

# FM Broadcaster



February 2011

*Special points of interest:*

- *Healthy Brain Initiative, page 2.*
- *Volunteer opportunity, page 3.*

*Inside this issue:*

A Message From Our President	1
Announcements	2
Mentor Minute	2
Healthy Brain Initiative	2
Upcoming Events	3
Ronald McDonald House Opportunity	3
Chapter Information	4

## A Message From Our President

### Love is in the air!

One of my favorite “love” quotes is by Blaise Pascal (French Mathematician, Philosopher, and Physicist, 1623-1662): **“The heart has reasons that reason cannot know.”** Sometimes the reasons for love can be elusive, changing and evolving over time. Whether your love is for your sweetheart, your new car, your pet, or – yes – for IAAP... sometimes we cannot enumerate every reason – we just know it’s a good thing!

We each are drawn to IAAP for different reasons. Some love the challenge and growth provided by leadership opportunities. Others enjoy civic activities. Still others enjoy the professional networking and camaraderie. Most of us would say we love the educational offerings. So when you think of your loved ones this Valentine’s Day and feel all squishy inside – remember your love for IAAP too!

### Attending SEC?

The Florida Division Spring Education Con-

ference (SEC) is right around the corner! It’s scheduled for **February 26** in Lake Mary, and there is still time to register! See the Florida Division website for more information ([www.iaap-floridadivision.org](http://www.iaap-floridadivision.org)). The hotel registration deadline has passed, so call right away if you have not already made your arrangements. The conference registration deadline is February 11. If you are planning to go, please let me know.

### March Madness

Think about volunteering to be a part of our “Breast Friends Forever” walking team for the **Susan G. Komen Race for the Cure** event at Coconut Point on **March 12**. The Civic Committee will be sharing information soon on how to sign up for this worthy cause.

By now you have heard that on **March 26** we are co-hosting a **FLAN** (Florida Local Area Network) meeting with the Cape Coral Chapter. Please do plan to attend, as FLANs are a wonderful, relaxed networking and learning opportunity! Chapter members



from all over the Division come together to discuss ideas and share knowledge about chapter events and processes. It is always an eye-opening, fun experience. More details to come from our chapter’s coordinator for the event, Peggy Poole, CPS.

(P.S. We will try to limit the ‘madness’ of March to only the fun kind!)

### More Reasons to Love IAAP

- ♥ Have you visited HQ’s website lately? It’s got a jazzy new look. Check it out at [www.iaap-hq.org](http://www.iaap-hq.org).
- ♥ Have you attended a chapter meeting lately? If not – we miss you! Come share the love!!
- ♥ Did you know you are excellent? Did you know you can earn recognition

*(Continued on page 4)*

## ANNOUNCEMENTS



### Birthdays

Leah Bedi	1
Debbie Kooi, CPS/CAP	1
Nan Finn, CPS/CAP	3
Karen Distelrath, CPS/CAP	10
Leah Zych	24

### Anniversaries

Maria Alicia, CPS/CAP	10 years
Rachel Wolcott	1 year

### Correction!

**Debbie Kooi, CPS/CAP** and **Jeanette Bajana** both graduated from Barry University in December, 2010, not Hodges University as reported. Our apologies, ladies.

*Attend a meeting  
and invest in  
yourself!*



### Mentor Minute By Peggy Poole, CPS

A little girl received a piggy bank as a gift, and her parents explained that she would save her money in the bank to buy something special. Excited with her new gift, the little girl ran to her bedroom with the piggy bank and gave it a place of honor on the top of her dresser. Each day, at least once a day, she would pick up the bank and shake it and then frown when she didn't hear anything inside.

This routine went on daily for a couple of weeks, and finally the little girl, with trembling lower lip, carries the piggy bank to her mother and says, "I don't understand, Mommy. I check the piggy bank every day and there is still no money inside!" The mother lovingly explained that she had to put the money inside and keep adding to it. She told her that only then would she be able to enjoy that something special that she saved to buy.

Our membership in IAAP is a lot like that piggy bank. We can sit it on a shelf and not put anything in it and then be surprised when we are not able to get anything out of it. Or we can add to it by attending meetings, functions, seminars, etc., and receive something special from it. The choice is yours.

See you next month.

### Give Your Brain a Workout with The Healthy Brain Initiative Submitted by Wanda Heit, CPS/CAP, Cape Coral Chapter Past President

*Are you interested in  
brain health?*

*Do you ever walk into the  
grocery store and have  
no idea what you intend-  
ed to buy?*

*Do you have trouble re-  
membering to pay a bill  
or pick up your dry clean-  
ing?*

The Healthy Brain Initiative of Southwest Florida is a commu-

nity-wide program spearheaded by Lee Memory Care, which is part of Lee Memorial Health System's Older Adult Services Department. The Healthy Brain Initiative is a program for adults ages 40 and older and is not intended for those diagnosed with memory loss or signs of memory loss.

The Healthy Brain Initiative of Southwest Florida is based on a four-week program developed by the UCLA Center for Aging. The program provides scientifically re-

search-based techniques and exercises to help adults ages 40 and older improve their cognitive function and memory power.

Participants learn new and challenging ways to engage their brains, strategies necessary in the development of "brain calisthenics," and options for daily routines that enhance mind and body coordination.



*(Continued on page 4)*

## Upcoming Events

- February 8 Fort Myers Chapter Monthly Meeting  
Speaker: Vickie Lane, CPS/CAP
- February 26 Florida Division Spring Education Conference (SEC), Lake Mary
- March 6-9 International Spring Conference, Tampa
- March 26 FLAN—co-host with Cape Coral Chapter



### Ronald McDonald House Opportunity



The Ronald McDonald House® of Southwest Florida is a home-away-from-home for families of seriously ill children undergoing medical treatment. We help loved ones remain together as a family in an environment of comfort, compassion,

strength, and support.

Our chapter is scheduled to cook a meal for the families of these children on Saturday, February 12. We have several volunteers signed up already but need a few more. It is always a good time . . .and you'll feel good afterward. Please contact Stacy Schmitt at [stacy.schmitt@aecom.com](mailto:stacy.schmitt@aecom.com) for more information or to sign up.

Save the date. More details

44th ANNUAL  
Administrative  
Professional  
Of  
The  
Year

International Association of  
Administrative Professionals  
Fort Myers Chapter

Cost: \$14.00

April, 27, 2011 7:30 - 9:00 a.m.  
Hilton Garden Inn 12600 University Dr., Fort Myers

coming soon!

### Did You Know. . .

Approximately 141 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday after Christmas.



**Next Issue:  
March, 2011**

Submit articles by the  
20th of the month to  
[christina.dorn@gmail.com](mailto:christina.dorn@gmail.com)

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Babs Brown**

**We're on the Web!**

[iaap-fortmyers.org](http://iaap-fortmyers.org)  
[iaap-floridadivision.org](http://iaap-floridadivision.org)  
[iaap-hq.org](http://iaap-hq.org)

**CHAPTER INFORMATION**

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*(President's Message, continued from page 1)*

from HQ? Check out the Member of Excellence criteria on HQ's website (call me if you can't find it!). You may already qualify!

- ♥ Your satisfaction is important to us. Have you completed your Annual Member Satisfaction Survey? Did you miss the email I sent? Let me know. It's quick and helps us plan

a great year. (Your feedback is anonymous.)

- ♥ Our International IAAP leaders are keeping our profession more relevant than ever by updating our certification program. How cool is that? Let's give HQ a group hug! Read all about it on HQ's website.

I could keep going, but you don't really want me to enumerate them all, do you?

Happy Valentine's Day!



Ann Kirby, CPS/CAP  
2010-2011 FM Chapter President  
W 239-489-9177  
C 989-751-8889

*(Healthy Brain Initiative, continued from page 2)*

The Healthy Brain Initiative classes are usually held during the day, but if 15-20 people are interested, they will hold the class on Thursday evenings starting in March 2011.

Cost is \$20 per person for the entire class, and the book is optional at \$10.

For more information, please go to:  
[www.leememorial.org/healthybrainfl/index.asp](http://www.leememorial.org/healthybrainfl/index.asp)

Class dates (Thursdays): March 3, 10, 17, 24, 31.

Location: Lee Memorial Hospital,  
2776 Cleveland Avenue, Fort Myers

Time: 5 pm to 7 pm (time may change to 5:30 to 7:30 if it will increase participation). Let me know!

**If you are interested, please email Wanda Heit, CPS/CAP at [wanda.heit@leememorial.org](mailto:wanda.heit@leememorial.org) by February 10, 2011.**