



July 16, 2022

"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 Cafourek	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: July 14**

**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
- Kristi Savage Clarke 2022

**Ashland Optimist Bulletin July 16 2022**

**Next week:**

**Breakfast: July 23- Carole Iles, Dorise Slinker, Jennifer Lawson**

**Program- Jackie Faber- foot care**

The Board of Directors for the Ashland Optimist Club met for a short meeting on Thursday, July 14th. John Dougan gave a report about this year's Fishing Derby, which was so well attended and successful that the Board is talking about moving the Fishing Derby to a different location in the future for the safety of everyone involved. The Board also approved the gym contract with the school for the coming year.

Ernie Wren was back at the meeting this morning after returning from this year's Optimist International Convention, which was held in Reno, Nevada. He took the long way back, via Covid, as did many other attendees of the Convention.

After a delicious breakfast, provided by Barrett Glascock and Shawn Steelman, President Jan Palmer shared a thank you card from Ellie Helms, one of our scholarship winners. Barrett also passed around the sign-up sheet for the Concession booth at this year's Rodeo. I reminded everyone that I will not be at the meeting next Saturday, so we need someone to take notes.

**Our speaker this morning was Lisa Kinser, an Integrative Nutrition and Lifestyle Coach.** After the loss of three of her grandparents in 1995, she started working in healthcare, including at the University Hospital, followed by working at Ashland Villa during Covid before going independent. This morning Lisa talked about caring for the caregiver. In her words, too often caregivers are afraid to ask for help and feel that they don't have the support they need. Many are trying to provide care for loved ones in addition to working and raising their own families. Many caregivers do not have the training that Nurse Techs have been given, which makes things more challenging. They may not be willing to ask for help or take time off for themselves.

Some of the ideas that Lisa shared to help caregivers included:

- 1)Make a list of things that you are willing to let others do
- 2)Take care of yourself by staying hydrated, getting enough sleep, and exercising so that you are able to provide care
- 3)Give your mind a break through mindful breathing or meditation
- 4)Celebrate small victories
- 5)Eat good food
- 

Her "bad advice" was to care for the caregiver by doing things to help them anyway.

After Lisa was finished speaking, she drew for the Attendance Drawing and Rev. Elmer Schiefer was blessed to be able to say, "It pays to attend!"

*Letitia Den Hartog*  
[ashlandoptimist.org](http://ashlandoptimist.org)