



EDMONDS KIWANIS

“TIDAL TALES”

“Changing the world one child and community at a time.”

May 2009

KIWANIS FOOD BANK DRIVE :



Marylou, Dick, and Ray taking a break

The April food drive is now behind us...though one must admit it was wonderful to stand out in the “sun”, instead of rain, collecting food from generous and caring folks shopping at the Edmonds TOP Food. Results for this effort, skillfully coordinated once again by Seamus, were 513 pounds of food and \$841 in cash donations.



Shirley, John, and Marylou on the front lines

Combined with the March drive, our club collected 1,043 pounds of food and \$1,140 in cash for the recent drives. **For the Kiwanis “fiscal” year (Oct-Sept), the grand totals were 2,664 pounds of food and \$3,029 for the purchase of food.** This is a splendid effort by all of those that worked so hard in support of our local food bank.

A big “thanks” to our volunteers, several of whom worked multiple shifts each of the drive days, and to Seamus Dooley for his organizational and motivational skills. **A job well done!!!**

-----Volunteers-----

Scott Phariss, Millie Morte Harold Huston, Elwin Wright, Ray Roe, Eleanor Taylor, Frank Suhara, Dexter Miller, Homer Cardle, Shirley Elliot, Sharon Dooley, Al Rutledge, Seamus Dooley, Buck Weaver, Duane Penning, Sue Tomlinson, Richard Kosola, Dick Lunstrum, John Rutter, Marylou Kantor, and Paul Jacobson. Thanks also to the Edmonds Woodway Key Club that helped out with the drive in March. **We appreciate YOUR help!!!**

Weekly Kiwanis Meeting:

South County Senior Center
220 Railroad Ave. Edmonds
Tuesday at 10 a.m.

VISITORS ALWAYS WELCOME.

MAY PROGRAMS:

May 5: **Stephanie Shackelford**, Director, Boys and Girls Club. “Working Together”

May 12: YMCA, “Being Supportive”

May 19: Edmonds Fire Dept. “A day in the life of a firefighter”

May 26: **Ed Grandbois**, Manager, Sleep Center, Stevens Hospital

June Captain: Harold Huston

(425-771-8201)

Leitner, Lunstrum, Jacobson

Greeters:

5th: Dick Lunstrum

12th: Dexter Miller

19th: Duane Penning

26th: John Rutter

Greet at the front desk!!!

“WEAR A SMILE”

Celebrations:

2nd: Ann Rutter

14th: Elaine Hinze

17th: Ted Morris

Kiwanis Club Annual Helmet Program:

The helmet team (John, Duane, and Scott) will be needing help to prepare 175 bicycle helmets for students at Cedar Valley School. Work party scheduled for Wed. 1:30 at Jim’s house to put on Kiwanis labels. Distribution on Thursday???

Thanks for your support of this important program to protect the children of our community.



EDMONDS KIWANIS

“TIDAL TALES”

“Changing the world one child and community at a time.”

May 2009

NEW SUPPORTER OF KIWANIS:



RICHMOND BEACH REHAB
An Avamere Community

Welcome to **Avamere’s “Richmond Beach Rehab”** as our newest sponsor. As you may recall, Lisa Evans (facility administrator) provided a comprehensive overview of the facility to our club last year. We are so pleased that **Avamere** has decided to sponsor Kiwanis and its mission.

The below information was extracted from their web-site and summarizes why they are a premier health care facility. If you have any questions about Avamere or would like to visit the facility, please contact Lisa at 206- 546-2666 or write her at levans@avamere.com.



Avamere provides a spectrum of healthcare solutions for seniors in more than 30 communities throughout Oregon and Washington. Through its home health, independent living, assisted living, skilled nursing, dementia care, rehabilitation therapy, and hospice care professions, **Avamere** provides the highest quality of care in a choice of settings that best meet the senior’s needs and preferences.

Avamere’s mission is to enhance the life of everyone we serve.

For seniors, we offer the dignity of a choice in setting, the confidence of high quality care provided by dedicated professionals, and the peace of mind of residing in a company that since 1995 has been an integral part of their community.

