



OPTIMIST
INTERNATIONAL

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

July 15 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!
July 21 next Bingo

**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
 Johnny Pauley 2023

Ashland Optimist Bulletin July 15, 2023
Breakfast: July 22- Bernie Bartel, Donna Wobbe,
and Jan Palmer

Program- Larry Joe Pauley- Harris Cemetery

Next Bingo- This Friday, July 21

The Ashland Optimist Board of Directors met on Thursday, July 13th, at the Optimist building. Financial records for May and June were shared, along with a report about the recent Fishing Clinic and Arcie Sapp Blood drive. Thanks were extended to Bruce Glascock for filling in the large pothole that had been at the corner of Henry Clay and Optimist Dr. Jan Palmer has secured a booth for the Fall Festival on Sept. 9th and will be getting a banner. She will be looking for members to help staff the booth from 9-4. The Board ended the meeting by accepting Bill DiPietro as a new member. He was sponsored by Ernie Wren.

After a breakfast including breakfast burritos and zucchini bread prepared by Dana Cafourek and I, Leigh introduced our speakers, Alec Mundle and Jennifer Clark-Williams from Boone County Health and Senior Services. They brought their Health on Wheels van and shared information about some of the programs they provide around Boone county using the van. One is preventative health checks for prediabetes, blood pressure, and other health issues, with no insurance needed. This allows people to find a location/event near them to start the process of addressing their health problems.

Another program is called Healthy Heart Ambassador Blood Pressure Self-Monitoring. Participants are provided a blood pressure cuff, plus two consultations with a Community Health Worker per month for four months to help train them on how to use the blood pressure cuff correctly and follow up with them about blood pressure concerns, as well as monthly nutrition seminars for long term health.

After Alec and Jennifer shared their information and answered questions, but before everyone headed outside to tour the van, Alec drew for the Attendance drawing. Madeline Bloss was thrilled to hear her number and responded with "It pays to attend!"

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