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## **SECRETARY TREASURER**

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**Club meets**

**1<sup>st</sup> Thursday**

**At 6:00 pm at 88 Buffet**

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

**At 11:45 am**

**At the**

**Optimist Recreational  
Center**

# Opti - Topics

## **September – Evening Meeting**

Fourteen Optimists assembled at the 88 Buffet for our regularly scheduled evening meeting. We had two guests, Nell Berry and Pat Lang, and it was strongly hinted that they might as well become “Friends of Optimists” and help us meet membership goal by the end of this month.

## **Opening**

President Al Adams gaveled the bell to open the meeting, and remarked he was a little sad that he only had three more meetings to do that. He called on Rev. Jim Berry to bring the opening prayer. Tom Casteel fabricated and brought to the meeting a nifty portable flag pole for our American flag, so we said our Pledge of Allegiance with our flag displayed in a more respectable mounting.

## **Announcements**



President Al reported on last weekend’s District Meeting in Birmingham, attended by him, Tom Casteel and President-Elect Vastell Williams, where Al was installed as next year’s Lt. Governor for our Zone.

Tom Casteel received a medallion for his role in Club building, and Tom has been appointed New Club Building Chairman for the District.

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

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One of the outstanding speakers at the meeting was Fatima Plater, OI Chairperson for membership. She has personally sponsored 125 members and been instrumental in starting 21 new Optimist Clubs. She gave the attendees a lot of ideas that worked for her, and Al said he hopes to use some of them throughout the Zone

One special event, Al said, was on Sunday morning when there was a memorial service for Optimists who had died. Al gave a short memorial address on Duane Plank at the service.



President Al awarded Personal Growth and Involvement pins to Richie Myers (now Level 2), George McDonough (now Level 4), and Jim Roe (now Level 6). Al said he had also advanced to level 6,



Alberto Duarte announced that the musical instruments bought for the **Hawthorne Conservatory in memory of Duane Plank** will be formally presented on **Tuesday, September 13, at 5:00 p. m.** at the Conservatory. Elaine Plank will be a special guest. As part of the ceremony, attendees will be given a tour of the Conservatory's facilities, including the new building adjacent to the Cooper House.



**Band Committee** chairman, Tom Casteel, reported that he had received the **25 band instruments** he had ordered. Tom said they were in like-new condition, and a couple of the trombones and saxophones are the best we have in our inventory. They are now being given out to some of the schools that had been lacking due to the high demand this year.



Don't forget! Our **Club's annual picnic** is set for Saturday, **September 10** at the pavilion of the Fords Chapel UMC in Harvest. The picnic will start at 2 p. m. and be over around 5 p. m. The picnic will have a "pot luck" menu with the Club furnishing the meat and drinks, and Club members furnishing sides and deserts. **Please notify Al Renz if you plan to attend and haven't signed up.** Also, Al needs a couple of Optimists to come early to wipe off the chairs that have been in dusty storage.



Please **invite prospective new members** to our Club soon. Our Club is down by 4 members for the year, and we need to be at least even to be an Honor Club. We need these 4 new members by September 30. There is currently a one-half price special on membership for new members that are teachers.



President-elect Vastell needs 12 Club members to sign up to be **monthly Program Chairpersons** for next year (that begins next month!). A list was passed around at the meeting and some months were filled in, but more volunteers are needed for this important function—especially for October.



The **Installation Banquet** for next year's officers is scheduled for **Friday, September 23**. It will be held at the Optimist Recreation Center. Our District Governor, Pamela Black, will attend and install our officers. Please note that this is a Friday, not our normal Thursday meeting day, so Ms. Black can attend.



Kathy Anderson has agreed to be Chairperson for the Club's participation in the **Veterans' Day Parade** again this year. She is hoping to get a better position number in the parade than the one we had last year. More details later on how you can help her.

## Program



This month's program chairman, George McDonough, introduced our speaker for the evening, **Karen Ammons**. Ms. Ammons is the Community Relations Coordinator for Senior Helpers. Senior Helpers is a business that supplies caregivers to those families needing assistance in caring for an elderly relative, especially those suffering from Alzheimer's or Parkinson's diseases. The local office is one of 34 in the U. S., and the only one in Alabama.

Ms. Ammons began her talk by telling how she had faced the need of finding caregiver help in her own family. Her father had needed care, which was supplied by her mother. Later on, when her father had died, her mother needed care. She was the eldest child so got the responsibility of hiring full-time care for her mother (who, she said, was a difficult patient). The task vetting a caregiver and finding one that met the approval of her mother was a big responsibility.

Ms. Ammons worked in a hospice agency before moving into her position with Senior Helpers, where she has been for a short time. She described the services of Senior Helpers to be:

- Companion Care (conversation, errands, light housekeeping)
- Personal Care (hygiene assistance, walking assistance)
- Alzheimer's and Dementia Care (monitoring activities and medication)
- Peace of Mind Service (companionship, meal prep, hygiene assistance, etc)

One of the important services of Senior Helpers is supplying licensed, bonded and insured caregivers. Caregivers can be hired for as little as 4 hours per week, or even less in some circumstances. Senior Helpers hires and trains their own staff, including the care needed for the various stages of Alzheimer's and Dementia. She described one interesting phase of the training wherein trainees are given vision-limiting eyeglasses, ear phones, gloves and "prickly things" in their shoes. They are then put in a dimly lit room and verbally given 5 tasks to perform. This gives the trainee an appreciation of what a patient is going through.

Ms. Ammons brought brochures, pens, and “Understanding Alzheimer’s and Dementia” guides for giving to our meeting attendees. For more information on Senior Helpers, visit their web site at: [seniorhelpers.com/Huntsville](http://seniorhelpers.com/Huntsville).

## **Closing**

President Al gave Ms. Ammons a tile with the Optimist Creed on it, and asked her to draw for today’s attendance prize. Jesse Lang’s name was the second name drawn (Buddy Beck missed out), and took home half the prize.

By the way: The Club just sent a check for \$114.50 to fight childhood cancer, one-half the attendance prizes for the past six months.

Matt Clarke led the Club in reciting the Optimist Creed to close the meeting.

*Clyde Nevins*



**Ms. Karen Ammons, Our Speaker for the Evening.**

## Optimistic Quote of the Week

**“Every one of us needs to show how much we care for each other and, in the process, care for ourselves.”**

*~ Princess Diana*

## CALENDAR

- 9/6            Tuesday **4:00 pm**  
1st Commercial Bank – Whitesburg Dr.  
**Board Meeting**
- 9/8            Thursday  
**No Meeting – Replaced by Club Picnic**
- 9/10           Saturday **2:00 to 5:00 pm**  
Ford’s Chapel Pavilion  
**Annual Club Picnic**
- 9/15           Thursday **11:45 am**    Optimist Recreation Center  
**Business Meeting - Food – (George McDonough)**
- 9/23           Friday **6:00 pm**    Optimist Recreation Center  
**Officer Installation Banquet – Governor Pam Black**
- 9/29           Thursday  
**No Meeting – 5<sup>th</sup> Thursday**
- 10/4           Tuesday **4:00 pm**  
1st Commercial Bank – Whitesburg Dr.  
**Board Meeting**
- 10/6           Thursday **6:00 pm**    88 Buffet  
**TBD– TBD**
- 10/13          Thursday **11:45 am**    Optimist Recreation Center  
**TBD – TBD**
- 10/20          Thursday **11:45 am**    Optimist Recreation Center  
**Business Meeting - Food – (TBD)**

## 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



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PLACE  
STAMP  
HERE

**TO:**