For the Northwest community, **Avamere** is committed to advancing the quality of life and care for seniors, offering hope, dignity, and a richer life through enhanced choice, the finest living environments, and superior quality of care.

BERRY SEASON IS COMING

CLAYNE IS GEARING UP FOR ANOTHER SUCCESSFUL “BERRY SALES PROJECT”. STAY TUNED FOR SCHEDULE DETAILS AND ALERT YOUR FRIENDS AND NEIGHBORS THAT THOSE DELICIOUS BERRIES ARE COMING SOON.

What Hunger Looks Like in Western Washington

(data extracted from the “Food Lifeline” web-site.)

The **Edmonds Food Bank** is part of the “*Food Lifeline Organization*” committed to ending hunger in America. Our club provides annual financial support as well as several food drives to help deal with hunger in our community through the food bank.

Here are some interesting facts to remember when you are volunteering on one of our drives?

- *Many of the people served by Food Lifeline are among the working poor.*
62% of the households Food Lifeline serves count a job, social security, SSI, unemployment or disability as a main source of income.
- *The profile of a hungry person in Western Washington continues to defy society's assumptions.*
Nearly 45% of the individuals using a food bank, meal program or shelter in Western Washington have some form of post-secondary education. Only 15% are actually homeless.
- 38% of the hungry people Food Lifeline serves are children.
- 13% of the hungry people Food Lifeline serves are seniors.
- *Hunger causes many families to make difficult choices.*
 - 51% of the hungry people Food Lifeline serves must choose between food and paying for heat.
 - 40% of the hungry people Food Lifeline serves must choose between food and paying for medicine or medical care.
 - 40% of the hungry people Food Lifeline serves must choose between food and rent.
- 88% of Food Lifeline's member food banks say that if they couldn't get food from a distribution agency such as Food Lifeline, it would have a significant or devastating impact on their program.
- Nearly 43% of the people who are emergency food recipients in Western Washington are food insecure with hunger. This means that these individuals do not know when they will eat again and often times go to bed hungry.
- More than 18% of the hungry people in Western Washington have been refused medical care because they could not pay or because they had a Medicaid or Medical Assistance card.

THANKS FOR YOUR CONTINUING SUPPORT!!!



EDMONDS KIWANIS

“TIDAL TALES”

“Changing the world one child and community at a time.”

May 2009

NORTHWEST HARVEST

Who are we?

As a locally operated agency, Northwest Harvest is uniquely suited to serve the diverse needs from county to county across Washington State.

Northwest Harvest respects the dignity of those we serve. We supply food for free to our partner food banks and meal programs throughout the state. Together our partners provide half a million food services each month in their communities.

More than 50% of those we serve are children and the elderly—the populations most affected by a compromised diet. We know that nutrition matters, and we’re committed to providing the freshest, most beneficial food possible to our clients.

We rely on your donations. All of our food and funds come from individuals, businesses, foundations and other organizations, and 93 percent of our total budget goes to food distribution.

History:

It was 1967, and around the nation, social, political, and racial tensions simmered and occasionally boiled over. A group of Seattle community leaders formed The Ecumenical Metropolitan Ministry (EMM), an interfaith organization committed to identifying and addressing the primary problems of the poor and disadvantaged.

Hunger, the EMM learned, was one of the biggest problems in Seattle and beyond. People had insufficient resources to feed themselves and their families. In response, the ministry founded Northwest Harvest, originally viewed as a short-term solution to help fill the gaps.

But history had other plans. The long-term need for Northwest Harvest was sealed in 1970, when the Boeing Company began a round of layoffs that would cost 60,000 jobs over 18 months. The faces of the hungry were no longer limited to the poor and homeless, as thousands of formerly middle class people, now out of work, wondered how they would feed their families. They had no money to buy food, but their assets—homes, cars, boats—disqualified them for government assistance. With so many unemployed, there was no market for the belongings they tried to sell.

