral
October 28	Arts In Health - Sonia Arledge
November 4	Salvation Army -Kris Volpone