



**OPTIMIST  
INTERNATIONAL**

*Friend of Youth*

**PRESIDENT**

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

**VICE PRESIDENTS**

George McDonough  
256-534-2591  
gfmcdonough@yahoo.com

Fabiani Duarte  
256-468-9848  
fabiani.a.duarte@gmail.com

**SECRETARY TREASURER**

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

**Club meets**

**1st, 2nd, & 4th Thursdays  
At 11:45 am  
Downtown Holiday Inn  
Huntsville, AL**

# Opti - Topics

Twenty Optimists, nine guests and our speaker assembled at the Downtown Holiday Inn today. Our guests were:

- ✚ Marlene Renz, wife of Al
- ✚ Linda Williams, wife of Milt
- ✚ Ryan Whitener, age 15, grandson of Dr. Sidney Sandridge
- ✚ Dr. Pavica Sheldon, Asst. Professor of Communications at UAHuntsville
- ✚ Jessica Serrett, UAH Student (judge at the recent Oratorical Contest)
- ✚ Rachael Tanner, UAH Student (judge at the recent Oratorical Contest)
- ✚ Carla Becker, Age 17, Randolph School, winner of the Girls' Oratorical Contest
- ✚ Connor Diaz, Age 17, Randolph School, winner of the Boys' Oratorical Contest
- ✚ Tim Vanderveer, guest (and soon-to-be member) of Alberto Duarte

## Opening

President Tom Casteel, whom we welcome back after his stint in Crestwood hospital, asked Rev. Jim Berry to open the meeting in prayer and Jim Otto to lead in reciting the Pledge of Allegiance. Our guests were introduced, and following lunch, everyone joined in to sing Happy Birthday to Alberto Duarte. Alberto's desert, a wedge of key lime pie, had only a single candle on it, so we didn't learn how old he is.

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

## **DIRECTORS**

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

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

Jim Roe  
256-883-8950  
j\_m\_roe@yahoo.com

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

Byrom Goodwin  
256-881-3113

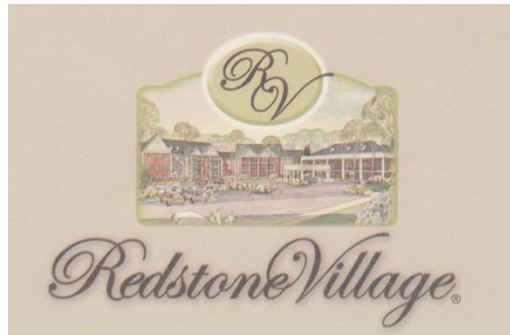
Bob Martin  
bmartin12@bellsouth.net  
256-722-8062

## **Program, Part I**



Oratorical Contest Chairman Alberto Duarte thanked the Optimists who had helped him in putting on the Club's Oratorical Contest last Saturday. He introduced Dr. Sheldon and two of the four students from UAHuntsville who had judged the competition. Then, he introduced the winner of the Girls' competition, Carla Becker, who gave her winning speech. Upon completion of her talk, Alberto presented her the winner's check of \$300. Following Carla's speech, Connor Diaz gave his winning speech and likewise received his check for \$300.

## **Program, Part II**



Tom Casteel introduced our scheduled speaker for today, Ms. Brenda Hinshaw, Marketing Director for Redstone Village retirement community. Ms. Hinshaw opened her talk by saying her main goal was to encourage us to start thinking, planning and documenting our desires for health care when we are no longer able to care for ourselves. She related how many people wait too late, and come in a crisis situation after a fall or stroke has incapacitated a loved one.

Ms. Hinshaw reviewed the various senior living options as follows:

- Home Health Care
- Senior Apartments
- Continuing Care Retirement Community

- Independent Living
- Assisted Living
- Specialty Care Assisted Living
- Skilled Nursing

She emphasized the high cost and lack of dependability in hiring caregivers for home health care, and that a “nursing home” is not the only option available in today’s environment. Senior apartments are fine for those who do not need assistance, but if specialty care or assisted living becomes necessary, a suitable facility may not be available.