With social service agencies already stretched beyond their limits, the EMM rose to the challenge, working closely with other organizations to collect food to respond to the crisis. Northwest Harvest became a separate, secular entity and grew from a Seattle resource into a statewide hunger relief agency, distributing food to a network of independent food banks around Washington State.

Decades after the Boeing unemployment crisis, the need for emergency food assistance remains. Today, Northwest Harvest is still Washington's own statewide hunger relief agency, serving 36 of Washington's 39 counties and securing approximately 18 million pounds of food each year for distribution through a network of nearly 300 partner food programs.

What do we need:

What types of food does Northwest Harvest need? Northwest Harvest can use any nonperishable food or monetary donations. If you prefer to donate food, select shelf-stable food with the lowest saturated fats and refined carbohydrates (sugar, white flour). We buy white rice and beans in bulk, so we encourage you to donate other items.

Here are some suggestions:

General food items:

Oatmeal

Whole grain pastas

Brown rice

Tomato products

Canned peas

Canned pears and peaches, especially with low sugar (but not artificial sweeteners)

Canned tuna

Canned chicken and turkey

Shelf-stable milk

Beef stew, chili and similar meals with low sugar and saturated fats

Infant and baby foods:

Baby formula

Canned milk

Infant cereal

Jars of baby food

Powdered or canned milk

We also accept baby diapers

NOTE: These items will be the same as what our local EDMONDS FOOD BANK needs....so, as the spirit moves you, please do what you can to help those of our community that are struggling at this hard time. The Jeremiah Center and the West Gate Chapel Food Bank are also providing valuable services to our “neighbors”.

Edmonds Food Bank, located at the United Methodist Church, 828 Caspers Street.

Director: Peggy Kennedy

Phone: (425) 778-5833



EDMONDS KIWANIS

“TIDAL TALES”

“Changing the world one child and community at a time.”

May 2009

Ten Ways to Protect Yourself from Dangerous Falls

...Americans over age 65 were injured in falls resulting in an emergency room visit and nearly 500,000 of them were hospitalized for treatment.

As we age, our ability to remain upright may be compromised by numerous factors. According to Marilyn Moffat, PT, DPT, PhD, professor of physical therapy at New York University and author of *Age-Defying Fitness*, a person's ability to avoid falling depends, among other things, upon balance -- both while stationary and when moving. Maintaining balance, in turn, requires the ability to adjust to changes (particularly sudden and unexpected) in body positions... adequate flexibility in one's joints, muscles and ligaments... and appropriate muscle strength, especially in those muscles that support the ankles and the knees, says Dr. Moffat. (While most of us don't give much thought to our ankles, she says that about 50% of balance problems that occur in aging result from weakness in the muscles controlling ankle movement and stability.) The inner ear, brain and joint receptors are also involved in balance, since they are responsible for "proprioception," the ability to sense correctly where your head and body are in space, both with your eyes open or closed.

AGING AND BALANCE

With all of these systems contributing to the ability to stay upright, problems in just one area can make people vulnerable to falls, says Dr. Moffat. For instance, loss of vision with age makes people fearful of falling -- that anxiety itself actually increases the likelihood they'll fall. In addition, the brain and nervous system decline in function with age, which can lead to problems with depth perception and coordination and timing of movement. As a consequence of these and other changes, aging adults may move tentatively and slowly, taking smaller, shuffling steps and often keeping their eyes focused on the ground -- all of which set them up for a fall.

However, the news is not all bad. Dr. Moffat says that with commitment, practice and time, fall-resistance training can absolutely turn the situation around. For people who are unfit or have serious problems maintaining their balance, like my friend's neighbor, Dr. Moffat strongly advises having a physical therapist do an initial examination to determine where weaknesses lie and how extensive the problem is, in order to develop an individualized exercise program to do at home or at a fitness club.

AT-HOME TECHNIQUES

If you are reasonably fit, though, you can start your balance fitness training right now in your own home. Here are some ideas on how to get going...

Walk on tip-toes. How long has it been since you walked on your tip-toes? Probably years, but this childhood diversion is excellent for strengthening your ankle and calf muscles and for improving balance. Dr. Moffat suggests going up and down on your toes as often as possible, including as you brush your teeth each day and while you walk around the house.

