



San-Captions

2011-2012 District 6960 Sanibel-Captiva Rotary Club
Organized 1979 * Chartered March 18, 1980

www.sanibelrotary.org

SANIBEL-CAPTIVA ROTARY CLUB

Board Officers:

President: Scot Congress
President Elect: Bill Rahe
Vice President: Chris DeCosta
Secretary: Chet Sadler
Treasurer: John Danner
Sergeant-at-Arms: Don Russell
Past President: John Grey

Board of Directors:

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Bob Guggino
Emily Kletzien
Bunny Ospa
Dick Waterhouse

Trust Foundation:

Lee Almas, Chair
Tony Gropp, Treasurer
Robert Monk, Secretary
John Bellino
Jim Lavelle
Chet Sadler, Rotary Foundation
Joel Ospa, PP



**ROTARY INTERNATIONAL
PRESIDENT 2013-2014**

Ron Burton

"Engage Rotary/Change Lives"

Waiting for logo design

**DISTRICT #6960
GOVERNOR 2013-2014**

Tim Milligan

"Make a World of Difference"

SAN-CAP ROTARY CLUB 2013-14 PRESIDENT'S THEME

Waiting for theme announcement.



 **NO CLUB BOARD MEETING THIS MONTH**

SERVICE ABOVE SELF

THANKS TO BILL RAHE WHO FLEW BACK INTO TOWN LAST WEEK FOR A SPECIAL ROTARY CLUB PRESIDENT'S MEETING THAT FOCUSED ON STRATEGIC GIVING FOR OUR 2013/2014 ROTARY YEAR.



ROADKILL PICK-UP

THIRD SATURDAY OF EACH MONTH

NEXT: JULY 20, 2013 8:00 A.M.

ALL SANIBEL-CAPTIVA ROTARY BULLETINS

ARE ON OUR CLUB WEB-SITE

www.sanibelrotary.org. IF YOU ARE OUT OF TOWN, CATCH UP ON THE NEWS.

CROSSING OVER

It's not a rarity at Rotary to have guests from overseas. Traveling to our Islands from distant shores as far away as Africa and Asia but last week our meeting visitors were from just across the causeway. Islanders often refer to any location across the causeway as overseas. The club welcomed McKenzie Millis and Dr. Carol Clark members of the Shell Point staff to speak to us regarding our neighboring senior-retirement-living community on the Fort Myers mainland (sometimes referred to as the Sanibel annex).

McKenzie has been with Shell Point since 2005 and has had experience serving the Shell Point community members in a variety of ways. She is currently an Assistant Living Healthcare Marketing



Specialist for Shell Point's three assisted living facilities; King's Crown, The Arbor, and brand new Springs. As many of us know the Shell Point community provides an array of living arrangements for senior living; as they like to say, "Lifestyle with Lifecare". Whether you are living independently in one of the five resident neighborhoods, need assistant living services, or skilled nursing care, you will receive that care as a member of the Shell Point community. SP has 950 employees serving 2,300 residents and an amazing amount of activities available within the community – golf, tennis, boating, exercise classes, lecture and enrichment series, entertainment and the list goes on and on – just think of what Sanibel has to offer, take out the beaches, shrink down the Island and you have Shell Point. The staff at SP is always planning ahead, just as they

Club Song Giver of all things good, We Thank you for this food, With one accord Lead us we humbly pray, Onward in Rotary's way
Of service day by day, Most Gracious Lord
(Tune of My Country Tis of Thee)

