
Kiwanis Club of Brantford Newsletter April 4, 2024

1 message

Kiwanis Office: kiwanisbrantford@gmail.com

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A WEEKLY NEWSLETTER from and about
THE KIWANIS CLUB OF BRANTFORD

Meeting at the Best Western Brantford Hotel & Conference Centre:
Every Thursday at 12:00 noon

Current Membership – 47



E.C. & C. District

Governor

John Chave

KC of Barrie

Governor Elect

Pamela Rodney White

KC of Constant Spring

Vice Governor

Cynthina Blackman

KC of Pride of Barbados

Immediate Past Governor

Anthony Haile

PROGRAM FOR APRIL 4, 2024

At this Business Meeting, President Alf will talk about new volunteer opportunities within our club; DST Jim Steele will go over the new online monthly reporting procedures; and Membership Chair Joanne Murray will go over the feedback given to the Membership Committee a few weeks back.

HEAD TABLE

President Alf Hauk, DST Jim Steele, PG Joanne Murray, funmaster Leo Vos and others invited by the House & Reception Committee.

KC of Curacao

Secretary/Treasurer

Jim Steele
KC of Brantford

Division Lt. Governor

David MacLennan
KC of Stratford

Club Officers

President
Alfred Hauk

Past President

David Lewis

President-Elect

Nancy Thompson

Treasurer

Jim Steele

Secretary

Bob MacLean

Club Directors

2 Year Term

Randy MacKenzie
Leo Vos
Bob Wade

1 Year Term

Stuart Parkinson
Graham Schram
Nancy Sherritt

UPCOMING MEETINGS

Thursday, April 11: TBA

Thursday, April 18: Kiwanis Kindness Day Kick-off.

Thursday, April 25: Heather George, Executive Director,
Woodland Cultural Centre

Thursday, May 2: AGM/The Debbie Miller Classic

Thursday, May 9: TBA

Thursday, May 16: Ted Talk: How Childhood Trauma
Affects Health of Children for a Lifetime

Thursday, May 23: Lillia Dockree, Program Outreach for
Brant County Museum

Thursday, May 30: Report from District Convention
attendees

Thursday, June 6: TBA

Thursday, June 13: Michael Jacques, author (Interclub
Meeting_

KIWANIS CONVENTIONS

E. C. & C. District Convention – May 16 – 18 in Montego Bay,
Jamaica

Kiwanis International Convention – July 3 – 6 in Denver,
Colorado

BIRTHDAYS

Ken McNaughton will celebrate his birthday on April 8th.
Happy Birthday Kiwanian Ken!

ANNIVERSARIES

Ken & Robin McNaughton will celebrate their wedding
anniversary on April 13th. Best Wishes!

ANNIVERSARIES OF DATE JOINED

Leo Vos will mark 25 years as a member of the Kiwanis Club
of Brantford on April 8th.

EDUCATIONAL SPOT

An inter-club meeting is one which is jointly planned and held by two or more Kiwanis clubs, or by a Kiwanis club and any Kiwanis Junior, Circle K club, Key Club, Builders Club, K-Kids, and/or Aktion Club and duly announced as such in advance through club notices. No less than a visiting group of four, composed of Kiwanians or a minimum of two Kiwanians plus members of a Circle K club, Key Club, and/or Builders Club sponsored by the visiting Kiwanis club, must be

in attendance. To qualify for inter- 6 club credit, the meeting must be an official meeting of the host club. Conventions, division council meetings, and similar events do not normally qualify.

THOUGHT FOR THE WEEK

Education is the most powerful weapon which you can use to change the world. ~ Nelson Mandela ~

To view what happened at last week's meeting, please page down

Last Week's Meeting Highlights



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Highlights of the Thursday, 28 March, 2024 Weekly Meeting

Vice President Maureen called the meeting to order at 12:30 PM, welcoming all members and Guest Speaker Courtney Lucas ~ Ontario Health Team and Guest Jennifer Miller ~ Task Force Leader and Guest: Lucy Marco ~ President, Grand River Council on Aging.



VP Maureen opened the meeting with the thought for the day: "Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud." Volunteers offer their time and talent in areas they are concerned about and provide help and expertise." ~ Helen Dyer.

VP Maureen called on Kiwanian Pallo to direct the 50/50 Draw. There were two tickets drawn, and the potential winners were Kiwanian Joanne and Kiwanian Linda Moyer. Linda Moyer drew the Joker to win the "Pot" for today. Next week the Pot will start over once again.



The Funmaster today was Kiwanian Bob Saunders. Kiwanian Bob offered up three short stories that had most of us smirking and chuckling. One story was about two Nuns walking home late one evening, one of the Nuns name was, "Sister Logical" and the other Nun was "Sister Mathematical". You had to be there for the climax.

Funmaster Bob moved on and helped us celebrate Phil Hoekstra's birthday on March 24th and Bob Lefebvre will mark 45 years as a member of the Kiwanis Club of Brantford on March 29th and Valentina McGrandles and Karen Adams 1 year on March 30th.

Happy Stories/Dollars were given by: Kiwanian Karen who has been confirmed 5 years cancer-free, Kiwanian Len who went shopping at Cambridge Mill's outlet, but it was "closed", so he saved his money and Kiwanian Pallo who was thankful for the good turnout at the Pancake Social last Saturday and the fact that her two Grandkids are going to Kenya, with their parents, on vacation next week.

VP Maureen thanked Funmaster Bob Saunders and called Kiwanian Linda to the podium to Introduce our Guest Speaker.