Walk in all directions and different ways. Since staying upright requires adapting to different types of movements, a good workout should include movement in different directions and ways. Try walking backward, both on your feet and your toes. Also try walking on your heels... tandem walking (one foot directly in front of the other)... side-stepping... and doing grapevines (walking sideways alternating front and back with the feet).

Look around. Switch your gaze around, from side to side as well as up and down as you stroll. Be careful to avoid tripping - for instance, keep one hand on a hallway wall.

Balance yourself. Soon you should be able to multitask while practicing balancing -- several classic techniques are to cross your arms, then stand on one foot, then the other... another is to stand on one foot while holding onto a counter, then close your eyes. (For more on basic balance exercises, see *Daily Health News*, [July 3, 2008](#).)

Vary your gait. Change it up, from long strides to short steps, suggests Dr. Moffat, who considers methodical gait training a very important motor skill.

Speed up, slow down. Walk at a normal pace, accelerate, slow down, speed up... and do it again and again.

Exaggerate. Deliberately exaggerate your typical heel-to-toe pattern... then try it with a high-step gait.

Vary your footwear. Go barefoot, wear a variety of shoes.

Change the surface. Switch from stable to unstable surfaces -- walk on tile floors, carpeted floors, the beach, gravel... these are good ways to reinforce your ability to sense where your foot is on the ground.

Heads up. It's crucial to break the habit of gazing at the ground while you walk. Dr. Moffat points out that looking down throws off your postural alignment, which makes correct body responses more difficult. After a short time, you will find that walking with your head held high feels good, and it is not at all scary. *Extra benefit:* It may help you avoid neck/back problems.

Dr. Moffat advocates practicing balance activities every day of the week, incorporating a variety of techniques into your usual routine. This should require no more than 10 to 15 minutes of your day and in about eight weeks' time, she says you should see a big difference in your balance, your gait and your confidence.

Source(s):

Marilyn Moffat, PT, DPT, PhD, professor of physical therapy at New York University, author of *Age-Defying Fitness* (Peachtree).



EDMONDS KIWANIS

“TIDAL TALES”

“Changing the world one child and community at a time.”

May 2009

KEY CLUB NEWS:



Edmonds-Woodway:



Key Club members preparing for the annual Edmonds Easter Egg Hunt. Another example of helping our community.

Sign ups have been taken for “Relay for Life” (Breast Cancer) to be at Lynnwood High May 16th. Wearing a special T-Shirt is part of the deal so participants were giving sizes. Watch the news!!!

“Club Olympics” happens after school next week, involves all HS Clubs including Key...a fun thing: everything from 3 legged, tug of war, sack races, limbo....award assembly on Fri ..12 clubs involved!

Remember the big car wash, May 9th, in Edmonds....Support your club, as they strive to collect funds for the “Relay for Life”: Get your car washed!!!

Meadowdale:

New officers volunteer for next year...

President	Dalia Mendoza
V.P.	Jai Sun
Treasurer	June Woo
Secretary	Madison Caulk
Pub. Rel.	Kelsey Barnes

The year end Key Club Ice Cream Party will be after school on May 29th.

Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time.

Edmonds Kiwanis Officers:

<i>President:</i>	<i>Paul Jacobson</i>	<i>(425)-771-8949</i>
<i>Pres. Elect:</i>	<i>Mary Lou Kantor</i>	<i>(425)-712-8085</i>
<i>V.Pres.:</i>	<i>Homer Cardle</i>	<i>(425)-776-9772</i>
<i>Secretary:</i>	<i>Shirley Elliot</i>	<i>(425)-778-0756</i>
<i>Treasurer:</i>	<i>Billy Joe Roberts</i>	<i>(425)-778-1843</i>
<i>Past Pres.:</i>	<i>Harold Huston</i>	<i>(425)-771-8201</i>

Edmonds Kiwanis Board:

