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Stand By Your Plan



This week's program: *Empowering the Caregiver* presented by **Dr. Martha Anderson**, recently retired from Jefferson College of Health Sciences and is currently a faculty member at the Virginia Tech Carilion School of Medicine. Dr. Anderson's work focuses on older adults and cognitive function, developing innovative programs across multiple settings such as hospital, outpatient clinic, adult day care, and nursing home. She co-lead development of the Carilion Clinic Center for Healthy Aging. Dr. Anderson's work has also addressed screening programs for cognitive changes with aging in low income engaged, community-dwelling seniors.

Her commitment to knowledge and research applicable across settings continues to be the focus of her work, seeking to prolong community living opportunities with a focus on quality of life for both caregiver and the person with dementia.

Dr. Anderson is an active member at Second Presbyterian Church and currently serves on several boards including Family Service of Roanoke Valley, Richfield Living, and the Bald Head Island Conservancy. She is past president of the Mill Mountain Garden Club.

Next Meeting – February 21

Opening Bell – President Don Witt

Welcome Table – John Napotnik

Invocation – Don Chichester

Song Leader – Dan Chitwood

Pledge of Allegiance – Bob Habermann

Introduction of Guests – John Napotnik



Last Week's Dancers!

Important Kiwanis Dates . . .

February 20, 2018 – Playground Comm @
Roanoke Regional Housing @ 10am

February 22, 2018 – Kiwanis 100th Anniv Comm

March 1, 2018 - Haley Toyota KPAD Sales Team
Draft @ Shriner's Temple 4828 Salem Tnpk
@530pm

March 2, 2018 – Read Across America

March 2-4, 2018 – Capital District Key Club
Convention in Baltimore, MD

March 7, 2018 – Haley Toyota KPAD Kick Off

April 21 & 28, 2018 – Orvis - Kiwanis Kid's Fishing
Day & Fish Fry @ HopeTree Family Services @9am

May 3, 2018 – Kiwanis Prayer Breakfast

May 5, 2018 – Haley Toyota KPAD

May 30, 2018 – Memorial Day No Meeting

July 4, 2018 – Independence Day No Meeting

So far this year we have raised \$1,395 for the Foundation; our goal is to beat last year's total of \$2,936. Who would like to make a \$2 brag (or more) today?

Up-Coming Programs

- ✓ **February 28** – Making Roanoke Age Friendly – Dave Trinkle and Ron Boyd (LOA)
- ✓ **March 7** – Haley Toyota KPAD Kick-Off
- ✓ **March 14** – Mechatronics at Virginia Western - Dan Horine



Club Relocation - the Board appointed a special relocation committee and our new meeting location will be Charter Hall (City Market Building) beginning in late March or early April. More details, including parking options will be announced in the coming weeks.

March 2 is Read Across America – volunteers are needed to read books in local elementary schools, contact Mike McEvoy to sign up.

Welcome! Faith Christian School Key Club! **Judith Walker**, Faith Christian School (Gary Powers); **Hilda Stevens**, Kiwanis Club of Lynchburg; **Ben Shepherd**, LCP Publishing (Steve McGraw); **Thomas Barnett**, Salvation Army (Monica Seiler); **Bill & Ann Hackworth**; **Jimmy & Mary Smith**; **Joan Duus** and **Angie Leonard** (Dave Spangler).

Chamber of Commerce Trip: Kiwanian **Joyce Waugh** invites club members to attend an informational session regarding an upcoming trip in October to Prague and Vienna sponsored by the Roanoke Regional Chamber of Commerce. The trip orientation will be held **Monday, February 26 at 5:30pm** at the chamber offices. Please contact **Joyce Waugh** (jwaugh@roanokechamber.org or 983-0700) if you have questions.

The First Member of the Kiwanis Baby Club Started by Liam Linkenhoker!

Congratulations to Healing Strides of Virginia, Carol Young and Pearline Boyce accepted the grant, sponsored by Lee Osborne. They received a grant of \$750 to support their programs!





John Montgomery presented his Autobiography last week

- John is a Cleveland native who moved to Roanoke in 1969 when his father was transferred with the Norfolk & Western. He is proud to note that Cleveland and Roanoke have been named All-American cities multiple times (Roanoke 7, Cleveland 5).

He got to Roanoke as soon as he could, but his “wonder years” were spent in the Midwest in Fort Wayne, Indiana (an All-American city three times). His home was about halfway between Cleveland and Chicago, about halfway between Detroit and Cincinnati. All of those cities are home to major league baseball franchises that he followed as a child. Consequently, he became a big sports fan – and now counts 33 MLB stadiums that he has visited.

John is a graduate of Cave Spring High School (like Reggie Wood and Clark Goodman) and the University of Virginia (like Pegram Johnson and Tom Miller). At UVA he served as sports editor of *The Cavalier Daily* and lived on The Lawn. He never dreamed the Wahoos would eventually achieve a No. 1 NCAA ranking in football (1990) and basketball (currently, and in the early '80s as well).

Most of John’s career has been in the media. He worked in advertising and business management positions with *The Roanoke Times* and the *Blue Ridge Business Journal* before starting the sports magazine *Play by Play* in 2004. In between, he also did management stints in the fields of route distribution (Johnson’s Foods) and office furniture (Barrows), long enough to confirm that journalism was his true calling. John is an active freelance writer; 700+ of his stories have been published in *The Roanoke Times*. His work has also appeared in 30 publications outside of the area, including the College Baseball World Series program and the *Sporting News*. He has served as either president or chairman of these organizations:

- the Kiwanis Club of Roanoke,
- the Roanoke Valley Sports Club,
- the UVA Alumni Association of the Roanoke Valley,
- the Blue Ridge Writers Conference,
- the Virginia Commonwealth Games,
- the Advisory Board of the Roanoke Salvation Army,
- the Mill Mountain Advisory Board,
- and Westhampton Christian Church.

He is a lifetime member of the Roanoke Jaycees.

His wife of 23 years, Joyce, has been an active Kiwanian since 2015; their daughter, Elizabeth, and son-in-law, Trey, live in Forest with their four children (all under the age of 5).

John enjoys reading, writing, sports, travel, public speaking, civic organizations – and antique malls.