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Club meets

1st, 2nd, & 4th Thursdays

At 11:45 am

Mullins Restaurant

Huntsville, AL

Opti - Topics

Opening

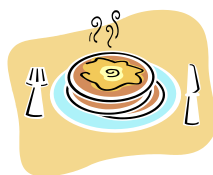
The Optimist Club of Huntsville assembled today at Mullins Restaurant for a regular Club meeting, with 16 members and one guest present. Our guest was Elisabeth Caneer, wife of Ralph Caneer. It was good to have Matt Hancock and Kathy Anderson with us today.

Dr. George McDonough gave the opening prayer, and President Al led the Club in reciting the Pledge of Allegiance.

Optimist Family News

Jim Roe reported that **Dr. Sidney Sandridge** is in Huntsville Hospital (room 732), but may be released soon. He apparently had a bleeding problem which could have been due to the blood thinners he is on.

Announcements



Pancake Breakfast Committee

Chairman Alberto Duarte wasn't present today, but President Al Adams reminded everyone to sell their allotment of 10 tickets.

The pancake breakfast will be held at the Cooper House on the **first Saturday in February. At 7:00 a.m.** If you need more tickets, call Alberto.



Membership Committee Chairman Tom

Casteel reported that OI has a membership special in effect between now and the end of February. During this time, OI will not

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

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require a new member application fee (\$15). Tom also said the Membership Committee is planning a NOW banquet. Al Adams said he told our Lt. Governor at yesterday's Zone Meeting that he has a goal of 20 new members between now and September 30.

President Al reminded everyone to encourage participation in our upcoming **Essay and Oratorical Contests**. He asked JOOI Club contacts to remind their clubs that we are now accepting applications for both of these contests.

- **Essay Contest** entries must be submitted by February 6, 2015. The essay topic is: *Optimism Should Be a Priority.*



- The **Oratorical Contest** will be held in March. The topic for the speeches is: *How My Optimism Will Help Me Press On To "Greater Achievements of the Future."*



Program



Program Chairman Richie Myers introduced our speaker for today, Ms. Connie Carnes, Executive Director of the **HEALS Clinics** in Huntsville and Madison County. He reported that Ms. Carnes lives near him, and her daughter and his son had

been friends for many years. He also told us that Ms. Carnes is a gifted singer and at times sings in a band.

Ms. Carnes began her talk by warning everyone not to make eye contact with her during her talk. To do so risked being asked to be on the HEALS board of directors. She recalled how at one time she spoke on the need for an attorney, and our own Matt Hancock made eye contact. Matt has thus been on their board ever since.

HEALS, Inc., has medical clinics in four Title I schools: Madison Cross Roads Elementary, Martin Luther King, Jr. Elementary, Morris Elementary and University Place Elementary. Another school, Lincoln Academy, is scheduled to have their own clinic in the coming year. A large majority of students in these schools come from families living below the poverty level and are in the free lunch program. In the past few years, HEALS has branched out into providing dental care, and more recently, optometric care as well. About 1,000 kids are served by their clinics, and some 700 of these come from families below the poverty level (< \$18,000 annual income).

Ms. Carnes told a story of a young boy who suffered a severe cut on his hand (from a broken beer bottle). His mother was in jail, and he had no access to medical care. He was afraid and unaware about how to get treatment for his cut. When HEALS medical personnel learned of his injury, they were able to treat the cut in the nick of time to save a finger from the infection which had already turned it black. Another story she told was about finding a cyst in the jaw of a child from a routine dental X-ray on just their third day of operation. The cyst was in the middle of a jaw bone, displacing some of the bone because of its size. Prompt and proper treatment enabled the cyst to be removed so the jaw bone could regenerate.

The mission of HEALS, Inc., is to provide an environment of “family doctor” care to children. Most have never seen a doctor, some only through going to the emergency room at a local hospital. Typical consultations by HEALS doctors are 20 to 30 minutes long, and the doctors and nurses have the children’s medical history when seeing their patients later on. It’s very much like the children having their own family doctor. Ms. Carnes said this is instrumental in “breaking the cycle” of medical neglect in children’s families. HEALS also frequently refers problems outside their scope to other social agencies to provide mental health counseling, diet counseling (for diabetics), and basic needs such as rent.

