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## Stand By Your Plan

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**This week's program:** *Making Roanoke Age Friendly* presented by **Dr. David Trinkle**, Associate Dean for Community and Culture, Associate Professor of Psychiatric Medicine, and Medical Director for the Interprofessionalism Domain at the Virginia Tech Carilion School of Medicine, and **Ron Boyd**, CEO of the Local Office on Aging (LOA). Dr. Trinkle is a Geropsychiatric Consultant to the Geriatric Assessment Clinic at Carilion Clinic Center for Healthy Aging, the League of Older Americans, and to numerous Nursing Homes in the greater Roanoke Valley. He helped develop and lead the Geriatric Psychiatry Program and Fellowship and the Carilion Center for Healthy Aging; a multidisciplinary team based center for geriatric patients and their families, where he is clinically based and continues to actively see and consult patients. Dr. Trinkle is active within the community serving as a member of Roanoke City Council since 2006 and is a member of many committees and nonprofit boards. Mr. Boyd leads the LOA, which serves the 5th planning district area comprising the cities of Roanoke, Covington and Salem, as well as Roanoke, Craig, Botetourt and Alleghany counties. LOA is most widely recognized for its Meals on Wheels program, a senior nutrition program delivering nutritious meals, friendly visits and safety checks five days a week that enable more than 600 local seniors to live nourished lives with independence and dignity. Additional programs managed by LOA include Congregate Nutrition, Vital Services Transportation, Case Management, Homemaker, Personal Care, Ombudsman, Insurance Counseling, Chronic Disease Self-Management and Legal Assistance.

**Next Meeting – February 28**

**Opening Bell** – President Don Witt

**Welcome Table** – Larry Kufel

**Invocation** – Wendy Mellenthin

**Song Leader** – Mike Quinn

**Pledge of Allegiance** – Terry Vandelinde

**Introduction of Guests** – Larry Kufel



**Kiwanis Jam Band!**

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**Important Kiwanis Dates . . .**

**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 7, 2018** – Clean Valley Day, Lick Run Greenway & Washington Park clean-up

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

**May 3, 2018** – Kiwanis Prayer Breakfast@ 715am @ Kazim Temple, Cost is \$7

**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 \$1,467 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**

- ✓ **March 7** – Haley Toyota KPAD Kick-Off
- ✓ **March 14** – Mechatronics at Virginia Western - Dan Horine
- ✓ **March 21** – Experiencing the Real World – Sandy Light
- ✓ **March 28** – General Assembly Report

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

**May 3 is the Kiwanis Prayer Breakfast** – the event will be at the Kazim Temple from 7:15 – 8:30am and tickets are \$7. Please contact Mike Hamlar to sign up or volunteer.

**Welcome! Steve Smith**, American National Bank (Sherry Dillon); **Linda Shiner** (Phil Shiner); **Tyler Godsey**, 5 Points Music Foundation (Ken Briggs); **Austin Dutton**, Branch Construction (Monica Seiler); **Jenn O'Herron**, **Remi Sojka** and **Audrey Pearson**, Friends of the Blue Ridge Parkway (Mike Quinn).

**Key Club** Lt. Gov Sara Hamilton gave a great report on the Dance Marathon benefit for Children's Miracle Network – the event raised \$7,028!



STAUNTON RIVER KEY CLUB—at our February 21 meeting, Key Club President Dalton Lucas reported on the many great service projects of the Staunton River Key Club. Pictured are Faculty Advisor Michelle Esposito, President Dalton Lucas, Secretary Shannon Richardson, Treasurer Sophie Hanks, Vice President Jasmine Scott, and Kiwanis Advisor Sam Lionberger, Jr.





**Congratulations to Roanoke Valley Speech & Hearing (Andy Stone) and St. Vincent's Home/Katie's Place (Dan Karnes), Molly Webster and Heather Hicks each accepted a grant for \$1,000 to support their programs! RV Speech & Hearing will use the funds to pay for an audiologist to visit schools with hearing impaired students from pre-k through 5<sup>th</sup> grade to help provide repairs and service. Katie's Place will use funds to help adults with intellectual disabilities.**

