



ASHLAND OPTIMIST CLUB

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

September 6 2017

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

Optimist Board

Bill Lloyd	President
Janet Popejoy	1 st VP
Missy Bonderer	2 nd VP
Greg Hawkins	Past Pres.
Barrett Glascock	Secretary
Brandon Glascock	Treasurer
Robert Blake	2018
Elmer Schiefer	2018
Cheryl Field	2018
Bruce Glascock	2019
Bernie Bartel	2019
Letitia DenHartog	2019

COMING UP

**Board Meeting- Oct.. 12, 2017
at 7:15 p.m.**

Website: Ashlandoptimist.org

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

Bingo: Oct. 13- Team Two

Breakfast: Oct. 14- Brenda Austin, Bonita Lenger, Carrie Fischer

Program- Middle school students who arranged a town hall meeting for young people with Vicki Hartzler

There will be a Board meeting this Thursday at 7:15 p.m.

We will be sponsoring the Kelly Miller Circus on our property Wed. Oct. 11th, with shows at 4:30 and 7:30 p.m. Advance tickets are on sale at all four local banks, as well as South County Realty, \$12 for adults or \$6 for kids age 2-11.

It is time to pay your dues for 2017-18. The cost remains \$80.00 for the first member in the household, with the second member's dues being half price. If you want to pay your annual dues on-line, go to the following link: <https://form.jotform.us/72136728772160>. This is a secure link and there is no fee to members.

Our Installation of Officers and celebration Social will be held at the Optimist building Sun. Oct. 15th starting at 5:30 p.m. The cost will be \$5 per person and this will be a catered dinner. Please let Barrett Glascock know whether you are coming as soon as possible, so we have a count for the caterers.

Our Third annual Spooktacular will be held at the Optimist building on Tues. Oct. 31st from 5:00-7:30 p.m. Please let Ernie Wren know if you can help. Ernie Wren has also arranged with the high school to help refurbish bicycles for our bike project, starting Nov. 1st. This allows the students to gain hands-on experience working on bicycles and helps our Optimist club to prepare more usable bicycles before the end of the year.

We will be serving our annual Veteran's Day breakfast again this year on Nov. 11th. Since this is a Saturday, we will not hold our regular breakfast meeting, but we need lots of helpers to help with setup, cooking, serving, clean-up.

Our speaker this morning was Becky Edwards, talking about the Rock Steady Boxing program in Columbia. Rock Steady Boxing is a program of forced, intense exercise for early-onset Parkinson's patients which Scott Newman from Indiana started in 2006 after he was diagnosed with Parkinson's at the age of 40. He discovered that the intense and high-energy work-outs improved his physical health, agility, and daily functioning. There are now over 200 Rock Steady programs in the US.



OPTIMIST
INTERNATIONAL

August 2013

"You cannot do all the good th

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- Sharon Donley-2017

Parkinson's is a chronic and progressive movement disorder which affects nearly one million people in the US. There is no known cause and no cure at this time. One part of the brain that is affected by Parkinson's produces dopamine, which helps to control movement and coordination. The forced intense exercise program that Rock Steady offers has proven effective in helping to slow the progress of Parkinson symptoms in many patients.

Becky Edwards learned about the program in 2015 and, after receiving training opened the Columbia affiliate office at 4004 Peachtree Dr. People who are interested in joining the program go through strength, agility, and balance testing first to make sure they are good candidates for the program. Once they are accepted into the program, they have classes available Monday through Friday at 10:00 a.m. or 1:00 p.m. or Tuesday and Thursday at 10:00 a.m. All classes are ninety minutes long with twenty minutes of stretching and cognitive activities. This is followed by forty-five minutes of intense workout using speed bags, heavy bags, and punching mitts. There is no person-on-person sparring. The final fifteen minutes is a cool down. Each person is reevaluated after 6 months and at the end of their year of membership.

Becky commented on the fact that the exercise is important, but so is social interaction and working on full range movements because some of the effects of Parkinson's are slowing of movements, stiffness, and problems with balance. If you are interested in being evaluated for this program, you can contact Becky at 573-884-2642.

After Becky finished speaking, she drew for the Attendance drawing. Mike Gilmore, Linda Knierim, and Brandon Glascock chose the wrong meeting to miss, so the pot will continue to grow.

Letitia DenHartog