



The Kiwanis Club of Crestwood-Sunset Hills

Our Website: <http://www.orgsites.com/mo/cshkiwanis/>

Notes from the Kiwanis Club of Crestwood-Sunset Hills Meeting on 5/6/10

Guests: Jenny Klug from Lindbergh HS with our Student of the Month Tricia Heitmann (see below).

Announcements:

Golf Tournament: Mike reported the highlights from the Golf Tournament. There are some bills still to come in but it looks like we will net in excess of \$15,000 which is excellent given the economy. We made about \$2,000 from the Silent Auction and about \$425 on the Putting Contest. All of our games and add-ons did very well. The Committee will be holding a follow-up meeting in the near future.

We are collecting items for **Nurses for Newborns** in competition with **Kennerly K-Kids** through **May 20**. Jim read the letter Kim Stetzel sent to the K-Kids parents laying down the challenge. K-Kids will be collecting until their final meeting of the year on May 21. The Nurses for Newborns Wish List was distributed and is attached to this newsletter.

Lindbergh Awards Night will be **Monday, May 10**. Jim will award our 2 scholarships.

Board Meeting will be **May 13** after the regular meeting.

Road Clean Up will be **Saturday, May 15**. Meet at McDonald's on Tesson Ferry (same shopping center as the Antique Mall) at 7:00 a.m. Project should only take about an hour.

Tricia Heitmann was introduced as our May **Student of the Month**. Tricia is a senior at Lindbergh High School and has a cumulative GPA of 4.32 on the 4.0 scale and ranks 35th in her class of 450. All of her classes are honors AP classes and she is taking 3 advanced science classes. She has played on the tennis team and is very involved in her church helping with their Wednesday dinners and assisting with Vacation Bible School during the summer. She was a foreign exchange student in Germany last summer and was the Glory Award Winner for Education this year. On top of all this, she works at Old Navy! She will be attending the University of Oklahoma majoring in Chemical Engineering on a 5 year track that will allow her to earn her Master's degree in Biomedical Engineering. She would like to then attend Vanderbilt, obtain a doctorate in Cancer Biology and study cancer. We are proud and excited to recognize Tricia Heitmann as our Kiwanis Student of the Month!!

Goin Home: To help us commemorate Memorial Day, Bob Appel will be speaking about his newest book, "Goin Home." All attendees that day will receive a complimentary copy of the book. Each book will contain an envelope addressed to Jerry our Treasurer. We only ask that members put a \$5 bill in the envelope and mail it to Jerry. The funds will be used as seed money for next year's Golf Tournament.

Scam: Zim

The magic card is still the 10 of diamonds. There are 31 cards left in the deck and the pot is \$200!! You can't win if you are not at the meeting!!

Attendance: Appel, Benson, Bild, Engelhardt, Hawkins, Meyer, Raeber, Reid, Sayler, Schloss, Stedman, Stewart, Witbrodt, and Zim

Future Programs:

May 13: Don Clair, South County Toastmasters Speakers Bureau, "Secret of Outstanding"

May 27: Our own Bob Appel, will be speaking about his newest book, "Goin Home". See above.

Program:

Steve Miskovic, Program Director for Memory Care Home Solutions spoke to us about the services he and his agency provide to families with loved ones who have Alzheimer's. Their goal is to help these families keep their loved one at home as long as possible. He meets with the family to learn about the family and the loved one to develop a plan for them. Obviously there are many challenges for these families. As the Alzheimer's sufferer may have very little short term memory, they tend to repeat themselves which can be very frustrating. He urges families to "Don't Correct-Redirect". In other words, don't tell the person they just told you something-change the subject. Try to let the Alzheimer's sufferer feel like they are still accomplishing something. If the person likes to do a chore around the house (e.g. vacuuming), let them do it as much as they want. Music can also be a very good positive trigger. With the advent of the iPod, the sufferer can have a set of ear phones and listen to music for hours without disrupting the family. Steve puts together a plan for the family and follows up in 3, 6, and 9 months. He is also available whenever the family needs him. The fee is \$200 per year but nobody is denied coverage. The program has been successful in reducing 911 calls and emergency room visits. His basic motto is "If it works, keep using it, if it doesn't work, try again."

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