



**OPTIMIST
INTERNATIONAL**

Friend of Youth

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Club meets

1st, 2nd, & 4th Thursdays

At 11:45 am

Mullins Restaurant

Huntsville, AL

Our business meeting

is held on the 3rd

Thursday of the

month at the Optimist

Recreation Center on

Oakwood Ave

Opti - Topics

Opening

It seemed like a fewer number, probably because sitting at round tables, but a decent turnout of 19 Optimists and 3 guests attended the Club's meeting in the Sun Room at the Regency Retirement Village today. We enjoyed a (free!) lunch of chicken fingers (or broiled chicken breast), mashed potatoes, green beans and a roll, accompanied by banana pudding and assorted drinks. Our table cloths were "Optimist Blue," which added to our pleasure.

Our guests today were Hugh Yates and Bill Allbritton (residents at Regency and guests of Carl Winkler) and Marlene Renz, Al's wife.

President George asked Rev. Jim Berry to bring the opening prayer, and Clyde Nevins to lead in reciting the Pledge of Allegiance.

Announcements

President George McDonough reported that the **meeting to honor Zack Thompson** is being postponed to an as yet unspecified date. George said that Zack's wife, Betty, wants to attend but has a conflict with the proposed date of June 12. Also, George said that he also wants someone to spend the time necessary to properly research all of Zack's accomplishments for both our Club and for Optimist International. There will still be time allotted at the meeting to relate amusing anecdotes as well as recounting Zack's many accomplishments for OI.

If you are interested in doing research on Zack's work for Optimism please contact George.



Tom Casteel reported that the **Band Committee** had prepared the new storage facility for storing our band instruments. He, Al Adams, Vastell Williams and Clyde Nevins assembled 8 storage shelves in the facility on University Drive, and have begun moving instruments from our closet at the ORC to the new facility. The plan is to refurbish the returned instruments by type, and eleven trumpets have been delivered to Robbins to begin the process.

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Andrew Driver reported on the progress of forming a **new Optimist Club** at the Huntsville campus of Calhoun Community College. At the last meeting there were eight enthusiastic members, eager to get the club chartered and active. He projects that there will be double that number at a meeting this afternoon. The Club has been assigned a club number by OI, and will be chartered when 25 members have signed up.

Program

Prior to the formal program, the Regency host for our luncheon, Bill Talley, welcomed the Club to Regency Retirement Village. He said he had been personally drawn to Regency by the feeling of community there—both by the staff and by the residents. He reported that the new construction that could be seen just north of the current building will provide 90 beds for the skilled nursing arm of Regency. He welcomed any of our Club's members to take a personal tour of the facility.

President George McDonough rang the bell to bring our already gained attention to the program, saying it was one of his greatest pleasures as Club president to ring the bell. He thanked our hosts for the wonderful meal, and asked for a round of applause in appreciation. He then asked Al Renz to introduce our speaker.

Al Renz introduced Dana Hill, Director of Marketing at Regency. He stated that Ms. Hill had been a speaker at a Club meeting a couple of years ago, and as a result, Carl Winkler and Margaret are now residents there. He related that Ms. Hill is a native of North Alabama and graduated from the University of Montevallo.

Ms. Hill began her talk by echoing Mr. Talley's appreciation of the sense of community at Regency. She said she enjoyed eating breakfast at times with Carl Winkler and his two friends (his guests). She briefly described the four levels of care available at Regency: (1) independent living, (2) assisted living, (3) memory care (alzheimer's & dementia), and (4) skilled nursing.

Ms. Hill distributed two handouts to the attendees. The first handout briefly described three legal documents that everyone over 50 must have. These are:

- 1) Enduring Power of Attorney
- 2) Advance Health Directive
- 3) Will

She went over the list of common reasons for having a will in the third document:

- To have the final say in how your estate is distributed
- To secure your children's futures
- To balance the interests of biological and step children from multiple relationships
- Getting married or divorced
- Not wanting to leave a legal burden for your family
- It gives you the ability to choose your executor
- Changing your mind about what you want to happen to your property
- Trying to prevent a challenge to your estate.

The second handout provides advice on estate planning, especially understanding distribution of assets and estate taxes.

There were two questions asked after her talk.

Jim Berry asked about the status of the Club meeting at Regency on a permanent basis. Ms. Hill said that there was still discussion required between her, Al (Renz) and George (McDonough), as well as with the staff at Regency.

In response to a question about costs at Regency, Ms. Hill said that only scheduled nursing and rehab are generally eligible for Medicare payments, and those have some restrictions. All other costs are “personal payment.” The cost of an independent living apartment begins at \$1500 per month for the smallest unit, with larger floor plans higher. The monthly cost includes 3 meals, utilities, cable TV and housekeeping.

Closing

President George McDonough thanked our speaker, presented her a coaster with our Optimist Creed, and asked her to draw the name for our attendance prize. The first name drawn was Peggy Otto, and the second name was Duane Plank, who was present and took home the money.

Dr. Carl Winkler closed the meeting by leading us in the reciting the Optimist Creed.

Clyde Nevins

Optimistic Quote of the Week

"When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food, and the joy of living. If you see no reason for giving thanks, the fault lies with yourself."

~Tecumseh, Shawnee Chief

CALENDAR

5/29 **NO MEETING**

5th Thursday

6/3 Tuesday 4:00 pm 1st Commercial Bank

Board Meeting

6/5 Thursday 11:45 am Mullins Restaurant

**Paulette Haywood Ogard and Sara Bright
Co- authors of Alabama Butterflies: Glimpses into their Lives**

6/12 Thursday 11:45 am Mullins Restaurant

TBD

6/19 Thursday 11:45 am Optimist Recreation Center

Business Meeting - Food - (Gay Pepper)

6/26 Thursday 11:45 am Mullins Restaurant

**Joe Connoughton
World Wars II Pictures of Invasion of France**

- PHOTOS -



**Buddy Beck & John Shirey enjoy the easy chairs
in the Sun Room before lunch**



Tom Casteel & Andrew Driver enjoying life



Our buffet lunch provided by Regency



Carl Winkler with guests Hugh Yates & Bill Allbritton



Marlene Renz sampling the banana pudding



Our speaker, Ms. Dana Hill from Regency

THE OPTIMIST CREED

Promise Yourself -

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

Optimist International



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TO: