



PRESIDENT

Alfred G. Adams

502-541-6469

alfredg.adams@gmail.com

1st VICE PRESIDENT

John Inman

256-518-9490

inman_john@hotmail.com

2nd VICE PRESIDENT

Vastell Williams

256-886-1344

VHV.Williams@yahoo.com

SECRETARY TREASURER

Al Renz

256-772-7929

optimist3480@aol.com

Club meets

1st, 2nd, & 4th Thursdays

At 11:45 am

Mullins Restaurant

Huntsville, AL

Opti - Topics

Opening

Twenty-two Optimists, our speaker and one guests attended our meeting, today. Our guest was Ms. Julie Yates, an associate of our speaker.

President Al Adams, asked Rev. Jim Berry to open the meeting in prayer. George McDonough led the club in reciting the Pledge of Allegiance.

Optimist Family News

President Al Adams thanked all those who attended **John Shirey's funeral**. He said he was still somewhat in a state of shock, having talked to John at last week's business meeting. He especially thanked those who served as pall bearers and honorary pall bearers. Tom Casteel said there were 23 Optimists and friends of Optimists at the funeral.

Alberto Duarte stopped by for a few minutes at today's meeting. He is almost fully recovered from his colon surgery and plans to return to work full time on Monday.

Jim Roe reported that **Sidney Sandridge** was taken to the emergency room last Tuesday after his family could not awaken him in the morning. He awoke in the ambulance, however, and did not require further treatment.

**Our business meeting
is held on the 3rd
Thursday of the
month at the Optimist
Recreation Center on
Oakwood Avenue**

DIRECTORS

2 YEAR

Tom Casteel

256-882-9380

tom@leetsac.net

Richie Myers

256-658-6343

valljean@yahoo.com

Bill Peters

256-852-1774

wlpeters@bellsouth.net

1 YEAR

Andrew Driver

256-374-7934

dsalesdriver@gmail.com

Bob Martin

256-722-8062

bmartin12@bellsouth.net

Gay Pepper

256-288-4321

gaypepper@fcb-hsv.com

NEWSLETTER EDITOR

Clyde Nevins

256-881-8215

clyde.nevins@Juno.com

Announcements



Alberto Duarte has e-mailed an announcement of a **concert this evening** by students at the Hawthorne Conservatory. The concert will be from 5:30 to 7:00 p.m., and will be performed by the Young Masters Class. President Al urged all Optimists to attend. It's an opportunity to see one of the organizations we support and to meet its new director.

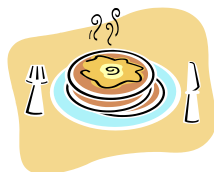


President Al asked all **Committee Chairpersons** to return to him the Committee organization forms that he handed out at the business meeting.



President Al again asked all **JOOI Club Liaisons** to contact their corresponding school sponsor for their clubs and report back to him on the status of all JOOI clubs. It will soon be time to get our JOOI Clubs lined up for marching in the **Veteran's Day parade**.

Grace Lutheran Church, where we have an active JOOI Club, is holding a **German Feast on October 30**. Alberto has sent out an informational e-mail on this event. The German food at this event can either be eaten at the church or bought as take-out.



The Hawthorne Conservatory's new director, Ms. Tiffany Martin, has accepted the Club's proposal to hold a **pancake breakfast** in lieu of the evening event. The time frame for the pancake breakfast is a Saturday morning in February, 2015.



President Al said the date and time for our **Christmas party** this year have been set. The party will be held in the Cooper House on December 9 at 6:00 p. m. Chairperson Gay Pepper said she will invite Betty Kellogg, Betty Thompson and Frances Shirey to join us. Gay also invited feedback on whether to continue holding “dirty Santa” or to move to something else—like Christmas bingo or just collecting toys for one of the organizations we support.



President Al announced that a **fund-raising project** had been accepted at the business meeting. The project is selling one-pound bags of pecan halves for \$12 each. Each member will be asked to take 10 bags and sell them (or eat them). A sign-up list was passed around for attendees to commit to their 10 bags.

Bob Martin will be ordering the pecans today, and he expects deliver by early November. Details on how they will be distributed to the members are still to be worked out. Pecans that haven’t been distributed will be stored in our closet at the ORC.

Program

President Al asked this month’s Program Chairman, George McDonough, to introduce our speaker for today. George introduced Ms. Christy Todd, the Community Relations Coordinator for *Senior Helpers*.

Ms. Todd gave a refreshingly crisp overview by PowerPoint of the options for caring for the elderly, and touched on the cost considerations of each option. In general, the options for senior care are:

- ❖ Independent Living Communities
- ❖ Assisted Living Communities
- ❖ Life-Care Facilities
- ❖ Skilled Nursing (for short-term rehab or long-term care)
- ❖ In-Home Care Options

Senior Helpers falls into the last category. They provide non-medical home care, such as medication reminders, light housekeeping, laundry, errands, local transportation, companionship, pet care, and other general helps. If more personal care is required, certified nurses’ aids can also be provided to do the above plus bathing, incontinence care and feeding.

The first step to use their services is scheduling an assessment. From this, there will be an agreement on the equipment and facilities needed by Senior Helper, and the level of care (hours per day and skill level) needed. There is a minimum of 3 hours per day, and care can be provided 24/7.

The cost of Senior Helpers is \$15 per hour for non-medical in-home care, and \$16 per hour for the certified personal care person. Senior Helpers also has a Dementia Care Program to educate families of what to expect of a person suffering severe dementia or Alzheimer's. This is not a "cookie-cutter" plan; each client is treated as an individual.

Ms. Todd announced that they are very excited about a speaker who will be coming to Huntsville next April. Ms. Teepa Snow will present her Senior Gems classification system (based on the Allen Cognitive Disability Theory) that describes each stage of dementia the person is experiencing so a family can put together the best plan and select the best caregiver for that individual.

For more information on Senior Helpers, see their web site:

www.seniorhelpers.com/Huntsville

Closing

President Al Adams gave Ms. Todd a tile with the Optimist Creed (she said she was hoping to get something with our creed on it), and asked her to draw a winning name for our attendance prize. She drew Jeff Sandridge's name first, but Jeff was not with us today. Vastell Williams' name was second, and Vastell took home the money.

Dr. Carl Winkler led us in the reciting the Optimist Creed to close the meeting.

Clyde Nevins

Optimistic Quote of the Week

"You don't have to be great to get started but you have to get started to be great."

~Les Brown

CALENDAR

10/30 **NO MEETING**

5th Thursday

11/4 Tuesday 4:00 pm 1st Commercial Bank

Board Meeting

11/6 Thursday 11:45 am Mullins Restaurant

TBD – Gay Pepper

11/13 Thursday 11:45 am Mullins Restaurant

TBD – Gay Pepper

11/20 Thursday 11:45 am Optimist Recreation Center

Business Meeting - Food – (Gay Pepper)

11/27 **NO MEETING**



HAPPY THANKSGIVING

12/2 Tuesday 4:00 pm 1st Commercial Bank

Board Meeting

12/4 Thursday 11:45 am Mullins Restaurant

TBD – Bob Martin

12/9 Tuesday 6:00 pm Cooper House

Christmas Party

12/11 **NO MEETING**

Replaced by Christmas Party

12/18 Thursday 11:45 am Optimist Recreation Center

Business Meeting - Food - (Bob Martin)

12/25 **NO MEETING**



Merry Christmas

1/1 **NO MEETING**



Happy New Year

- PHOTOS -



Our Speaker Ms. Christy Todd



Our Guest, Ms. Julie Yates

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



Huntsville Optimist Club
P, O, Box 2230
Huntsville, AL 35804-2230

PLACE
STAMP
HERE

TO: