



# ASHLAND OPTIMIST CLUB

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

May 18, 2019

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

## Optimist Board

Janet Popejoy	President
Missy Bonderer	1 <sup>st</sup> VP
Lena Long	2 <sup>nd</sup> VP
Bill Lloyd	Past Pres.
Barrett Glascock	Secretary
Eric Barmann	Treasurer
Bruce Glascock	2019
Bernie Bartel	2019
Letitia DenHartog	2019
Robert Blake	2020
Shawn Steelman	2020
Greg Hawkins	2020

## COMING UP

Board Meeting- June 13, 2019  
at 7:15 p.m.

[Website: Ashlandoptimist.org](http://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  
Ben Nieman- 2017  
Nick Kimbler- 2018  
Barbara Perry- 2018

**Bingo: May 24 – Team Four** This is an \$1,199 week with lots of change in the works, but I'm sure it will all be great!

**Breakfast: May 25- Bernie Bartel, Ernie Stewart, and Janet Popejoy**

**Program- Aaro Froese- Boonslick District Boy Scouts**

The Optimist Pool will hold an Open House this Friday, May 24 from 6:00-8:00 p.m. sponsored by Connections Bank, with the pool opening to the public at noon on Saturday, May 25th.

The Fishing Derby will be held Saturday, June 15 at the city pond. We will have Dept. of Conservation staff and members of the High School Fishing Club helping, but many hands make light work and provide for lots of happy kids.

We saw one of our lowest Bingo attendances, with only 90 players. Hopefully the low numbers were brought about because of so many graduations going on and our numbers will increase for this coming week. We had good help on the floor and in the kitchen with our president selling paper.

An incredible breakfast was served this morning, with the main reason that it was incredible being no one from the original breakfast team showed up, but Lena Long and Bernie Bartel pulled everything together and had it ready on time! I guess Glen Sapp, Cindy Gunter, and the Felmlees didn't read the bulletin last week, so didn't know that it was their turn.

Barrett shared thank you letters from the Girl Scouts for our contribution to them and a letter from Evan Davidson thanking our club for the scholarship he received.

Our speaker was Rebecca Nowlin, the new executive director for the Central Missouri Area Agency on Aging. CMAAA is one of 642 agencies on aging in a network across the United States that were created through the Older Americans Act in 1973 to help people remain in their homes for as long as possible. Agencies on Aging accomplish this through support, expertise, guidance, and partnerships within the local communities in their area. CMAAA provides services for nineteen local counties and their office is on

Because of the monumental population shift that is occurring, with four thousand people turning 65 each day and an estimated twenty percent of our population being over 65 by 2030, Area Agencies on Aging have had to increase their services to help the aging population.

Some of the services they provide include an Ombudsman program to advocate for people in nursing homes, as well as mediate on any problems between facilities and residents.

CMAAA also provides nutrition program, through home bound and congregate meals. The home bound meals are approved by a certified dietitian and delivered by caring, friendly drivers. Congregate meals are provided at thirty-one senior center throughout our area at low or no cost. Many of these same Senior Centers provide education and community support services. They also provide care coordination services with information, transportation, legal and application assistance accessed by a phone call to 1-800-369-5211.

If you would like to help or require assistance yourself, you can contact Rebecca by email at [rnowlin@cmaaa.net](mailto:rnowlin@cmaaa.net). They will be holding an advocacy training in October.

When Rebecca was finished speaking, she drew for the Attendance drawing. Dale Wilson, Gail Quigley, and Sara Walsh all had their chance at winning, but the pot will continue to grow.

The rain held off so that the FFA, Safe Kids Coalition, and the Folks on Spokes could assist the kids and give out helmets to all who came to the Safety on Wheels program this year. Two lucky young people were thrilled to leave with brand new bikes, purchased by Central Bank Boone County South County Bank.

Letitia DenHartog