



Richmond Kiwanis



<http://richmondkiwanismo.weebly.com>



Richmond
 President: Marti Cowherd
 President-Elect: Bill Dooley
 Vice-President: John Richardson
 Treasurer: Steve Meyer
 Secretary: Jerry McCarter

July 16, 2013 Kiwanis: " Changing the world one child and one community at a time." J. McCarter, Secretary

The meeting was called to order at the 19th Hole Restaurant by President Marti Cowherd with 19 members present.

Our traditional opening agenda went as follows: John Richardson led the song; Sara Seidel led the Pledge and John Johnson the Prayer.

Announcements: Golf Tournament Chairman, Steve Meyer passed around a sponsor sheet that need contacted by those who have not signed up to get sponsors yet. At this point we are needing more whole sponsors compared to last year sponsor list.

Sergeant at Arms, Bob Swafford assessed the following fines: **Missed meetings:** F.G. Weary, Ron Brohammer, John Johnson, Nathan Preston; **Picture/Name in Paper:** Nathan Preston; **Last one in:** Patty Walker; **Birthday:** Larry Goodloe; **Paid announcement:** Sara Seidel advised opening of a art class available this coming Saturday 10 am at the Farris Theatre.

Program Chairman for July, Bob Bond introduced our speaker for today, Emily Roper-Parsons with "Older Adult Outreach". Emily serves as their coordinator for the Tri-County Mental Health Services.

Emily cleared up a lot of myths about age and related sleep issues today. She also gave hand-outs dealing with questions you and your doctor should consider, Do I have a Sleep Disorder and a consumer checklist for healthy sleep? In addition a handout for a self study entitled: Abbreviated Self-Report Measures of Sleep Habits and Lifestyle Regularity Sleep Timing. This handout gave you a table for you to fill out for a week that will show your "sleep pattern". A kind of a self study that will show specific information about your personal sleep pattern.

Emily made sure we understood that sleep patterns always depend on the individual. "We each have our own sleep/wake clock which we go by."

I found an interesting list of depression facts with older persons are characterized as follows:

- Memory problems
- Social withdrawal
- Loss of appetite
- Complaints of pain
- Inability to sleep
- Irritability
- Delusions/hallucinations
- Help-seeking/demanding
- Moving in a slower manner

Hmmmm, I can identify with some of those.

We were given a full two column page of resources about sleep.

For more information here are some resources available:

www.sleepfoundations.org

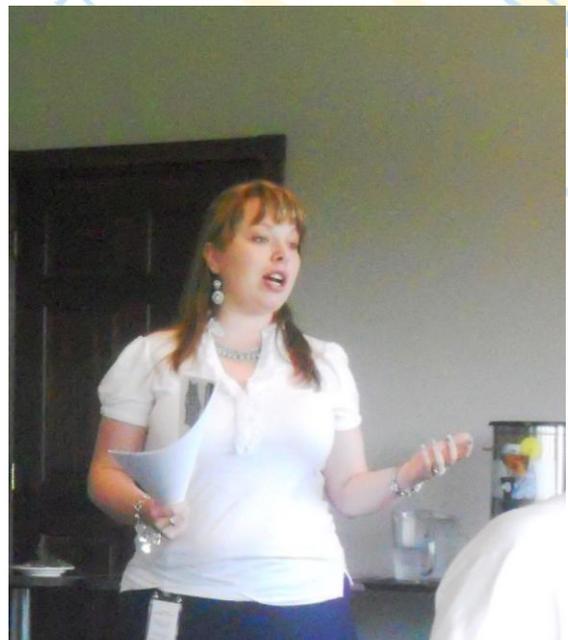
www.aasmnet.org

www.sleepapnea.org

www.narcolepsynterwork.org

And many other sources were made available to us.

Thank you, Emily for this very meaningful program.



Emily Roper-Parsons, MS, LPC
 Tri-County Mental Health Services.