



## **PRESIDENT**

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## **SECRETARY TREASURER**

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## **Club meets**

**1<sup>st</sup>, 2<sup>nd</sup>, & 4<sup>th</sup> Thursdays**

**At 11:45 am**

**Check Website for  
location**

**hsvoptimists.org**

# Opti - Topics

## **Today's Meeting at the ORC**

We had only 12 Optimists show up for our meeting today, but we had 5 guests plus our speaker, so we had a room full. We were happy to see Rev. Jim Berry with us today, and one of our guests was his wife, Nell. Our other guests were invited by Duane and Elaine Plank: Anna Dyer, Lynn Poden and Pam Thomason.



**Gay Pepper** was our caterer today, and she provided a selection of Steak-Out sandwiches with cookies and drinks.

## **Opening**

**President Al** was at a conference in Birmingham so Vice President **Vastell Williams** filled in for Al Adams, today. Vastell brought the opening prayer and asked Tom Casteel to lead us in the Pledge of Allegiance.

## **Optimist Family News**

**Jim Berry** asked for the floor to answer everyone's question about how he managed to break his neck, and to stop the speculation that Nell had wrung his neck. He said he was loading some lumber in the back of his pickup truck when he tangled his feet on some tree limbs that had fallen nearby. He hit his head hard on the concrete, and could feel blood from there. He called Nell on his cell phone, and she took him to the E. R. (After that experience, Nell told him to just call 911 next time.)

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

## **DIRECTORS**

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## **NEWSLETTER EDITOR**

**Clyde Nevins**

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Jim learned he had fractured the uppermost vertebrae, but that it had realigned itself so no surgery was required. He will be sporting a neck brace (see photo section) for another month or more.

I called **Jesse Lang** after the meeting to check on his condition. Jesse is home and doing nicely, he said. His recent trip to the hospital was necessitated by an overactive pace-maker/defibrillator which caused him to black out. He now has a new pacemaker that should prevent the problem recurring.

**Duane Plank** announced that tomorrow (June 26, 2015) will be his and Elaine's **55<sup>th</sup> wedding anniversary**. Elaine spoke up to say there had "never been a cross word" in all those years (I think her fingers were crossed, though).

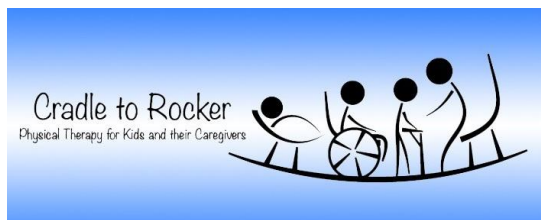
## **Announcements**

**No Meeting Next Week** due to the Independence Day holiday. The first meeting in July will be at Mullins Restaurant. You will be reminded again just before the meeting.

Al Renz read a **letter from the Terrace Woods Women's Club** in SE Huntsville, which enclosed a check for \$50 in memory of the late **John Shirey**. They said the TWWC was well aware of the many youth programs sponsored by the Optimist Club, and wanted to remember John in this way.

Jim Roe reminded all those who had signed up for the **H.O.P.E. Leadership Academies** to be sure and honor their commitments to be support the academies programs.

## **Program**



Cradle to Rocker Physical Therapy.

This month's Program Chairman, Duane Plank, introduced **Dr. Andrea Batt**, a Pediatric Certified Physical Therapist with

Dr. Batt said that although she is qualified and performs therapy on adults as well as children, her passion is in providing therapy to children with special needs. She informed us that there are only 12 Board Certified Pediatric Physical Therapists in the entire state of Alabama, two of which are in Huntsville.

Dr. Batt recounted the many types of illnesses in children that can gain benefit from physical therapy: spinal bifida, Down's syndrome, cerebral palsy, spinal cord injuries, autism and ALS. While the therapy cannot cure the disabilities, they generally do extend the ability to walk and perform other physical tasks. Often, therapy will work on the environment of the patient as well as on the person to bring the best results. She said that normal movement facilitates normal living skills.

She related that, at times, parents note that their child seems behind his/her peers in motor skills. While a doctor may tell the parents that there is nothing physically wrong, physical therapy can be used to diagnose the problem and help the child catch up to the appropriate age level before entering school.

A common cause of late physical development these days is "containerized babies." Many parents keep their very young children continually in some sort of "container" like car seats, walkers, strollers, etc., which retards the development of motor skills. Another recent warning of babies sleeping on their stomachs being a possible cause if SIDS has further retarded muscular development in babies.

It's important, she said, to get the right physical therapy at the right time. "Use it or lose it" definitely applies to recovering from an injury. New brain pathways by therapy to keep the physical motion regular. Furthermore, not doing therapy to correct a physical problem makes the child more dependent on parents when they should be taking initiative on their own.

In closing, Dr. Batt reminded us that every patient has the right to choose his/her therapist. Doctors frequently send you to a therapist associated with their practice, but everyone is free to choose what therapist they want to go to. She recommended choosing one that is close to home and is recommended for the particular therapy needed. A good therapist will:

- Do an individual assessment
- Know the right treatments for the patient's problem
- Establish goals for the therapy
- Determine how long and how often the therapy is needed
- And, for a child, how to get the whole family involved in the therapy

Dr. Batt said she would be happy to recommend therapists based on her knowledge. She also has a list of pediatric physical therapists for those interested in that specialty. Her web site is: [www.CradleToRocker.com](http://www.CradleToRocker.com).

### Question and Answer Session

- Q.** George McDonough asked about the effectiveness of aquatic therapy.
- A.** Aquatic therapy is wonderful, is generally very effective, but costs a good deal more because of the upkeep expenses on a pool. There are only 3 places that offer aquatic therapy in Huntsville.

### Closing

VP Vastell gave our speaker a tile with the Optimist Creed, and asked her to draw for our attendance prize. The first name drawn was Jim Otto (no longer a member). The next name drawn was **Vastell Williams!** (President Al should investigate this)

Dr. Carl Winkler led us in the reciting the Optimist Creed. (I noticed one of our guests taking a photo of our banner with the creed.)

*Clyde Nevins*

### Optimistic Quote of the Week

**“I don't believe in aging. I believe in forever altering one's aspect to the sun. Hence my optimism.”**

~Oscar Wilde

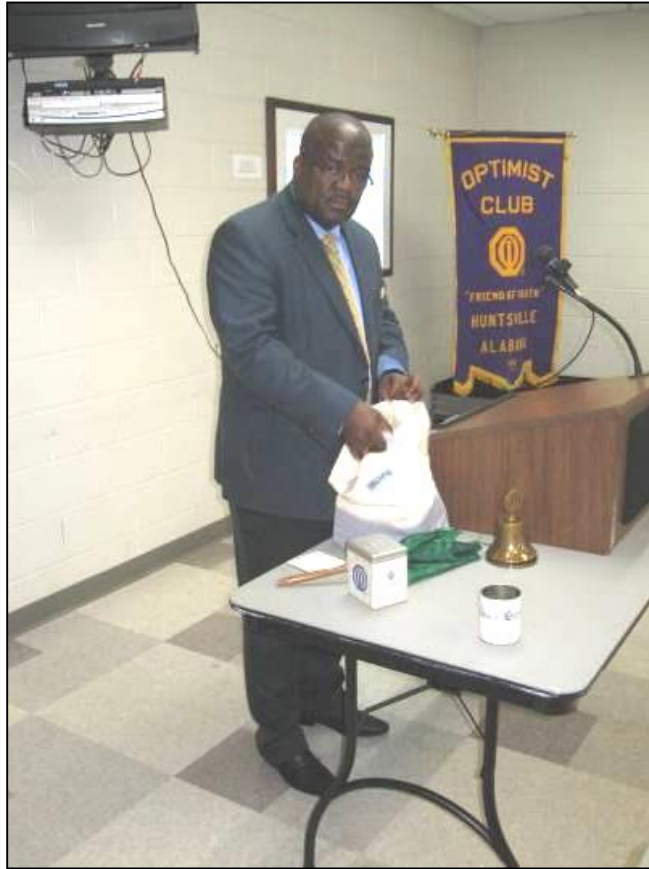


**President Al Adams attending the ASBCC Entrepreneurs & Innovators Conference in Birmingham**



**Dr. Batt (our speaker) with guests Pam Thomason and Elaine Plank.**





**VP Vastell Williams with the President's bag of tools**



**Rev. Jim Berry with his neck brace**

## CALENDAR

- 7/2 Thursday  
**NO MEETING - Independence Day Holiday**
- 7/7 Tuesday 4:00 pm 1st Commercial Bank – Whitesburg Dr.  
**Board Meeting**
- 7/9 Thursday 11:45 am Mullins Restaurant  
**TBD – Jim Roe**
- 7/16 Thursday 11:45 am Optimist Recreation Center  
**Business Meeting - Food – (Jim Roe)**
- 7/23 Thursday 11:45 am TBD  
**TBD – Jim Roe**
- 7/30 Thursday  
**NO MEETING - 5<sup>th</sup> Thursday**
- 8/2 Tuesday 4:00 pm 1st Commercial Bank – Whitesburg Dr.  
**Board Meeting**
- 8/6 Thursday 6:00 pm TBD  
**NOW Banquet**
- 8/13 Thursday 11:45 am TBD  
**Dr. Andrew Hugine, Jr.  
President, Alabama A&M University**
- 8/20 Thursday 11:45 am Optimist Recreation Center  
**Business Meeting - Food – (Tom Casteel)**
- 8/27 Thursday 11:45 am TBD  
**Libby Parker – HOPE Leadership Academy**
- 9/1 Tuesday 4:00 pm 1st Commercial Bank – Whitesburg Dr.  
**Board Meeting**

## Sponsor Guest List

Sponsor: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

### Guest Prospects:

1. Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Brief Personal Introduction \_\_\_\_\_

\_\_\_\_\_

Optional: E-Mail \_\_\_\_\_ Cell Phone \_\_\_\_\_

2. Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Brief Personal Introduction \_\_\_\_\_

\_\_\_\_\_

Optional: E-Mail \_\_\_\_\_ Cell Phone \_\_\_\_\_

3. Name: \_\_\_\_\_

Address \_\_\_\_\_

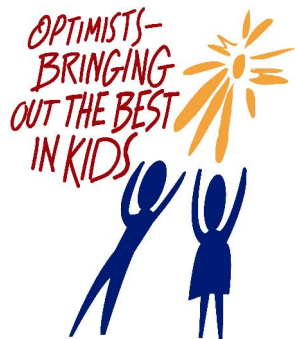
Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Brief Personal Introduction \_\_\_\_\_

\_\_\_\_\_

Optional: E-Mail \_\_\_\_\_ Cell Phone \_\_\_\_\_





**Huntsville Optimist Club**  
P, O, Box 2230  
Huntsville, AL 35804-2230

**TO:**

PLACE  
STAMP  
HERE

## **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