Ms. Carnes briefly covered the sources of income for HEALS. About 50% comes from grants, 25% from medical reimbursements, and 25% from donations. She thanked our Club for our past donations. Some local events providing income or services to HEALS, are:

- Stars Dancing for HEALS
- Walter Jones Turkey Bowl
- Heels for HEALS

In closing, Ms. Carnes asked if there were questions.

Q. *Buddy Beck* asked what is required to install a new HEALS clinic at a school.

A. The biggest cost is for construction work such as changing walls, installing new electrical wiring and buying equipment. After the facility is up and running, it cost about \$150,000 per year for operating costs.

Q. *Matt Hancock* asked how the money received by HEALS is allocated.

A. HEALS runs on a lean budget. About 90% of donations go directly to medical care, paying physicians and nurses, and buying supplies and equipment. There are only 4 people in the Administrative Office.

Q. *Richie Myers* asked if the schools didn't already have school nurses like they did when he was in school.

A. The only schools having school nurses these days are those where students have chronic diseases. Otherwise, there are none.

Q. *Richie Myers* asked what effect Obama Care had on HEALS.

A. There was no significant impact either plus or minus. All of the kids who are covered by Obama Care were already covered.

Q. *Buddy Beck* asked if HEALS clinics accepted students from a school without a clinic.

A. Yes, students from another school could make use of a HEALS clinic, but they are required to enroll in HEALS and become a permanent patient. HEALS will not act as a walk-in clinic.

Q. *Buddy Beck* asked if HEALS used volunteers.

A. There are only a few areas where volunteers can be used. Most of these involve the initial construction or landscaping of a clinic. Another area is helping sort shoes in the Heels for HEALS program. Sometimes, IT help is needed, too.

Closing

President Al Adams thanked Ms. Carnes for her informative talk. He gave her the customary tile with the Optimist Creed. Then he handed her a donation from our Club, a check for \$4,000.00. Ms. Carnes expressed how surprised she was for the wonderful gift, and stated that it would be put to good use.

Ms. Carnes worked hard to draw a winner for our attendance prize. These Optimists missed out (in order drawn): Alberto Duarte, Sidney Sandridge, Bob Martin, Bill Peters and Byrom Goodwin. Duane Plank finally won on the 6th drawing.

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

Clyde Nevins

Optimistic Quote of the Week

"A good head and a good heart are always a formidable combination."

~Nelson Mandela



Guest Elizabeth Caneer with husband Ralph Caneer.



Ms. Connie Carnes, Exec. Dir., HEALS, Inc.



Our lady members, Kathy Anderson and Gay Pepper

CALENDAR

- 1/29 Thursday 11:45 am **NO MEETING**
5th Thursday
- 2/3 Tuesday 4:00 pm 1st Commercial Bank
Board Meeting
- 2/5 Thursday 11:45 am Mullins Restaurant
Catherine Hereford – National Children's Advocacy Center
- 2/12 Thursday 11:45 am Mullins Restaurant
Councilman Bill Kling – Huntsville City Council
- 2/19 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food – (Jim Berry)
- 2/26 Thursday 11:45 am Mullins Restaurant
Sonnie Hereford – Chip Bowen
- 3/3 Tuesday 4:00 pm 1st Commercial Bank
Board Meeting
- 3/5 Thursday 11:45 am Mullins Restaurant
Dr. Andrew Hugine, Jr. – President, Alabama A&M
- 3/12 Thursday 11:45 am Mullins Restaurant
Mr. Carlton Wright – Director of Bands, Alabama A&M
- 3/19 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food – (Alfred Adams)
- 3/26 Thursday 11:45 am Mullins Restaurant
Mr. Jerry Mitchell – Executive Director
North Alabama African American Chamber of Commerce

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:

PLACE
STAMP
HERE