



**OPTIMIST
INTERNATIONAL**

Friend of Youth

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Club meets

1st, 2nd, & 4th Thursdays

At 11:45 am

Mullins Restaurant

Huntsville, AL

Our business meeting

is held on the 3rd

Thursday of the

month at the Optimist

Recreation Center on

Oakwood Ave

Opti - Topics

Opening

The Optimist Club of Huntsville met at Terranova's Italian Restaurant today. The meeting was held here to evaluate Terranova's as a regular meeting place for our Club. There were only 14 optimists present at the nominal 11:45 a.m. starting time, but 19 Optimists eventually showed up, the last ones straggling in at 12:20 p.m. We had one guest today: Marlene Renz, wife of Al Renz. It was good to see Matt Hancock with us today; we've been missing him.

President George McDonough asked Clyde Nevins to open the meeting in prayer, and Jim Berry to lead the attendees in the Pledge of Allegiance, even though we didn't have an American Flag in the room.

Terranova's as a Meeting Place

I'll give you my personal observations, but no doubt there will be differing opinions expressed at the Business Meeting.

- ❖ The traffic on University Drive was pretty much as expected—heavy—but getting off University Drive to the restaurant was straight forward and parking spaces were plentiful.
- ❖ The meeting room was quite dark since it was designed for dining and not for meeting. Space was adequate, but not ample. The acoustics were adequate, but the air conditioning noise was a little bothersome.
- ❖ Service was good. Extra bread and drink refills came promptly.

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- ❖ The food was good and served on *hot* plates. It was typical Italian food, high-carb, and everyone was served the same meal (except for Matt's vegan plate).

The menu:

- ❖ Italian bread with spiced olive oil
- ❖ Caesar salad
- ❖ Chicken Parmigiana with angel hair pasta and broccoli spears
- ❖ Brownie
- ❖ Tea and coffee

Optimist Family News

Tom Casteel had his left knee replaced last week and returned home last Friday as advertised. His surgery went well and he started therapy on Monday. His progress appears to be ahead of his previous right knee surgery.

Duane Plank was at today's meeting, and he reported his leg is doing as well as could be expected. He is still wearing a support stocking.

Program

alz.org[®] | alzheimer's  association[®]

President George asked Program Chairperson Gay Pepper to introduce today's speaker, Ms. Michelle Cain. Michelle is a transplanted Canadian who originally came to Huntsville for university studies. Ms. Cain is a staff member at the Huntsville Alzheimer's Association office which serves 11 counties in north Alabama.

Ms. Cain began her talk by giving the mission statement for the Alzheimer's Association, which is: "To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health."

She next gave the 10 Warning Signs for early detection of Alzheimer's”

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking and or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

She next reported that the risk factors for coming down with Alzheimer's are: age, being female, genetics, family history and unhealthy lifestyle. A few significant statistics on Alzheimer's:

- ❖ One-eighth of people over 65 will get it
- ❖ Women are 2 ½ times more likely to get Alzheimer's than breast cancer
- ❖ Over 5 million people in the U. S. have Alzheimer's
- ❖ Alzheimer's is the 6th leading cause of death
- ❖ In Alabama alone there are over 400,000 caregivers for persons with Alzheimer's

Ms. Cain next described the services provided by the Alzheimer's Association. The Association has a toll free number, (800) 272-3900 which is manned 24 hours a day, 7 days a week and 365 days a year to provide:

- ❖ Care consultation
- ❖ Support group formation and location
- ❖ Education (warning signs, living with A. D., etc.)
- ❖ Safe Return (keeping track of “wanderers”)
- ❖ Referral service (where to find help for specific needs)

The local Alzheimer's Association office is at 117 Longwood Dr. in Huntsville, and they can be reached by e-mail at: midsouthchapter@alz.org. The local office is open from 8:30 a. m. to 4:30 p. m.

There are opportunities for volunteers to promote the programs of the Alzheimer's Association. Two upcoming events where one can show their support:

1. Paint the Park Purple where supporters are asked to wear purple to a Huntsville Stars (vs. Tennessee Smokies) on Friday, July 18.

2. The Walk to End Alzheimer's on Saturday, Sept. 13, at the Huntsville Botanical Gardens.

In answer to a question, Ms. Cain said there are things a person can do to reduce the likelihood of getting Alzheimer's. She said that basically, whatever helps the heart helps the brain. Keep active, get regular exercise, work crosswords and Sudoku, etc.

Another questioner asked what the life expectancy of an Alzheimer's victim would be. She replied that it depends on several factors (age, genetics, etc.), but that the average is between 7 and 12 years. The range is from 5 years to 20 years after diagnosis.

Announcements

Treasurer Al Renz passed out the **dues statements** for the quarter which began with today's meeting. Advanced payment is always welcome and helps the Club's cash flow.

Closing

President George McDonough thanked Ms. Cain for her very informative talk and gave her our traditional speaker's gift of an Optimist Creed printed on a tile. She also drew the name for today's door prize, and yours truly won (again!) on the first draw.

Dr. Carl Winkler closed the meeting by leading us in the reciting the Optimist Creed.

Clyde Nevins

Optimistic Quote of the Week

The measure of mental health is the disposition to find good everywhere.

~Ralph Waldo Emerson

Calendar

- 7/17 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food - (Jim Berry)
- 7/24 Thursday 11:45 am Mullins Restaurant
TBD- Gay Pepper
- 7/31 **NO MEETING**
5th Thursday
- 8/7 **NO MEETING**
Replaced by Picnic on Saturday
- 8/9 Saturday Time TBD Ford's Chapel UMC's Pavilion
Annual Picnic
- 8/14 Thursday 11:45 am Mullins Restaurant
TBD- Duane Plank
- 8/21 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food - (Duane Plank)
- 8/28 Thursday 11:45 am Mullins Restaurant
TBD- Duane Plank
- 9/2 Tuesday 4:00 pm 1st Commercial Bank
Board Meeting



Our July 10 Meeting Site



Al Renz and Bob Martin set up the audio/visual equipment in our meeting room



Our Speaker, Ms. Michelle Cain of the Alzheimer's Association

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: