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Club meets

1st, 2nd, & 4th Thursdays

At 11:45 am

**Check Website for
location**

hsvoptimists.org

Opti - Topics

Today's Meeting Place



The Optimist Club of Huntsville met at the ORC today, pending the finding of a Huntsville restaurant that is compatible with our Club's needs. Gay Pepper provided the food today, assorted sandwiches from Steak-Out along with sandwich fixings, chips, cookies and iced tea.

Opening

There was a rather sparse turnout of only 13 Optimists in attendance today. President Al Adams did triple duty today, opening the meeting, bringing the opening prayer and leading us in the Pledge of Allegiance.

Announcements

President Al Renz announced that he had received another e-mail from Elizabeth Parker with the **H.O.P.E. Leadership Academy**. She was thankful for those who had already volunteered, but she still needs volunteers for 2 or 3 days of their Summer Workshops. Al said it appears they are counting heavily on our support for the workshops. Contact Al if you can volunteer.



Tom Casteel announced that **Band Committee** members have completed attending their end of the year band concerts and have presented the band awards. The only school that still has band instruments to turn in is Whitesburg Middle School.

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

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They have recently transferred everything to their new building, and this has caused a short delay.

Richie Myers brought 4 jalapeno pepper plants he had grown from seed to give away at the meeting.

Program



Program Chairman George McDonough introduced our speaker for today, Dr. Willie D. Brunetti. Dr. Brunetti is the Minister of Education at the Locust Grove Baptist Church in New Market, AL.

Dr. Brunetti began by saying the differences between a Minister of Education and the Senior Pastor are that he doesn't preach, and when he says "in conclusion.." he really means it. He is a 22-year military retiree, with 10 years at Redstone Arsenal, and recently moved back to Huntsville from Florida to be closer to his children who live here.

He said he became, by necessity, a specialist in educating people on care giving of aging parents or relatives. He gave a sobering presentation on the inevitability that everyone in the audience would someday certainly be involved in either giving or receiving care. He personally has provided care for an aunt, his father, his mother, and a mother-in-law. His seminar is based on his experiences in providing care to the elderly.

A large part of the problem, he said, is that few people plan to take care of their parents. No one wants to talk about end of life issues. Even as we see our parents age, it comes as a complete shock to us to learn they need full time care. He provided some statistics:

- 5000 people a day turn 65 years of age
- Alabama ranks 9th in people over 65
- The fastest growing population is those 85 or older

- 95% of people needing care receive it either in their own home or a child's home
- There are 44 million people providing care in the U. S. every day
- One-third of people in long-term care depend on their family as their only support

Dr. Brunetti gave a particularly sobering description of a caregiver's life. It requires learning about legal issues, learning to operate wheelchairs and helpful "gadgets" for giving care and compromising one's own and one's own family's life. It also entails a lot of worrying, stress and trauma.

Churches should be at the forefront of care giving. Most people over 65 are members of a church; however, many churches are unaware of the aging and associated issues. Dr. Brunetti has given seminars at Eastside Baptist Church in Cullman, and the Willowbrook Baptist Church in Huntsville, and these churches have begun a care giving ministry. A church can help caregivers by one or more of the following:

- Giving them respite from the 24/7 grind of care giving
- Providing transportation
- Providing meals
- Helping with home or car maintenance
- Providing an understanding friend who listens
- Helping the caregiver to keep his/her sanity by spiritual uplifting
- Supporting the caregiver at the inevitable end of life

Dr. Brunetti closed his seminar by giving the four types of people involved in care giving:

- Those who are caregivers
- Those who will be caregivers
- Those who have been caregivers
- Those who will need care

Everyone is, or will be, in one of these categories. We should all be prepared. Don't wait until it's too late. Get educated, talk and plan with those who will be involved.

Closing

President Al Adams gave our speaker a tile with the Optimist creed.
Dr. Brunetti drew Buddy Beck's name on the first draw.

Dr. Carl Winkler led us in the reciting the Optimist Creed.

Clyde Nevins



Program Chairman George McDonough and our speaker, Dr. Willie Brunetti

Optimistic Quote of the Week

“Be thou the rainbow in the storms of life. The evening beam that smiles the clouds away, and tints tomorrow with prophetic ray.”

~George Gordon Byron

CALENDAR

- 6/2 Tuesday 4:00 pm 1st Commercial Bank – Whitesburg Dr.
Board Meeting
- 6/4 Thursday 11:45 am Optimist Recreation Center
Matt Massey – Superintendent, Madison City Schools
- 6/11 Thursday 11:45 am Optimist Recreation Center
Sheriff Blake Dorning
- 6/18 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food – (Duane Plank)
- 6/25 Thursday 11:45 am Optimist Recreation Center
TBD – Duane Plank
- 7/2 Thursday 11:45 am Optimist Recreation Center
TBD – Jim Roe
- 7/7 Tuesday 4:00 pm 1st Commercial Bank – Whitesburg Dr.
Board Meeting
- 7/9 Thursday 11:45 am Optimist Recreation Center
TBD – Jim Roe
- 7/16 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food – (Duane Plank)
- 7/23 Thursday 11:45 am Optimist Recreation Center
TBD – Jim Roe
- 7/30 Thursday
NO MEETING - 5th Thursday

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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PLACE
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HERE

TO: