



ASHLAND OPTIMIST CLUB
 Meeting Saturday Mornings @ 7:30 A.M.
 Optimist Drive, Ashland, MO 65010

October 9, 2021

"You cannot do all the good the world needs, but the world needs all the good you can do."

Optimist Board

Jan Palmer	President
Lisa Barnum	VP
Dana Plunkett	VP
Missy Bonderer	Past Pres.
Barrett Glascock	Secretary
Heather Martin	Treasurer
Bruce Glascock	2021
Bernie Bartel	2021
Ken Bishop	2021
Shawn Steelman	2022
Robert Blake	2022
John Dougan	2022

COMING UP

Board Meeting:

October 14, 2021, 7:00 p.m.

**TAKE A MINUTE TO REMEMBER
 THOSE WHO MADE US STRONG:**

- Carroll Sapp – 1987
- “Buddy” Glascock – 1988
- William Burnett – 1992
- Remus James – 1994
- Ron Marley – 1997
- Cecil Vaughn – 2001
- Billy Jo Sapp – 2004
- Marvin Sappington – 2004
- Arcie Sapp – 2005
- Kenneth Nichols – 2006
- Lahmon Wren – 2007
- Joe Smith - 2009
- Jimmy Jo Calvin- 2009
- Bob Sappington – 2010
- Clifford Caldwell-2013
- Mel Rupard-2013
- Ernest Woods—2013
- John Johnson—2013
- Michael Dalton--2013
- Jim Moore--2016
- Carl Long--2016
- Don Jones-2017
- Clay Austin-2017
- Sharon Donley-2017
- Ben Nieman- 2017
- Nick Kimbler- 2018
- Barbara Perry- 2018
- Jacob Zagorac- 2019
- Joy Woods- 2021
- Steve Walsh-2021

**Next week: Breakfast: Oct. 16- Barrett Glascock, Shawn Steelman, and Jim Green
 Program- Rhonda Proctor- Communications Specialist, Boone Electric Cooperative**

There is an Ashland Optimist Board meeting scheduled for Thursday, Oct. 14th at 7:00. It will be held at the Ashland Optimist building.

Our Christmas wreath Fundraiser has started for 2021. To see the flyer, go to ashlandoptimist.org. Local pickup orders, which are on the first page of the flyer, are due by Nov. 7th and will be delivered between Nov. 29th and Dec. 6th. Payment can be made to the Ashland Optimist Club by cash, check, or PayPal. Email any questions to Lisa Barnum at wreaths@ashlandoptimist.org. Every purchase for local delivery earns our club approximately \$10. All of the items on the second page of the flyer can be shipped anywhere in the contiguous United States and the cost displayed includes shipping, plus we earn money from those items as well.

A delicious breakfast of waffles, sausage, bacon, three flavors of warm fruit compote, as well as syrup and fresh fruit, was provided this morning by Bern Bonderer and Robert Blake.

President Jan Palmer shared a thank you note from the 4H Senior Council for the money we had donated toward their recognition night. She also shared a Bus Tour of Marceline & Macon that Kids First Optimist Club in Columbia is sponsoring on Tuesday, Nov. 2nd. It will include a tour of the Walt Disney Hometown Museum, a catered lunch, a performance of "Ripcord" at Maples Repertory in Macon, and a visit to Koch's General Store. The cost is \$125 per person and includes everything. Proceeds go to KidsFirst Optimist Club to support their activities benefiting children. Contact Elizabeth O'Connell by Monday, Oct. 11th at tizzieo@hotmail.com or 573-303-2077 for confirmation and itinerary.

Our only guest today was Liz Gann, daughter of Dick and Jane Flink and mother of today's speaker, Amy Gann. Amy got her start in nursing through the US Army and spent part of her time at the Truman VA Hospital in Columbia before becoming a registered nurse and ending up at Cedars Sinai Hospital in Los Angeles seven years ago. Cedars Sinai is one of the largest nonprofit academic medical centers in the US and is made up of ten regional hospitals. Amy talked about the fact that at times the hospital has seventy-three patients in the emergency department, which is her area, and up to eight hour waits for a room. Amy said that telehealth services have helped with the back-up, but their use is still limited by the need for education and technology for patients. Amy said that when there is time to make even one moment of connection with a patient or a fellow staff member, it makes an important difference to the nursing staff. Because the main hospital of Cedars Sinai is close to West Hollywood, they get a lot of stars, but all they can do is try to shield them from the general public because everyone is treated the same, whether star or homeless person.

When Amy was finished speaking, she drew for the Attendance drawing. Connie Field, Beverly Steelman, and Traci Howard had their chance at riches, but because they weren't in attendance, the pot will continue to grow.

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