



Alzheimer's Project

Steve Haller

Alzheimer's disease isn't an inevitable part of aging. You can fight it.

As individuals and a nation, it's time to understand that our future is only as healthy as our brains. We must do everything we can today for a better tomorrow.

We need more research, More funding. New treatments. Better drugs. Increased compassion and understanding. Stronger leadership. Improved care.

Do your part: Take part in healthy aging.

Understand the disease.

Get active in the fight to conquer Alzheimer's. It's up to us. You can Maintain Your Brain.

Take steps now to take care of your brain.

Manage your numbers—blood pressure, cholesterol, blood sugar and body weight—to stay healthy as you age.

Feed your brain with nutrients. Eat foods high in vitamins E and C. Take a multivitamin that includes folic acid. Include salmon, mackerel or other foods high in omega-3 fatty acids in your diet.

Exercise both your body and brain. Work out, take a class, converse with others, read, play cards or work on crossword puzzles.

Support the Alzheimer's Association Memory Walks in your area. See the list below.

We must maintain our brains until Alzheimer's is just a memory.

You can help by participating in a Memory Walk in your neighborhood.

Alzheimer's Assn. Thanks K-Family

by Teresa A. Stewart, Treasurer
NYS Coalition of Alzheimer's Assoc. Chapters

On behalf of the New York State Coalition of Alzheimer's Association Chapters please accept our sincere gratitude for the outpouring of support and generosity you displayed over the last year to support programs and services for the half a million New Yorkers affected by Alzheimer's disease. Through the K Family Project, under the leadership of Past Governor Justin Underwood, you showed tremendous service by raising money and volunteering for our statewide Memory Walks, providing Alzheimer's Association representatives with countless opportunities to conduct awareness programs at your Kiwanis meetings and generously awarding grants to several Alzheimer's Assoc. Chapters from local Kiwanis clubs.

Not only does Alzheimer's steal individuals memories, it steals time from families to grow old together, to enjoy their retirement years, to share history with children and grandchildren. The involvement of Circle K, Key Club and Kiwanis in this unique K Family Project validated the need for awareness about Alzheimer's and its devastating impact across the generations.

With your support there will be hope for the future. Thank you for joining us on our journey to achieving our vision of creating a world without Alzheimer's disease.

Message from the Past Lieutenant Governor's Council

The council met at the Nevele Grande on Sunday morning. At that time we elected a new Vice President, Secretary/Treasurer, and five new Board Members, as called for in the bylaws of the council. We also, according to the bylaws, collected the annual dues of \$5.00 from each member.

It is our goal to become a functioning council within the New York District, thereby allowing us to utilize the expertise we have amassed as Lt. Governors. It is not our intention to become a PAC (Political Action Committee), or to interfere with the sitting Lt. Governors, or to become embroiled in the politics of Kiwanis. Rather, it is our goal to become a force for good throughout the District. We have accumulated a significant amount of knowledge that can be used to further the aims of our district and international organization. We cannot do it without you.

You will soon be receiving a packet of information from us which will include a copy of our bylaws and information on our current project, which is to provide a pediatric trauma kit to a needy ambulance or EMT service in the Catskill area.

This is your council, so please, feel free to contact your elected officers with ideas for future projects, and please come to our meetings at the District Convention. Thanks. — Thomas D. Forsyth, Chairman, New York District Past Lt. Governor's Council.

Minuteman Press Int'l Donates \$500 to Alzheimer's Assn

Minuteman Press International, the award winning franchiser of over 900 Minuteman Press and International Minute Press Full-Service Printing Centers, including the Levittown, NY franchise owned and operated for over 25 years by Charlie Kick and his partner Super Dist. Past Lt. Governor Steve Haller, Long Island South Central Division, donated five hundred (\$500) dollars to the Alzheimer's Association Long Island Chapter.

"I know that Steve Haller does excellent work. Not only for his print customers, but also on behalf of our common service club, Kiwanis International" noted Long Island

North DPLG Ed (Woody) Ryder. "With Steve serving the NY District as Chair of the K-Family Project: Alzheimer's Disease, and his being a franchise owner, as well as a friend of over 25 years, I was proud to present this donation on behalf of my company, Minuteman Press International Inc., in recognition of all the good deeds he has done. I recognize our fellow Kiwanians across the Empire State of New York, especially our shared friend IPLG Kevin Regan of the Long Island South Central Division, the "honorary mayor of Levittown - if ever there was one," continued Ed (Woody) Ryder.

