



**Assisted Living**

Joyce Adams from Fox Run Assisted Living was the speaker at the Treynor Optimist Club meeting on Saturday, October 27. Fox Run has 66 apartments and provides three fresh meals daily. They have activities for the residents throughout the day and provide many off-site opportunities also.

Independent living is preferable for people

who can cook their own meals, but may need some help with housekeeping and organizing meals. Assisted living is for people who should not cook because they don't watch it closely, and for people who are not eating properly. Most assisted living residents will stay at the residence until the end of their days. They usually cannot stay in assisted living if they become combative, are harmful to themselves or others, or cannot get around without assistance, for example getting out of a wheelchair. With assisted living, outside help can be brought in for a variety of reasons, such as physical therapy. There are a variety of levels of support in assisted living residences.

Joyce said that there are some common things to look for to help determine if someone needs to move from independent living to assisted living. She usually checks the refrigerator to see if there is a lot of outdated food in there. One person she visited was getting Meals-on-Wheels, but had several weeks of boxes of food in the refrigerator in various stages of spoiling. Another thing to look for is cleanliness of the house and self cleanliness. Often a person will get an aversion to water, becoming afraid of getting in the shower or bath tub, or just wear the same clothes every day.

**Calendar**

- Oct 31 – Can Kennel Sorting, 4:00 p.m.
- Nov 14 – Can Kennel Sorting, Cub Scouts, time TBD
- Nov 28 – Can Kennel Sorting, Cub Scouts, time TBD

**Birthdays**

- Oct 17 – Marsha Underwood (recognized)
- Oct 29 – Bill Vorthmann (recognized)
- Nov 8 - Mick Gutttau
- Nov 18 – Dianne Willenborg

**Anniversaries**

- Oct 13 – Dale & Dianne Willenborg (recognized)
- Oct 17 – Dennis & Kay White (recognized)
- Nov 2 - Kirk & Lynell Vorthmann
- Nov 25 – Ward & Suzanne Chambers

Joyce said she can present a program called "Walk a Mile in My Shoes" where she shows people what it is like to have failing vision or numbness in their feet, so people can get an idea of what it is like.

When looking at a residence, be sure the play you stay is licensed by the state. Some are not, so they don't have the same level of oversight.

At Fox Run, they welcome individuals or groups to join the residents. Activities are always welcome. Meals cost \$6 for visitors, but please call the day before you come.

**Meeting Minutes**

Ken Graham opened the meeting on October 27. Keith Denton, Kirk Vorthmann, Chuck Nielsen, and Pam Miller provided jokes. Ken Graham offered the opening prayer.

The club celebrated Bill Vorthmann's birthday with a song. Richard Vorthmann contributed to the Youth Fund because his granddaughter was being recognized for FFA. Gary Funkhouser recognized the success of the girl's volleyball team. Chuck Nielsen passed his real estate exam this week.

Can Kennel sorting will be Wednesday at 4:00 p.m. Chuck Nielsen won the 0/50. Kevin Elwood won the attendance award, but did not collect.

Chad Gutttau provided a basket of gourds and squash for the auction. Arlyn Norris bought it for \$25.

Pam Miller, the Lt Governor for Zone 3, participated in the meeting. She said that there are 70 Optimist Clubs in Iowa with about 2500 members. She said that there will be a Fill-the-Bus parallel district conference in Deadwood, South Dakota in March. Details will be provided later.

There was a Board Meeting after the club meeting. The Board approved a budget of \$1500 for this year. They also approved the St. Paul Youth group for the can kennel in April 2013 and the 8<sup>th</sup> grade leadership group for the May 2013 can kennel. No one was interested in collecting advertising from retailers, so the Board voted to remove advertising from the Newsletter and the web-site.

**Speakers**

**Programs**

- Nov – Gary Gutttau
- Dec – Bill Vorthmann

**Prayers**