She related the many advantages of a Life Care Community such as Redstone Village. These include not being a burden to friends or family, estate preservation, control of unknown future health care costs, and guaranteed priority access to additional levels of care. She said Redstone Village does not look “institutional,” but more nearly resembles a resort hotel or condominium community. Residents can begin with independent living and move to assisted living or specialty care (for Alzheimer’s or Parkinson’s, e.g.) when that becomes necessary. Redstone Village is a non-profit corporation run by an independent Board of Directors (who cannot live there).

In conclusion, Ms. Hinshaw reiterated her message of “Don’t wait too long.” For example, a person cannot get into assisted living when they are not mobile enough to get around on their own. Also, high-quality facilities are very limited—Redstone Village gives priority to those moving to higher care within their own facility. She recommends the following plan of action:

1. Get the necessary paperwork done, e.g. a will, a living will, a power of attorney, and a health-care proxy.
2. Tour all available facilities to see which one(s) you prefer.
3. Let your children know of your wishes.

She said she would welcome anyone who wishes to take a tour. Just contact her for an appointment.

In answer to questions, Ms. Hinshaw stated that most VA Offices are poorly trained in knowing what benefits are available to veterans and veterans’ widows for senior care. She recommended *Still Serving Veterans* to give assistance in getting these benefits. In answer to another question, Ms. Hinshaw stated that there is currently a doctor in residence at Redstone Village, and as of May 1 Huntsville Hospital will have a clinic in operation there.

## Announcements

President Tom announced that Tim Vanderveer's application for membership had been approved by the Membership Committee, and pending receipt of his membership fee will be formally announced to the Club for approval.

Fabiani Duarte reminded everyone about the **Healthy Living Day** festivities **tomorrow** (Friday, March 15) at Columbia High School in Research Park. Our JOOI Club at Columbia High School will be on hand to direct you to the school's gymnasium where there will be several demonstrations on healthy living. As reported last week, a (healthy) lunch will be available for only \$2.00. Plan to arrive at 11:00 a. m.

Fabiani also said he would be giving a report on the JOOI Club District Convention, held last weekend, at next week's business meeting.

## Closing

Our guest speaker drew for the attendance prize. Bill Peters and Chev Kellogg both missed out, but Buddy Beck took home two weeks' worth of prize money on the third draw. Dr. Bill Clarke led in reciting the Optimist Creed to close the meeting.

*Clyde Nevins*

## Optimistic Quote of the Week

**"The longer I live, the more I realize the impact of attitude on life. Attitude to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think or say or do. It is more important than appearance, gift, or skill. It will make or break a company ... a church ... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past ... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the string we have, and that is our attitude. I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you ... we are in charge of our attitudes."**

~ Charles Swindoll

**Photos**



**Alberto presents Carla Becker  
the 1<sup>st</sup> place check for \$300**



**Alberto presents Connor Diaz  
the 1<sup>st</sup> place check for \$300**



**Our Speaker Brenda Hinshaw**

## CALENDAR

3/21 Thursday 11:45 am Optimist Recreation Center

**Business Meeting - Food – (Gay Pepper)**

3/28 Thursday 11:45 am Downtown Holiday Inn

**Leah Norton – Director of Social Services  
Agape of North Alabama**

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

**Board Meeting**

4/4 Thursday 6:30 pm Mayfair Church of Christ

**Youth Appreciation Week Banquet**

4/11 Thursday 11:45 am Downtown Holiday Inn

**TBD – Alberto Duarte**

4/18 Thursday 11:45 am Optimist Recreation Center

**Business Meeting - Food – (Alberto Duarte)**

4/25 Thursday 11:45 am Downtown Holiday Inn

**TBD – Alberto Duarte**

## THE OPTIMIST CREED

Promise Yourself -

**T**o be so strong that nothing can disturb your peace of mind.

**T**o talk health, happiness and prosperity to every person you meet.

**T**o make all your friends feel that there is something in them.

**T**o look at the sunny side of everything and make your optimism come true

**T**o think only of the best, to work only for the best and to expect only the best.

**T**o be just as enthusiastic about the success of others as you are about your own.

**T**o forget the mistakes of the past and press on to the greater achievements of the future.

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

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

**T**o 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**  
710 Versailles Drive  
Huntsville, AL 35803-1728



**TO:**