



The Spoke

August 3, 2016



Roger Brunswick introduced our speaker Carol Howell a Certified Dementia Specialist and Endorsed Life Coach with an emphasis on Creative



Music Experiences.

After her husband's closed-head injury in 1996 and her mother's diagnosis of Alzheimer's in 2006, Carol began her study of the brain and the various forms of dementia that exist.

She is Executive Director of Senior Life Journeys, a not for profit organization, and she is actively involved in the lives of individuals who are caregiving

for a loved-one with dementia as she helps them develop caregiving techniques.

Carol's latest book, *Let's Talk Dementia-A Caregiver's Guide*, is an Amazon #1 Best Seller, and it is an easy to read guide for caregivers of individuals with dementia. It is scattered with humor to help bring smiles back into the lives of overworked caregivers.

She also wrote the best seller *If My Body Is A Temple, Why Am I Eating Doughnuts?* it tells of the amazing miracle that caused her to lose 100 pounds.

She says, "I remember the day I learned my mother was diagnosed with dementia. I asked the doctor, 'Are you telling me my mother will get dementia in the future?' He responded with, 'No. I am telling you your mother HAS dementia.' Quite honestly, my first thought was, 'You must have failed bedside care class!'

"What I really needed was a caring, understanding individual who was ready to help me walk the road of dementia. I knew NOTHING about the disease except the horror stories that had crossed my path. My journey of learning to be a good caregiver began that day."

Carol explained there are differences between dementia and Alzheimer's disease. One can have Alzheimer's but not dementia. There are 200 reasons for dementia and the diagnosis is difficult.

Dementia is defined as the inability to think clearly that affects the activities of daily living. The activities are defined as:

B = Bathing

E = Eating

A = Ambulating

D = Dressing

T = Toileting

Alzheimer's is a disease of the brain, slowly destroying it. It is a progressive disease and not reversible. It is the #6 leading cause of death in the U.S.

Carol gave us examples of techniques for dealing with a patient as a caregiver. She stressed making all interactions in a way that make the patient feel good about themselves.

Last Week Meeting — Week 4



President Steve Slachta presided. Claudie Delgado-Feeney put forth the invocation; George Cohan led the Pledge of Allegiance; and Brad Piotrowski offered the Four Way Test flawlessly.

The dynamic duo of Wayne Hemstead and Jon McLeod teamed up to lead the signing of *Sweet Caroline*.

We welcomed back Peter O'Flinn who reports that his wife "is doing great", Greg Holtz who joined us today, and Chuck Spears who returns from a 6 week sojourn in the north.

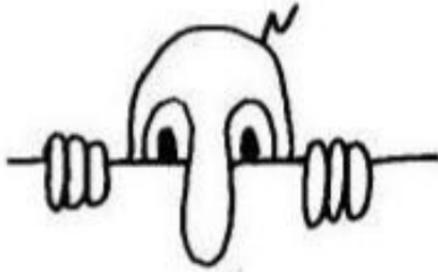
President Steve recognized FineMark National Bank and Trust as the 2016 Small Business of the Year in Bonita Springs. Bonita Springs Area Chamber of Commerce presented FineMark with the accolade Tuesday at the group's annual awards luncheon. Club member Carrie Reynolds is the Managing Executive of the the local office.

Sandy Hemstead returned from her wanderings to present the Rotary Minute about the way Rotary International is organized. There are about 34,000 clubs in 200 countries. The clubs are members of Rotary International and Rotarians are members of the clubs.

Each club must adopt the standard rotary club constitution and bylaws appropriate for the club. The Articles of the standard constitution provide rules for Regular, Annual, and Board meetings; Membership qualifications, types, and elected or appointed public officials; Classification limitations; Attendance rules; and Directors and Officers.

A Council Of Legislation made up of members from districts is formed every two years to review potential changes to of the standard charter. This year the COL changed the charter to allow clubs more autonomy and relaxed some of the attendance rules. Now clubs may meet twice per month rather than weekly.

Don't forget the **BLUE BUCKETS!** The CART Fund is dedicated to raising funds to provide "seed" money for cutting edge, high impact research in hopes of finding a cure/prevention for Alzheimer's disease.



The 50/50 is down to 10 cards with 2 Aces and the Joker left. Pot is \$1,698.

The Exchange Students are Coming!

Join us in welcoming our arriving exchange students!!! We are welcoming 7 inbound students total into our district this year and are sending 4 students outbound!! They are all about to begin a life changing adventure!

Coming soon to Southwest Florida International Airport:

Sat- 7/30- Susan/Finland- (PUNTA GORDA)- Air Berlin
#7008 2:05 PM

Tue- 8/2- Fanny/France- (FT MYERS SOUTH)- Delta
#1628 6:31 PM

Thu- 8/4- JooYe/S. Korea (SARASOTA KEYS)- Delta
#2177 2:45 PM

Thu- 8/4- Jolanda/Germany (FT MYERS SOUTH)- American Airlines #2046 6:27 PM

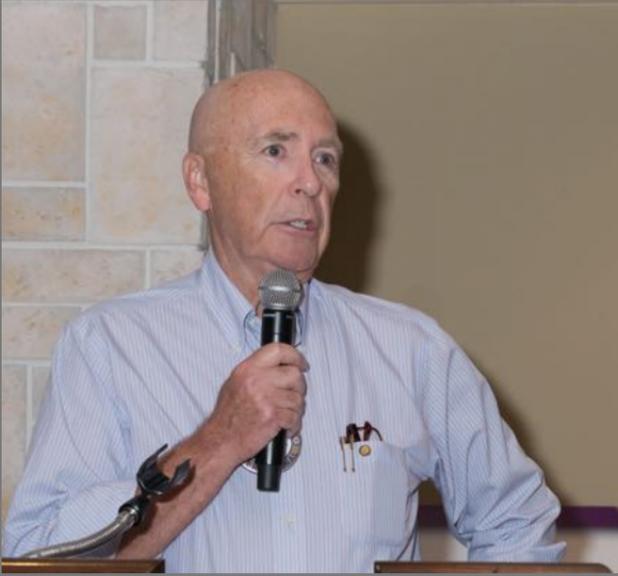
Sat- 8/6- Bruno/Brazil (LABELLE) - Delta #801 9:31 AM

Mon- 8/8- Katjatar(bo)/Thailand (LAKEWOOD RANCH)-
Untied Airlines #1236 10:45 PM

Tue- 8/9- Ezgi/Turkey (MARCO ISLAND SUNRISE AND
NOON)- Air Canada #1660 7:18 PM

Does Youth Exchange peak your interest? I am looking District wide for individuals who would like to be involved on any level. I need assistance in many different capacities and am looking to build a Rotary Youth Exchange Team!! Please email or call me to see if RYE is a good fit for you! Holly Kobie (239)707-6140. thehappyhooper@aol.com

Tom Briers



Tom Briers presented his Vocational Service moment. Tom is both a CPA and a skilled financial planner who is especially qualified to help clients with all their business and personal financial needs.

He is a licensed Certified Public Accountant/ Accredited in Business Valuation and CERTIFIED FINANCIAL PLANNER™ with over 35 years of domestic and international accounting and business management experience.

Prior to forming BriersCPA, Tom was Regional Chief Operating Officer for Stewart Enterprises in the U.S. and Europe. Prior to that, he was Managing Partner with the CPA firm of Persinger & Company.

Tom serves the needs of a diverse group of high net worth individuals, executives and business owners who have come to rely on his insightful, objective guidance to reach their life goals. If your financial objectives seem uncertain or too far out of reach, you owe it to yourself to let Tom confidentially review

your financial situation and provide insight into a more secure future.

Tom has been married to his high school sweetheart, Joy, for 46 years. They have two children. Son Mike and Tom are partners in a CPA business, Mike has two children. Tom's daughter, Rachael is a stay at home mom with 4 children aged 6 to 13.

Tom moved to SWFL in 2002 from Amsterdam, Netherlands. In 2007, son Mike moved from Shanghai, China to SWFL and they started BriersCPA which has grown to 2 offices and 7 employees. The firm is "peer reviewed" and can offer comprehensive business, accounting and tax services to help your business grow and succeed.

He has been a Rotarian most of the time since 1986. "Rotary has been wonderful for me. I have enjoyed a great relationships. My best friends are in Rotary and I consider this club an extension of my family. Thank you for your friendship and for putting up with me this last year."

This Week Program

Thomas Tyrrell is an international lawyer, historian, and genealogist. A graduate of Trinity College Cambridge and London University,

Tyrrell has been lecturing in Southwest Florida about the geopolitics of World Events since 2003. He is a British citizen with an American father and English mother.

Tyrrell brings a fresh "Transatlantic Perspective" to his presentations that encourages active participation by his audience members.

He seeks to place modern events in their historical context thereby perhaps giving his American audience reason to pause and think.

Stephanie Kissinger drew the Q♣ to win \$5



The 50/50 is \$1,698

Birthdays

**Steve Krchniak Aug 5
Wendy Arsenault Aug 7**

Rotary Sings: The Summer Wind

The summer wind, came blowin' in from across the sea
It lingered there to touch your hair and walk with me
 All summer long we sang a song
 and then we strolled that golden sand
Two sweethearts and the summer wind

Like painted kites, those days and nights,
 they went flyin' by
The world was new beneath a blue umbrella sky
Then softer than a piper man one day it called to you
I lost you, I lost you to the summer wind

The autumn wind and the winter winds,
 they have come and gone
And still the days, those lonely days, they go on and on
 And guess who sighs his lullabies
 through nights that never end
My fickle friend, the summer wind

This Morning's Invocation

O God, whose summer schedule never includes vacation from your sovereign surveillance over the world, and your merciful vigilance over us in daily life, we are comforted by that knowledge.

Knowing that moral and ethical principles are not seasonal, we pray for strength to implement them in daily life and work.

Help us to review our loyalties and to re-commit ourselves to those we know should have high priority .

Grant your blessing to us as we have gratefully partaken of the gift of food and share fully in table fellowship. Then go with us as we go out to meet the opportunities for service awaiting us in places unknown at the moment. Amen.

**Rotary International
President**

John F. Germ
Rotary Club of Chattanooga, TN

District 6960 Governor

Ladd Waldo
The Rotary Club of Lakewood Ranch

Area 3 Assistant Governor

Sally Smith
The Rotary Club of Estero

2016-2017 Club Officers

President	Steven Slachta
President-Elect	Jon McLeod
Secretary	Claudie Delgado- Feeny
Treasurer	Bob Lombardo
Sergeant-at-Arms	George M. Cohan III

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**Tom Briers, Steven Slachta, Jon
McLeod, Claudie Delgado-Feeny**

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Susan Schmitt**

2015-2018

**Adam Botana, Joe Murgalo,
Jon Shaw**

2016-2019

**Bob Lombardo, Kae Moore,
Gary Price**

**Trustees of The Foundation of
The Rotary Club of
Bonita Springs**

**Jim Dati, President; Stephanie
Kissinger, Secretary; Richard Garner,
Treasurer; Jason Dolle, Sandy
Hemstead, Ed Houck, Mark McCaw
Trustees**



Rotary Club of Bonita Springs, chartered November 3, 1978. The Club may be contacted through its mailing address P.O. Box 474, Bonita Springs Florida 34133. You can reach **The Spoke** through its email BonitaSpoke@aol.com.
Scott Gerrish issue editor.