

The Medina Kiwanis Brick



“serving the children of the world”



A weekly publication of the Kiwanis Club of Medina
Visit us on the web at www.medinakiwanis.org

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Preparing for Disaster

1/26/12 Barb Woodard followed up on her daughter Kirsten's presentation the week before by discussing how we all can prepare for everyday disasters. Barb reminded us all that “disasters” are relative and aren't necessarily caused by Mother Nature. While we often think of tornados, floods, and fires as the most feared disasters, a sudden health crisis, a car breakdown while far away from home or even a child arriving home on the bus to an empty house...with no place to go, it's all a matter of knowing what to do and having a plan.

Barb suggests discussing life's variables with your family so you aren't assembling a plan while in crisis mode.

She also suggests having a backpack and supply gear ready to move at a moment's notice.

Contact Barb for more info on Family Disaster Plans.



Staying Young the First 100 Years

2/2/12 Dr. Matt from Maximum Potential Chiropractic educated us all on maintenance care for our spine. His point is, don't wait for it to be broke before you fix it. By the time we are in pain from back troubles damage is done. Additionally, we conduct maintenance on our teeth (cleanings), vision (annual eye doctor appointments) and our overall health (annual physicals) but we don't think to take care of our largest and most complicated organ - our spines. From poor posture to headaches to sciatic pain and foot pain, your spine and its endless nerves can be the source of so much PAIN. When properly maintained, you can live a pain free life full of mobility for years to come.



UPCOMING PROGRAMS

February 9

Engage Program
Food Integrity
Ken Ruprecht

February 16

Heartfelt Thanks

February 23

Senior Net
Charlene Kosc

Update Your Info

Your new Secretary, Jon Steingass, is hoping to update all members' contact information.

Lists have been passed around at recent meetings to allow you to check and update your contacts, but if you know your phone, email or even mailing address have changed recently email jon and let him know. This is in preparation for a new Kiwanis Directory to be distributed in the coming months.



Happy Dollars



1/26/12 George Rogers is \$1 happy about his wife and grand-daughter's pictures in the Kiwanis Newsletter. John Steingass \$1 happy about Jerry Brown carrying on Billy Ray's tradition of greeting us as we come in to our meeting, white gloves and all!

2/2/12 Carl Brunello is \$1 happy and glad to be back - he didn't go to Florida. Nancy Abbott \$1 happy because it was great to hear Linda Hoffman's singing voice today.

Guests

1/26/12 Tim Hagerty, prospective member gues of Curtis Perkins.

2/2/12 Key Club members Ali Rutherford, Melanie Lumpkin and Toni Lumpkin.

Kiwanis Spirit Wear Available NOW!

Kiwanis embroidered clothing in many differnet styles is available now through local Medina company, United Sports Apparel.

Linda Hoffman has been bringing samples of the shirts available to meetings and will continue to do so until the February 16th Heartfelt Thanks event. The order form will also be emailed along with this issue of the Brick.

There's many differnet styles, colors and sizes from polos to denim to fleece and outerwear and women's sizes to men's 3X and tall. There's even ballcaps with the Kiwanis logo embroidered on them.

Whatever your style, you're sure to find something that wil look GREAT on you while out volunteering and representing Kiwanis in the community.

Print out the order form and turn it in with cash or checks made out to Medina Kiwanis Club at the next meeting or mail order form and check to P.O. Box 903 Medina, OH 44258.

Call Linda Hoffman with any questions at 330-603-9690.

Deadline is February 16th.

All orders must be pre-paid.

Hospice of Medina County says Thank You to all Kiwanians who volunteered at Strongs-ville Mall for "Light up a Life" this holiday season. You made all the difference!

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Kiwanis Defining Statement

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.

Deadline for publication is the Friday prior to the Sunday publication

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