Con't from front page

think you should be, looking at the reality of what their needs are or will be and how to provide services that will deliver the best quality of life for Shell Pointers in the future. They have adjusted their life-care options over time and have a menu of five life-care contracts: Plan A – Standard life-care contract, NEW a 75% or 90% refundable option on Plan A; Plan B – Modified life-care, reduction rate applied to Plan A - only providing access to skilled nursing care with additional charges; Plan C – 100% refund of entrance fee upon death or contract cancellation. This contract does not include assisted living or skilled nursing. To be fair, check these facts out on your own...these contracts are more detailed then stated in this article. Shell Point just recently opened a new non-contract Assisted living residence building...The Springs at Shell Point ...right on Summerlin. This is something very new for SP...no contract is required and month-to-month rates apply. The Springs is designed for the resident whose quality of life would be improved by support services. Residents at the Springs may enjoy the enrichment activities of the Shell Point community. McKenzie also spoke of a new phase of development that is on the drawing board at Shell Point. This community will be located central to the SP golf course. This development will comprise of single-family houses and villa type properties. Construction will start soon. Any questions...call McKenzie at Shell Point.

On to Dr. Carol Clark, an advanced registered nurse practitioner who holds a doctorate degree in education. Dr. Clark is manager of the J. Howard Wood Medical Center at Shell Point. The J. Howard Wood Medical Center is part of the Waterside Medical Complex at SP. Dr. Clark's topic for the morning focused on taking a Holistic approach to caregiving. Medicines, Vitamins, Minerals, Herbs – OH! MY! What to take, what not to take, when to take it, when not to take it, how much to take? Each answer is unique to the individual. Good medical testing is important and then reading your own body as to the response to medications and supplements you are taking is extremely important. This is complicated; no wonder you need a doctorate to explain this stuff. Be careful with your medications, don't over medicate. Carol spoke a great deal about vitamins and their importance for healthy body function and tissue repair. She went through most of the vitamins and minerals and what problems deficiency can cause. Carol stated, "of course, healthy eating and a good exercise routine is the frontline approach to good health but aging sometime interferes with both...so then what? " If



UPCOMING SPEAKERS:

JULY SPEAKER RECRUITER

JANET STRICKLAND

July 19th – Steve Hall, CFA, CFP, CPA, Senior Vice President from SunTrust Bank – Investment Strategies

July 26th – Club Assembly

Aug 2nd - Scholarship Winner

Aug. 23rd - Justin McBride, Coastal Projects Manager for Lee County DNR

Makeup Meeting Locations

Monday	<u>Noon</u> - Fort Myers-South... Crown Plaza Bell Tower
Tuesday	<u>Noon</u> - Estero... Spring Run Country Club <u>Noon</u> - Fort Myers... TBD
Wednesday	<u>7:30 AM</u> - Bonita Springs... Bonita Bay Club <u>7:30 AM</u> - Fort Myers-East... Beef O'Brady's <u>7:30 AM</u> - Fort Myers Sunrise ... Hilton Garden Inn <u>8:00 AM</u> - Cape Coral... LaVenezia Ballroom <u>6:30 PM</u> - Cape Coral North... Southside Sport Grill
Thursday	<u>Noon</u> - Lehigh Acres...Microtell Inn & Suites <u>8:00 AM</u> - North Fort Myers Fishbones at Shell Factory <u>Noon</u> - Bonita Springs...Spanish Wells CC
Friday	<u>11:45 AM</u> - CapeCoral...Gold Coast...Gulf Coast Village

having concerns talk to your health care professionals. Vitamins can supplement deficiency in your body but again be careful, check reactions with your medications. Live right, eat right, live well...it all helps...but take your vitamins too. Ben Franklin, "An ounce of prevention is worth a pound of cure".

NEW MEMBER

- **Jack Alexander** Spouse - Susan
- **17106 Wrigley Cir, Ft. Myers, FL 33908**
- **Cell Phone - 239 851-6108**
- **Classification - CPA Auditor - Stroemer & Co.,**
- **Fort Myers, FL**
- **Sponsor - John Pryor**

BRING A FRIEND, NEIGHBOR, OR CO-WORKER TO JOIN US AT AN UPCOMING MEETING. LET THEM SEE FOR THEMSELVES WHAT A...GREAT CLUB WE HAVE...