2002-2003 Distinguished Clubs

Adirondack Division (5)

Lake Placid
Plattsburgh Noon
Saranac Lake
Ticonderoga
Tupper Lake

Bronx Westchester South (8)

Bronx Shore
Hartsdale
Morris Park, Bronx
Mount Vernon
Parkchester
Riverdale
Westchester Village
Yonkers

Brooklyn (6)

Bensonhurst & Bay Ridge
Eighty Sixth Street Bath Beach
Mapleton
Marine Park, Brooklyn
Parkway East, Brooklyn
West End, Brooklyn

Capital (4)

Helderbergs
Latham
New Scotland

Western Turnpike Guilderland

Central (3)

Cent Adirondacks Old Forge
Lake Delta, Rome
Westmoreland

Chemung (3)

Cayuga
Painted Post
Southport

Finger Lakes (5)

Charlotte Lake Ontario
Lakeshore Rochester
Newark
Penfield Perinton Townships
Webster

Genesee (10)

Batavia
Brockport
Byron
Eastridge Rochester
Greece
Mount Morris
Nunda

Pembroke Corfu Darien

Warsaw
York Leicester

Hudson River (4)

Kingston
Pleasant Valley
Saugerties
Ulster

Hudson River West (4)

Chester
Middletown
Minisink Valley
Monticello

Hudson Tri-County (3)

Mamaroneck
Port Chester Rye Brook
White Plains

Long Island North (4)

County Seat, Mineola
East Norwich Oyster Bay
Glen Cove
New Cassel

Long Island South Central (12)

Bellmores, The
Franklin Square
Hempstead
Levittown
Massapequa
Merrick

Nassau County Court Houses
Nassau Young Professionals

Seaford

Town Hall of Hempstead
Uniondale

West Hempstead

Long Island Southwest (6)

Baldwin

East Rockaway
Five Towns, The

Island Park Long Island
Peninsula, Hewlett

Valley Stream

Metropolitan (3)

Richmond County

South Shore Staten Island
Staten Island

Mohawk (6)

Fonda Fultonville
Glens Falls

Gloversville Johnstown
Rotterdam

Saratoga Springs

Saratoga Springs Golden K

Niagara Frontier East (4)

East Aurora
Elma

Java Strykersville
Springville

New York State Memory Walks

Chapter	Walk County &/or Location	Walk Date	Contact	Phone
Hudson Valley/Rockland/Westchester	Westchester County	10/3	Terry Kean	845-471-2655
Hudson Valley/Rockland/Westchester	Putnam County	10/17	Terry Kean	845-471-2655
Hudson Valley/Rockland/Westchester	Dutchess & Orange Counties	10/2	Terry Ebersole	845-471-2655
Hudson Valley/Rockland/Westchester	Rockland, Sullivan, Ulster Counties	10/3	Terry Ebersole	845-471-2655
New York City Chapter				
Riverside Park	New York City	10/17		212-983-0700
Rochester New York Chapter	Canandaigua & Corning	9/12	Lorena DeLancey	585-760-5418
Rochester New York Chapter	Rochester, Genesee, Waterloo	9/19	Lorena DeLancey	585-760-5418
Central New York Chapter	Broome & Tioga Counties	9/12	Sharon Barrett	315-472-4201
Central New York Chapter	Jefferson, Lewis, Oswego,			
(Cayuga Tentative)	Cayuga Counties & Mohawk Valley	9/18	Sharon Barrett	315-472-4201
Central New York Chapter	Cortland, Tompkins	9/19	Sharon Barrett	315-472-4201
	& St. Lawrence Counties			
Central New York Chapter	Madison County	10/3	Sharon Barrett	315-472-4201
Central New York Chapter	Onondaga County	10/16 Tentative	Sharon Barrett	315-472-4201
Central New York Chapter	Chenango County	Not scheduled yet	Sharon Barrett	315-472-4201
Long Island Chapter	Long Island			
Eisenhower Park Fields 6-6A		10/2		631-580-5100
Northeastern New York Chapter	Glens Falls	5/15		518-438-2217
Northeastern New York Chapter	Hudson	6/12		518-438-2217
Northeastern New York Chapter	Cooperstown	9/18		518-438-2217
Northeastern New York Chapter	Oneonta	9/25		518-438-2217
Northeastern New York Chapter	Delhi	September TBA		518-438-2217
Northeastern New York Chapter	Lake Placid	September TBA		518-438-2217
Northeastern New York Chapter	Saratoga Springs	10/9		518-438-2217
Northeastern New York Chapter	Plattsburgh	October TBA		518-438-2217
Western New York Chapter	Erie, Niagara, Cattaraugus	10/2	Neil Dengler	716-626-0600
	& Chautauqua Counties			
Western New York Chapter	Genesee County	TBD	Neil Dengler	716-626-0600

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