



Opti - Topics

Bulletin of the Optimist Club of Huntsville

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OFFICERS

PRESIDENT

Jim Pepper
256-655-9659
jpepper777@msn.com

1st VICE PRESIDENT

Tom Casteel
256-882-9380
tom@leetsac.net

2nd VICE PRESIDENT

Jack Fauble
256-771-1092
poorfarm2006@aol.com

SECRETARY-TREASURER

Al Renz
256-772-7929
optimist3480@aol.com

PAST PRESIDENT

Jim Roe
256-883-8950
j_m_roe@yahoo.com

Opening

Dr. Sidney Sandridge opened the meeting with prayer and the Pledge of Allegiance. Nineteen Optimists attended today's meeting, including our newest member, Jane Shinn. Upon being introduced, Ms. Shinn spoke on how she has always been an optimistic person, and when she found a club like ours that does so much for the community, she had to join. It was good to have Jerry Shoemaker with us again, but his luck failed and someone else won the attendance prize this time.

Business

Jack Fauble gave his final report on the Essay Contest with the names and schools of the first 5 places. Jack also reported that two essays had come to him in the mail after the contest had already been judged. On May 24th the winning essay will read at our meeting.

Alberto reported that he isn't sure how many speakers we will have this coming Saturday at the Essay Contest—it could be anywhere from one to half a dozen. Randolph School won't have any entrants this year due to a conflict with a state competition that their three projected entrants are participating in on the same day. Alberto has been beating the bushes at Grace Lutheran, Catholic High, Westminster, and Whitesburg Middle School for entrants. Alberto urged as many Optimists as possible come to the Cooper House on Saturday morning to listen to the speeches.

Gay Pepper announced that the Youth Appreciation Banquet will be on April 26th at Mayfair Church of Christ at 6:30 p. m. This year's banquet will be tailored towards appreciating our JOOI clubs and honoring their community service efforts.

DIRECTORS

2 YR

Alfred G. Adams
502-541-6469
alfredg.adams@gmail.com

Byrom Goodwin
256-881-3113

Bob Martin
256-722-8062
bmartin12@bellsouth.net

1 YR

Jim Berry
256-539-2101
jberryn@bellsouth.net

Connie Gipson
256-534-1384
cfgipson@yahoo.com

Matt Hancock
256-990-0077
wmhancock@wolfejones.com

Program

This month's program chairman, Jim Berry, called on George McDonough to introduce our speaker, Diana Hankey Underwood, Director & Motivational/Educational Speaker at Grace Anatomy. George, as Chairman of the Center for Aging, introduced the topic of today's program, incontinence, especially regarding this problem in older men. Statistics show that a the large number of people, both men and women, suffer either urinary or fecal incontinence, and the Center for Aging sought and found who they consider the best person to lead their program in this area. Ms. Underwood is licensed to treat incontinence in females, but has a wealth of experience regarding treatment in men as well.

Ms. Underwood showed a PowerPoint presentation entitled "Plumbing, Shame, and a Better Way of Life." The presentation began with statistics showing the large number of people who suffer from either occasional or daily incontinence, and the need to provide information that will help them live better lives. She handed out a booklet entitled *The Pit Stop* that provides information for determining the cause(s) of incontinence.

The next segment of the program was devoted to products that are available for contending with problems deriving from incontinence. She related how skin problems as the result of incontinence can be serious, even fatal. There are OTC skin barrier creams such as Boudreaux's Butt Paste and Rash Mist in the baby care section of a pharmacy which are excellent for preventing skin problems. She also showed several of a table-full of products she had brought designed to allow freedom of travel without concern or embarrassment for those with an incontinence problem.

In conclusion, Ms. Underwood stressed that ignoring the problem is costly, serious, painful and expensive. There are drug treatments, surgical treatments and coping techniques that are available for anyone who will take the step to get help.

Closing

Sidney Sandridge won the attendance prize on the first draw. Jim Roe led the recitation of the Creed.

Clyde Nevins

Optimistic Quote of the Week

“What day is it?”

It's today," squeaked Piglet.

My favorite day," said Pooh.”

~ A. A. Milne

CALENDAR

- 3/15 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food – (Jim Berry)
- 3/22 Thursday 11:45 am Downtown Holiday Inn
TBD - George McDonough
- 3/29 **5TH THURSDAY - NO MEETING**
- 4/3 Tuesday 4:00 pm 1st Commercial Bank
Board Meeting
- 4/5 Thursday 11:45 am Downtown Holiday Inn
Amber Snider - Alabama Mentor
- 4/12 Thursday 11:45 am Downtown Holiday Inn
**Cristina Lynn/ Russ Holder
Country Singers/Songwriters**
- 4/19 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food – (Al Renz)
- 4/26 Thursday 6:30 pm Mayfair Church of Christ
Youth Appreciation Banquet