<i>Seamus Dooley</i>	<i>(425)-640-0640</i>
<i>Dexter Miller</i>	<i>(425)-744-2346</i>
<i>Elwin Wright</i>	<i>(425)-776-2892</i>
<i>John Rutter</i>	<i>(425)-778-6502</i>
<i>Clayne Leitner</i>	<i>(206)-542-6351</i>
<i>Dick Lunstrum</i>	<i>(425)-771-4680</i>
<i>Jim Buchanan</i>	<i>(425)-778-3033</i>

PNW Division 22:

Lt. Governor: Larry Merwin (425)-478-0270

Calendar of Events :

- May 2nd: Lynnwood Kiwanis Auction**
Lynnwood Convention Center
Contact Billie @ 425-745-8025
- May 2nd: Snohomish Kiwanis Auction**
Everett Events Center (Comcast)
Contact Dan 425-258-8009 or Barry
360-568-2101 Tickets \$40/plate.
- May 9th: E-W KEY CLUB CAR WASH**
5 Corners, Edmonds Noon - ?
Donations for "Relay for Life"
- May 14th: Division Council Meeting**
Snohomish Club Hosting
7 P.M. Location TBD
- May 17th: Lynnwood Kiwanis Relay for Life**
Pancake Breakfast at Lynnwood HS
Contact Jay 425-743-4830
- May 19th: Board Mtg. SCSC 8:30 A.M.**

“**Do more than belong: participate.**
Do more than care: help.
Do more than believe: practice.
Do more than be fair: be kind.
Do more than forgive: forget.
Do more than dream: work”.

William Arthur Ward



EDMONDS KIWANIS

“TIDAL TALES”

“Changing the world one child and community at a time.”

May 2009

These are the local businesses that help support the Kiwanis' mission in Edmonds.
Remember to patronize our loyal supporters

ARISTA Wine Cellars

320 5th Ave South,
Edmonds
772-7008

“Great Finds with Vintage Service”

Wine Tasting every Sat. 1 - 4:30

Beck's Funeral Home

405 5th Ave South,
Edmonds 771-1234

“Restlawn Memorial Park”

Edmonds Frame Design & Atelier

514 C Fifth Ave South,
Edmonds 771-6520

*“All your framing needs will be
attended to with care and
professionalism.”*

Las Brisas

“Mexican & American Style and Flavor”

120 West Dayton,
Edmonds 672-5050

WALNUT STREET COFFEE

410 Walnut St.,
Edmonds 774-5962

ARNIE's Restaurant

300 Admiral Way,
Edmonds 771-5688

“Pacific Northwest Favorites”

Early Bird Specials

4-6 p.m.

Saturday-Friday

Dayton Dental

Dr. Brian Cave

555 Dayton St.,
Edmonds
672-7272

Reliable Floor Covering

542 Main St.,
Edmonds
778-1121

The UPS Store

23632 Highway 99,
Edmonds
775-2211
Store #1476

Edward Jones Investment

Alan E. Lawrence

107 5th Ave North,
Edmonds
670-1988

“Making Sense of Investing”

Shepherd & Shepherd Attorneys

112 3rd Ave South,
Edmonds
776-1155

Richmond Beach Rehab.

An AVEMERE community

19235 15th Ave. NW
Shoreline
206-546-2666

*“To Enhance the life
of every person we serve.”*

The Bank of Washington

202 5th Ave South,
Edmonds 776-2265

“Quality Local Banking”

OUR SERVICE, OUR COMMITMENT, OUR PROJECTS

Young Children: “Priority One”

“Little Red School House”

Activity Supplies, Meadowdale Pre-School

“WithinReach” (aka, healthy moms, healthy babies)

“The Smile Train”

Youth Services

Edmonds-Woodway High School Key Club

Meadowdale High School Key Club

“Children’s Hospital”

Elementary School Mentoring

“Clothes for Kids”

Bicycle Safety Helmets

Student Dictionary Project

“Dale Turner” YMCA

Community Service

Edmonds Food Bank

South County Senior Center

Interested in supporting the mission of your local Kiwanis Club???

Contact Buck Weaver for details on placing an ad in this newsletter.
(425-774-3568)

