



# Opti - Topics

Bulletin of the Optimist Club of Huntsville

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Sidney Sandridge led us in prayer and the pledge today. Pres. Jim Roe announced that Peter Sathi would be unable to be our speaker, but that Zack had agreed to pinch hit on short notice. Also, Zack introduced his guest, a co-worker at UAH.

A picture of the charter members of the Grace Lutheran JOOI Club was passed around. Alberto said Fabiani had put together an impressive organizational meeting. Several of our members were present and participated. Furthermore, Alberto informed us that Fabiani had been invited to be the school's commencement key note speaker. At Duane's request Fabiani briefly described the main points of his speech. Jim Berry added that all paperwork for the Hazel Green JOOI Club has been received and will be forwarded to OI soon.

Our club voted to support the Playground Ribbon Cutting Ceremony, to be followed by a barbecue luncheon on Wednesday, June 29, at 11:00 am. There will be no regular meeting on the 30<sup>th</sup>, however, the club will pay for the meal for those attending the ribbon cutting. Al Renz said there is also a clean up session on 6/11. Call Al for details.

Before Zack presented his program Jim Berry asked for a few minutes to pass on some timely information. Jim read from a New York Times Opinion piece, entitled, "The Patients Doctors Don't Know." Essentially, the article points out why this is not a good time to get sick. New interns, fresh from medical education, are now coming onto the scene, following graduation. They have the need for a lot of practical experience to supplement their formal studies, especially as regards the older patient. American medical schools require no training in geriatric medicine. Pneumonia, in a 50-year old, may cause fever, coughing and breathing difficulty; whereas, an 80-year old may often experience confusion and

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unsteadiness. In either case the patient usually ends up in the hospital and is given an antibiotic. Often the dose is too great for the 80-year old, leading to kidney failure and other confusion, e.g., pulling the IV tube from the arm or the catheter from bladder. The nurse is usually directed to tie the patient's arms to the bed to prevent self harm. This inactivity can cause loss of muscle and bone mass. Eventually the patient recovers from pneumonia and is discharged, but is likely more frail than the person prior to the illness.

Even though most medical students may never treat a child or deliver a baby training in pediatrics and obstetrics is required. More than \$8 billion per year (about 50% of medical costs) supports older patient care. A recent article in American Medicine recommends that every medical student prior to graduation should demonstrate effective care for elderly by passing a resolution, nicknamed "Don't Kill Granny," but it must have teeth. Jim added a personal note that he and Jesse Lang recently talked with Dr. Khan, heart specialist, and Jesse's medication was significantly reduced.

Following this interlude by Jim, Zack summarized the status of magnetic levitated trains in our country. He concluded that Japan and China are well ahead of us for many reasons – mostly political.

Buddy Beck won the money.



## Optimistic Quote of The Week

**" Reflect upon your present blessings, of which every man has many -- not on your past misfortunes, of which all men have some. "**

*Charles Dickens*

## CALENDAR

6/6 Monday 6:30 pm Mayfair Church of Christ

### **Respect For Law Banquet**

6/7 Tuesday 4:00 pm 1<sup>st</sup> Commercial Bank

### **Board Meeting**

6/9 Thursday **NO MEETING**

6/16 Thursday 11:45 Optimist Recreation Center

### **Business Meeting - Food Alberto Duarte**

6/23 Thursday 11:45 am Downtown Holiday Inn

### **TBA**

6/29 Wednesday 11:00 am Brahan Spring Playground

### **Ribbon Cutting and BBQ**

6/30 Thursday **NO MEETING**