

NAPLES PILOT LIGHT



Pilot International President Sherry Johnson

Florida District Governor Nancy Bierema



THE PILOT CLUB OF NAPLES & NAPLES PILOT FOUNDATION, INC., P.O. BOX 8674, NAPLES, FL 34101-8674

January 2015

PILOT INTERNATIONAL'S MISSION IS TO IMPROVE THE QUALITY OF LIFE IN COMMUNITIES THROUGHOUT THE WORLD.

2014 - 2015 OFFICERS

Rosemarie Kirk
President

Marilyn Lewis
President-Elect

Paulette Dickerson
Treasurer

Pat Stark
Recording Secretary

Maria Hatcher
1 Year Director

Evelyn Dickerson
2 Year Director

Sue Lester
Immediate Past Pres. Director



President

Pilot Club of Naples/Naples Pilot Foundation 2014-2015- Rosemarie Kirk
Happy New Year, Friends and Pilot Members! 2014 was an upbeat and productive year for the Pilot Club of Naples. We all worked very hard and attended meetings to plan and improve.

The 2015 Diamond Volunteer Award is truly an honor. Our Pilot Club of Naples was selected this year to receive this award. Founded by Kelly E. Capolino, local real estate professional with Keating Associates in Naples, her program honors volunteers of local non-profit agencies for their efforts to improve their community and the lives of others. Three organizations are chosen each year to receive this award which includes a cocktail reception for volunteers and board members, media coverage, educational opportunities, a framed award and inclusion in the Diamond Volunteer rewards program. There are two other winners of this 2015 award. They are Pace for Girls and the Equestrian Challenge. Their receptions will be held in March. The winners are selected from the applications submitted by a panel of local business professionals. Each Pilot member is invited and will need make sure Sue Lester has you on the list if you plan to attend.

Invite someone to our next meeting. They may need something special in their life. Share the Pilot fun with someone. You never know until you ask.

The Pilot Club of Naples can
Do More, Care More and Be More.
In 2015 we can Do More. . .

The Pilot Club of Naples sends a statement of support and partnership with National Alliance on Mental Illness (NAMI). Attending the Annual Luncheon pictured are Joan Kennedy O'Toole, Beverly Bertsche, Sue Lester, Marilyn



Lewis, Ruth Fralick joined by President Rosemarie Kirk and two members of the NAMI staff at the Pilot sponsored table.



The dining room was filled to capacity at the beautiful Poinciana Country Club for the NAMI Luncheon. The theme was "The Magic is You". Centerpieces were created by Rosemarie Kirk.



Dates to Remember

Pilot Board Meeting to be determined
Members of the board will be called.

Jan 8th Board Meeting: at 5 – Perkins

Jan 8th Business Meeting: at 6 -Perkins

Feb Board Meeting: 5th at 6 PM
location TBD.

Feb 7th Ciclovía 9 to 1 pm, Immokalee

Feb 12 2015 Diamond Volunteer Award
Reception - von Liebig Art Center 5 PM
(off 5th Ave. South - 585 Park Street.

Feb. 12th is the day of our regularly
scheduled Business Meeting. Due to the
Diamond Volunteer Award Reception,
Please watch for information on the
arrangement for the Business Meeting.

2,769 volunteer hours served Jan. thru
Dec. meeting 2014.



Connie Moore, Pilot International ECR visits the Pilot Club of Naples November meeting.



lighting of the tree. It was a nice evening and those who were unable to attend were missed.

After dinner there was an auction of certificates and items donated for the Pilot 5K Run and Brain Power Walk. Funds from the auction will be included with the proceeds from sponsorships. The gift exchange concluded the evening.



President Elect Marilyn Lewis greeted attendees and read the names from the program of those the lights on the tree were dedicated to or in honor of.



Suzan Berg walks away with an arm load.



Connie's husband, Lou joined her for the dinner meeting. It was an honor to host an ECR for the meeting. Their visit was warm and very special.



Pat, Hazel Jaklicht, Bobbi Grimm and Pat Stark



Hazel brought her daughter, Pat.

The 15th Annual Pilot Club of Naples Lights of Love Christmas Dinner was held at the Longshore Lake Country Club. Hostess, Margaret Harootunian made arrangements for the beautiful room and dinner.



Elyse and Ron DePiro



Ruth Fralick brought Pat.



Suzan and Allan Berg

This is a very meaningful ceremony followed by the

Just A Reminder 

Bring sample size shampoo, etc for Bobbi
Bring Pop tops for Pat.
Don't forget your secret pal.

Do you have "Pilot Pick Me Up" ideas?

Here are seven tips to help you as an Alzheimer's caregiver.

1. Educate Yourself

As a caregiver, you may need to do things you have never done before. Educate yourself on what to expect during the different stages of Alzheimer's disease and prepare yourself for what's to come. Caregiver-training programs can help you learn skills to manage challenging behaviors, communicate with your loved one, and ensure your loved one's safety through the course of the disease. A good place to start is the [Alzheimer's Association](#).

2. Take Time for Yourself

Caring for someone with Alzheimer's can be all consuming, emotionally and physically. It's easy to neglect your own needs, but one of the most important things you can do is to take care of yourself. Eat healthy, exercise regularly, get enough sleep, and carve out time each day to do something you enjoy.

3. Allow Others to Help

Ask for help and accept assistance when it is offered. Your family and friends want to help, so let them make a meal or visit with your loved one from time-to-time. Build your own support network. Home healthcare services and adult day care services are also available for help. They can provide a respite so you can take time for yourself. Go to www.eldercare.gov to find Alzheimer's care providers in your area.

4. Seek Support

Being a caregiver can be lonely, isolating and depressing. Find someone you trust, such as a friend, family member, spiritual leader, or counselor to talk to about your feelings and concerns. Caregiver support groups are also available (online or in person) and are a great way to meet other caregivers, share ideas, and get support. Ask your loved one's doctor to recommend a caregiver support group, or contact your local Alzheimer's organization. If you are really struggling, seek prompt care from a medical professional.

5. Take Advantage of Available Resources

Tap into resources that offer financial and caregiving assistance. General support can be found at the [National Institute of Aging](#), [Alzheimer's Association](#), [Alzheimer's Foundation of America](#), and [Family Caregiver Alliance](#).

You can seek financial help through Medicare, Medicaid, and the U.S. Department of Veterans Affairs. Federal and state benefit programs may provide assistance with prescription drugs, household expenses, meal programs, and legal services.

6. Know the Signs of Caregiver Burnout

The challenges you face as a caregiver are many. There are so many, in fact, that it is easy to become physically, mentally and emotionally exhausted. Signs of caregiver burnout include excessive stress, irritability, anger, depression, anxiety, guilt, social withdrawal, and drug and alcohol abuse. Left untreated, you may become a danger to yourself and your loved one. Talk to your doctor if you have warning signs of caregiver burnout.

7. Laugh

While Alzheimer's disease is heartbreaking, sometimes adding a little laughter can alleviate the stress of a difficult situation. Allow yourself to laugh at the crazy situations you find yourself in with your loved one. Also, surround yourself with laughter as much as possible. It can take your mind off your concerns and lighten your mood. This is where joining a caregiver's group may help.

The more we know about these issues of the brain the more connected we are to our cause.



Over 500 young ladies have benefited from the Florida Pilot Scholarship House program. No other Pilot District has this program. It is exclusive of the Florida Pilots. This project was started in 1962. It answered the need for a state wide project that all Florida Pilots could support. In 2015, we will add the 4th house. This scholarship house will be the first for male students.



PSHF has a fundraising campaign in progress to help fund the purchase of the new house.

A Sponsor is one who donates \$99.00 or less

A Bronze Sponsor is one who donates \$100.00 - 499.00

A Silver Sponsor is one who donates \$500.00 - \$999.00

A Gold Sponsor is one who donates \$1000.00- \$4999.99

A Platinum Sponsor is one who donates \$5,000.00 or greater.

January 16th is the 11th Anniversary – Florida Gulf Coast University Scholarship House.



The Pilot International Annual Convention & Leadership Conference is scheduled to be held in Orlando July 8 – 12, 2015. It is an easy drive and more of our members will be able to attend because of the break in travel expense. If you have not attended a Pilot International Convention, 2015 should be your year at Walt Disney World Swan & Dolphin.

Florida District Convention date is April 10 – 12, 2015 at the Plantation in Crystal River. This is a beautiful resort atmosphere and sure to be a memorable experience for those attending.

It is time for the **Nominating Committee** to be appointed to meet with the task to present the 2015 slate of officers to the board and the membership. You may be called to serve. Consider it as an extension of your Pilot commitment. This will be a great year for Pilot and a good one to serve on the Board of Directors. Say yes and we will be glad you did.



Concerns:

Joyce Centrella lost her husband recently.

Caroline Fallis, District Treasurer of the Pilot Club of Quincy lost her husband recently.

Terry Steffey's husband is challenged with health issues

Please send in your concerns. They will appear in the next issue.



January Birthdays

26th - Sue Lester

No January Wedding Anniversaries



Membership Anniversary

1981 Bobbi Grimm 34 years!
of commitment! Thank you

2008 Rosemarie Kirk

2007 Pat Stark

2014 Wilma Wood

Time to draw the name of your new Secret Pal

This is an option and not required but it is fun and you are welcome to join. You draw a name and bring a small item to your Secret Pal at the meeting. You are not required to bring one each month, but special days, such as birthday, etc. are fun. It can even be a silly gift of your choice.

Arthrex is our Premier Sponsor of the Pilot Club of Naples/Naples Pilot Foundation, Inc. We are sincerely proud of their generous support of our efforts in the community.



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Pilot Club of Naples partners with Safe Kids and we are proud of it. Safe Kids Day is Saturday, April 18th at Gulf Coast Town Center. We will be fitting helmets at this event and will need you to volunteer.

Ciclovía is February 7th at 9 to 1 at the Immokalee Community Park. Pilot Club of Naples is asked to do helmet fitting.

www.PilotClubofNaples.org is our web site . . . it is getting better and we appreciate your patience.
Sue Lester at LES1612@aol.com

www.pilotofflorida.org
www.PilotInternational.org

Anchor Convention is Saturday, March 7th. Anchor is growing and a very important part of the Pilot family.

Our Featured Pilot for January

The Pilot Club of Naples is fortunate to have one of our own Pilot members, Suzan Berg, the Founder and President/CEO of **Miracles Among Us, Inc.** Suzan and her husband, Allan Berg saw the need for a support group in Naples so they found a way to start one. They have board members and officers with monthly meetings and camp TBI, etc.

MAUI is a non-profit 501 (c)(3).

“An organization started to help those in our community cope with the stress of recovery from Brain Injury”

“Restoring Lives One Brain At A Time”

Suzan experienced brain issues first-hand. The brochure says “We know what you are going through. We have been there”. She is compassionate and passionate about this cause. She recruits sponsors and plans events, does fundraising, hosts the support groups, provides support and resources to new brain injury survivors and their families, etc.

She created a beautiful brochure and a web site for MAUI.

We could not be more proud of our Suzan Berg. Our first

Featured Pilot for 2015.

She is a real example of a “Pick Me Up” and she is a Pilot with a cause.



Suzan Berg with her granddaughter and the Brain Minder puppet show stage they designed and built for the Pilot Club of Naples.

Blessings to all Sue Lester - Newsletter Editor