



July 23, 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
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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

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Next week:

Breakfast: July 30- Mike Fulca, Dana Cafourek, Letitia DenHartog

Program- Angela Carson, Bev Fries- Heart of Mo CASA

The meeting was called to order by President Jan Palmer. Jim Green gave our invocation. The speaker, Jackie Faber, was introduced, followed by breakfast being served by Brenda Austin, Bruce Glascock and Bonita Lenger. Because I was out of town, Leigh Kottwitz took notes.

Jan spoke about the East MO Optimist Governor’s Choice Awards; there are 12 award categories. Nominations can be sent to theooptimistmike@gmail.com. August 1 is the nomination deadline. Ernie and Jan have discussed nominating members.



There still is not a bingo report.

Rich introduced Jackie Faber with Columbia Foot Care. She is an RN and has been a nurse for over twenty-seven years. She started doing foot care five years ago and added this to her internal care clinics. She took over a business at the senior center eight months ago with two other nurses. Her main office is at the Columbia Senior Center, but she also goes to Boonville and to some nursing homes. Visits normally take about 30 minutes. Jackie also does home visits, but appointments at the Senior Center are recommended.

Feet are the foundation of your mobility, but are often overlooked since many people cannot bend over to get to their feet or safely manipulate the clippers. Some people have poor sensation in their feet or fragile skin. Tools that Jackie uses are either single use or properly cleaned after each patient. Foot care nurses are not common, in fact there are only a few in Columbia. There is a doctor in the state of Washington who has helped train nurses for foot care.

Jackie can also work on ingrown toenails or refer patients to a podiatrist. She can recommend ways to manage foot issues and provide client education. She has dealt with difficult nails due to fungus and can work on calluses and corns as well, She does not polish nails or soak feet since she knows of no medical benefit to soaking. If you are soaking your feet, the basin needs to be washed after each time you use it. Vinegar or Listerine in the water helps with fungus. Clorox should be used highly diluted in a foot soak. Hydrogen peroxide is a very harsh substance and will damage healthy skin. MB27 is an old athlete's foot treatment that has been used by some people since athlete's foot is very common, but she recommends an over-the-counter product she purchases online. If your feet are damp, she recommends a powder or spray. Make sure you dry your feet and moisturize them well.

For podiatrists, she recommends Dr. Blanchard at Boone Hospital; nurse practitioner Parvin Behrouzi-Jareh with University of Missouri Hospital or Dr. Foster, who works independently. Most podiatrists are not trimming toenails because insurance is not covering that service. Footwear is important. When your feet hurt, you hurt all over and your mobility is affected.

After Jackie finished speaking, she drew for the Attendance drawing - Beverly Steelman, Mike Inlow and Chris Felmler had their chance at riches, but since none were present, the pot has a chance to grow again.

Letitia Den Hartog
ashlandoptimist.org