



**OPTIMIST**  
INTERNATIONAL

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

June 10 2023

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

**Optimist Board**

|                  |            |
|------------------|------------|
| Dana Cafourek    | President  |
| Lisa Barnum      | VP         |
| Jan Palmer       | Past Pres. |
| Barrett Glascock | Secretary  |
| Heather Martin   | Treasurer  |
| Bruce Glascock   |            |
| Bernie Bartel    |            |
| Ken Bishop       |            |
| Shawn Steelman   |            |
| Robert Blake     |            |
| Leigh Kottwitz   |            |

**COMING UP**

The Pool is open for the season!  
June 16 - Bingo  
June 17 Dan Kuebler MO Organic Assoc  
June 17 Board Elections  
June 17 - 54 Country Dance Club  
June 24 - Fishing Clinic  
June 28 Arcie Sapp blood Drive

**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 June 10, 2023**

**Breakfast: June 17- Carole Iles, Dorise Slinker, and Jennifer Lawson**  
**Speaker- Dan Kuebler, Missouri Organic Association**

**We will be holding elections for Board positions on June 17th. The current slate of officers includes-**

**President: Leigh Kottwitz**  
**Vice President: Ken Bishop**  
**Past President: Dana Cafourek**  
**Board members for 2025:**  
**Bruce Glascock Tara Blue Marsha Lessley**

**Our next Bingo will be June 16th and will include a \$1,199 game, so we are hoping for more players and will need plenty of workers.**

**54 Country Dance Club will be renting our building on June 17th while they continue to work on a permanent location. Mark your calendar and get ready to dance!**

**We will be sponsoring our annual Fishing Clinic on June 24th, after our breakfast meeting, with John Dougan heading up this popular program. He will need several people to help him set up and others to help at the Ashland Park from 9:00-11:00.**

**The 18th Annual Arcie Sapp Blood Drive is scheduled in our building on June 28th from 2:00-6:00 p.m. We need donations of sandwiches and cookies, plus a few people to greet people who come to donate.**

The Board of Directors met on Thursday, June 8th. After the regular approvals of the minutes and agenda, they approved the Nominating Committees slate of officers for the coming year. The effective date for the Reimbursement policy that was voted on at the May Board meeting has been set for May 29, 2023. The Board also voted to upgrade our Amazon Account to Amazon Prime to help keep costs down on supplies we order through them, renewed the flag subscription service that the Boy Scouts provide, and voted to purchase a load of gravel to fill the pothole at the corner of Optimist Dr. and Henry Clay. Bruce Glascock was kind enough to volunteer to pick up the gravel for the club. The Board also approved three new members: Tanya Wren, Felicia Diehel, and Cameron Burns.

This morning Brenda Austin, Bonita Lenger, and John Dougan provided a tasty breakfast of breakfast sandwiches, hash browns, and cinnamon monkey bread. Ginny Lewis brought her boyfriend, Nick, and Bonita brought her granddaughter, Mia Lenger, so they got to lead the line.

Our speaker this morning was Melissa Schulte with Aging Best, which provides services for aging adults and their caregivers. Their website is [agingbest.org](http://agingbest.org). Because Melissa's normal presentation takes about 45 minutes, she just focused on the Ten Signs of Dementia. She explained that dementia is an umbrella term that covers several forms of memory loss illnesses, including Alzheimer's, Lewy Body, Vascular, and Frontotemporal. Alzheimer's is best known, Lewy Body sometimes involves symptoms of Parkinson's Disease, and many people deal with vascular dementia after a stroke.

She spoke about the difference between normal memory issues and issues that need to be checked for dementia. If memory issues start to disrupt lifestyle, hinder daily problem-solving skills, complicate doing everyday tasks, cause problems with understanding of time or place, cause spatial or visual issues, or cause loss of common words, it might be worth having the person checked. When the ability to make choices is inhibited, there is withdrawal from regular activities, or a noticeable change in overall mood, these could be warning signs worthy of testing as well.

After Melissa finished her presentation, she shared that she is willing to do a more thorough presentation by contacting her through the website or at [mschulte@agingbest.org](mailto:mschulte@agingbest.org). She then drew for the Attendance drawing. Ernie Stewart and Shyla Barnett had their chance at riches, but Lester Gilpin was thrilled to agree "It pays to attend!" as Barrett handed him his winnings.

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