



June 25, 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
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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

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**Next week:**

**Breakfast: July 2- Bernie Bartel, Donna Wobbe,**

**Jan Palmer**

**Program- Kayla Riel EMT Teaching First Aid, Care Coordinator**

**Upcoming events:**

**Arcie Sapp Blood Drive honoring Hudson**

**Eller- June 29th 2:00-6:00 Ashland Optimist**

**Building We still need cookies**

After an incredible breakfast, provided by Chris Felmlee, Glen Sapp, and Leigh Kottwitz, Vice President Dana Cafourek led the meeting this morning and brought her daughter, Helena, and grandson, Weston, as guests. Barrett talked about the Fourth of July Parade, which will start at the Primary building at 9:00 a.m. on Saturday, July 2nd. Mayor Dorise Slinker shared that the fireworks will be held close to the YMCA building on Sunday, July 3rd.

Our speaker this morning was Cara Peel, RPSGT who brought her husband Andrew as her guest. She works at the Advanced Sleep & Neurodiagnostics of MMG, with the Jefferson City Medical Group and works under Dr. Justin Malone. Cara started off by giving the definition of what sleep apnea is: basically, due to physical or medical issues, you stop breathing repeatedly while you are sleeping, sometimes as often as 20-30 per hour. This is a serious health problem, which can lead to increased blood pressure, heart failure, strokes, and an increase in "stress" hormones because your body feels like it is suffocating. Some noticeable symptoms include constantly feeling tired, which can lead to drowsy driving, snoring or gasping during sleep, not being able to sleep on your back, heartburn, morning headaches, insomnia, increased nighttime urination, and moodiness. Some risk factors include necks over 17" in men, 16" in women, aging, alcohol use before bedtime, and some medications. If you have a BMI over 30 and have noticed some of the symptoms listed above, it would be worthwhile to be tested for sleep apnea. This requires a referral from a physician, but it could save you from additional heart problems.

There are two ways to do a sleep study. One involves sleeping overnight at a sleep laboratory, connected to computerized monitoring equipment, this testing is painless, non-invasive, and can be performed during your normal sleep schedule. The other option is a home sleep study, which is not as conclusive, but only requires you to wear a nasal cannula, a pulse oximeter, and a sleep belt. You hook yourself up to the recording device and sleep at home, then send the information in to the doctor.

Most people diagnosed with sleep apnea are fitted with a PAP (Positive Air Pressure) Therapy device. There are numerous options, as well as numerous types of masks and this works for 98% of people. You wear a mask while you sleep that is hooked up to a machine that blows air into your airways, to keep them from collapsing.

For more information, contact your physician and ask for the Sleep Medicine clinic in Jefferson City at 573-635-5264 (JCMG) or the Advanced Sleep Labs on Keene St. in Columbia at 573-441-0455.

When Cara was finished sharing all the information and answering questions, she drew for the Attendance drawing. Barrett Glascock was a bit shocked, but thrilled to say, "It pays to attend!" Because this was the last meeting of the month, Barrett figured the poker pot. Charlie Selbach and I both had three aces, but I beat his eight with a nine to win the pot!

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[ashlandoptimist.org](http://ashlandoptimist.org)