Kiwanian Linda introduced Courtney Lucas who works with the Ontario Health Team. She is the leader of the clinical team bringing over 15 years of management experience in a variety of industries. With an educational background in Arts, Sciences and Nursing, she has been a leader in the homecare community. Courtney has a passion for providing top-quality care to preserve the integrity and dignity of all members of our community. As a wife and mother, Courtney values family, connection, and community. Her topic today was on Dementia Awareness.



Courtney thanked us for inviting her here today to speak about, “Sharing” the voices of those living with dementia and the importance of raising awareness in our community. The Dementia Awareness Campaign is a partnership between the Brantford Brant Norfolk Ontario Health Team, The Grand River Council on Aging and the Alzheimer’s Society. We are working together to raise awareness of Dementia in our communities to build Dementia friendly communities, decrease stigma, increase access to resources and improve the lives of persons living with dementia.



She said that, In the realm of dementia, it's essential to acknowledge and appreciate that every individual's journey is profoundly unique. This diversity in experiences holds true, whether one is living with dementia, caring for a loved one, or part of a family affected by this diagnosis. Caregivers are often the overlooked individuals in this narrative and experience their own unique challenges and triumphs. Their stories are marked by selflessness, love, and unwavering support, as they navigate the complexities of care and advocacy. Family members, too, play a crucial role. Their stories involve empathy, understanding, and the often transformative experience of witnessing the strength and resilience of their loved ones living with dementia.

Learn how Canadians living with dementia are shining a light on the stigma they face



“A person with dementia is still a person.”



In the context of dementia, it's crucial to emphasize a fundamental truth: a person with dementia is still a person. Dementia, while presenting cognitive challenges, doesn't diminish the personhood of individuals living with it. They retain their unique identity, their history, and their emotions. This understanding is not just a matter of respecting their humanity;

it's a matter of safeguarding dignity. Dementia may affect memory and cognitive abilities, but it does not diminish an individual's worth or their right to respect and compassion.

As we embark on this journey of awareness and support, let's remember that knowledge is a powerful antidote to fear and prejudice. By opening up conversations, dispelling misconceptions, and fostering empathy, we can collectively contribute to a more compassionate and informed approach to dementia.

I believe that each of us has the potential to make a difference. By breaking the silence, we can bring light and understanding to the lives of those affected by dementia.

Stigma

Stigma is one of the biggest barriers for people living with dementia to live fully with dignity and respect.

Lack of awareness

Stereotypes and misinformation can intimidate friends and family into not providing help. Due to unfounded myths about dementia, people believe that “nothing can be done” or dismiss symptoms as “just a normal part of old age.”



BREAKING THE STIGMA



Don't fear! You can't “catch” it from me
Learn as much as you can about dementia
Dementia is **not** a normal part of aging

This disease is so misunderstood, even medical professionals sometimes don’t know how to handle it. Some Doctors that give the diagnosis of dementia certainly lacked compassion and are pretty matter-of-fact about it. Stigma is one of the biggest hurdles we face and it comes in many forms. While aging brings about memory changes, it doesn't necessarily equate to substantial memory decline. It’s important to delve into these changes and

explore strategies for maintaining cognitive well-being as we age.

As your journey unfolds, certain tasks may need to be modified, but it's essential to remember that the things that held importance and meaning throughout your life will continue to be significant and meaningful. Promoting social engagement and stress management can have a positive impact on slowing down the progression of cognitive decline.

Ensuring regular, restful sleep also provides your brain with the opportunity to function at its best, promoting mental clarity. Regular exercise, both for your mind and body, helps maintain healthy blood flow, which nourishes and supports the repair processes vital for brain health.

In our pursuit of a dementia-friendly community, we adhere to a specific definition: it's a place where people living with dementia and their care partners are genuinely welcomed, included, and supported. It's a community that takes into account both the social and physical needs of individuals living with dementia.

**Dementia
friendly
communities**



[Click here to see two examples of how Unfriendly vs Friendly Communities interact with persons with dementia.](#)

**Your voice
helps fight
stigma.**



Your voice lends credibility and support to policy changes that have the potential to enhance the quality of life and care for both you and all those who are, or will be, navigating the complex realities of dementia. Sharing your experiences is not just about personal expression; it's about being a catalyst for positive change. Your stories matter, and they have the capacity to create a more empathetic and informed society.

Kiwanian Leo thanked Courtney for her informative and insightful presentation and passed the Mic back to VP Maureen

Closing Thought for the Day: "The best way to find yourself, is to lose yourself in the Service of others." ~ Mahatma Gandhi.

VP Maureen called for announcements and Committee Reports.

- Kiwanian Leo reminded everyone about the Children's Safety Village Easter Egg Hunt on Saturday 30 March Starting at 10:00AM to 1:00PM
- Kiwanian Linda reminded us that the Kiwanis Kindness day is Friday 19-April and to please add your name to the Sign-up sheet for the activities you are able to support.
- Kiwanian Judy Jones mentioned that Queen's Court, (Sean Hauk) Social Committee event is on April 20th Polish Hall at 7:30pm and you should get your tickets ASAP as they are selling out.



Table Centre pieces
thank you ~ Faye

VP Maureen thanked the members and Guest Speaker Courtney Lucas and Guests Lucy Marco and Jennifer Miller for attending, wished them a good Easter weekend and adjourned the meeting with the ringing of the Bell.

Candid pictures from this week's meeting:

