

Kiwanis Club Meeting Recap

March 26, 2026

Guest Speaker: Stacey Macko, Lee Health Dietician

- **Speaker Profile**

- Stacey, Outpatient Dietitian for Lee Health and professionally trained French cuisine chef.
- Focuses on combining clinical nutrition with culinary skills to make healthy eating sustainable and flavorful.

- **Key Dietary Insights**

- **Salt Consumption:** Current research (e.g., *The Salt Fix*) suggests many people may actually be salt-deficient rather than over-consuming.
 - Quality matters: Recommended using sea salt or Redmond Real Salt over highly processed table salt.
 - Context: Patients on diuretics or with specific kidney conditions must still monitor potassium and sodium levels closely with a provider.
- **Hydration:** Recommended 9–11 cups for women and 11–13 cups for men daily.
 - Early morning hydration is critical.
 - Tea, coffee, and water-rich foods contribute to this total.
- **Intermittent Fasting & Breakfast:** Discussed the "less is more" approach.
 - Allowing the digestive system a break can improve energy levels.
 - Diabetics on insulin must maintain a consistent schedule to avoid dangerous blood sugar drops.

- **Tools and Resources**

- **Scanning Apps:** Recommended "Yuka" for general nutrition and "Bobby Approved" for scanning ingredients in food, cleaning products, and cosmetics.
- **Blue Zones:** Encouraged watching the Netflix documentary on Blue Zones regarding longevity and lifestyle habits.

- **Advocacy:** Encouraged members to ask their primary physicians for nutritionist referrals, as insurance often covers 100% of these visits for health conditions.

Club Business and Announcements

- **Officer Elections**

- The club is currently seeking a nominee for **President**.
- Jim is willing to continue as **Treasurer**.
- A volunteer offered to take the **Secretary** position.
- Discussion of duties: President coordinates committees and runs meetings; Vice President fills in as needed.

- **Upcoming Events**

- **April 13th:** Hosting the Division Council Meeting (DCM) at the Boy Scout conference room (6:00 PM, \$10 donation for dinner).
- **April Speakers:** Captain Valdivia will discuss the Fallen Officer Memorial Fund and new building schematics.
- **Service Projects:**
 - PB&J Drive in April with the Community Co-op.
 - Building 4 benches for LARC.
 - Ongoing collection of used children's books for the "Little Library."

Youth Programs and Scouts

- **Scout Updates**

- Crossover ceremony at Camp Miles (Apache campsite) to welcome five new kids from the Pack into the Troop.
- Cody is finishing his Eagle Project paperwork.
- One member's son is attending his Eagle Board review today.

- **Sponsored Service Leadership Clubs**

- **Action Club:** Meeting next Tuesday at 10:00 AM at LARC (leadership for disabled adults).

- **Key Club:** Meeting at Gateway Charter High School.

Member Recognition

- **New Members:** Welcomed Eric Early from the Salvation Army.
- **Celebrations:** Celebrated Danielle's birthday.
- **Happy Dollars:** Members shared personal updates, including 20-year reunions with friends and successful community service participation in LaBelle