



# Grandiose Utterings of Monaco South (GUMS)



November 1, 2013 – Vol. 39, Issue 5

## Optimist Club of Monaco South



Founded in 1976 at Denver, Colorado  
Serving Youth and the Community for 36 Years

[www.monacosouth.org](http://www.monacosouth.org)

Editor for this Issue—Robert Wardlaw



### Good Morning Optimist Greetings

It is still dark out but a warm morning, as the smiling **Tom Hoch** and **Rob Gardner** greet us this morning.

#### First Bell

Club President **Jon Wachter** rings the bell promptly at 7 a.m. Jon starts by asking us to greet our fellow members enthusiastically, a good chance to say hello to everyone around us. Club Chaplain **Bob Coulson** reads the invocation this morning with special reference to youth who are homeless. He then leads us in the Pledge of Allegiance.

#### Guests

Guests this morning include Stu, who is introduced by **Bob Coulson**. Also, **Jeff Johnston** introduces Bruce, who specializes in home repair services and garners the attention of many in the room. John West from the Arvada Optimist club also joins us.

#### From the Prez

**Prez Jon** calls those who have announcements up front. In doing so, he reminds us of the Memorial



Jon Wachter, Prez  
Photo Don StJohn

Service for **Harry B. Johnson** who passed away on October 11, 2013. The memorial service will be at the First Presbyterian Church of Littleton, 1609 W. Littleton Boulevard on Saturday, November 9<sup>th</sup> at 1 p.m. A private memorial service will be



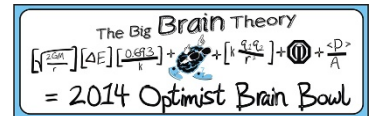
Harry Johnson  
Member since 2006

held at Fort Logan National Cemetery. In lieu of flower, contributions to the Littleton First Presbyterian Church would be appreciated.

### Announcements

**Dime-A-Day Program:** Fred Pasternack tells us that he has already received two checks for the Dime-A-Day Program for this year. A good start for this fundraiser, which helps fund programs, Optimist International offers youth in our community. Find the Dime-A-Day form on the GUMS distribution email.

**Important Brain Bowl Dates:** Karl Geil announces the Brain Bowl is coming and all three Optimist Brain Bowl tournaments have now been scheduled, as well as two of the Reader training sessions. The tournaments are:



- North: January 11, 2014 at Standley Lake High School in Westminster
- Central: February 1, 2014 at Heritage High School in Littleton
- South: February 8, 2014 at Carson Middle School on the Ft. Carson Army Post near Colorado Springs
- Championship: February 22, 2014 at Hamilton Middle School in Denver
- Reader trainings are on Saturday, January 4, 2014 at 9:00 a.m. at the Valmont Presbyterian Church in Boulder and Tuesday, January 7, 2014 at 6:30 p.m. in rooms 209 and 210 at Heritage High School.

For more information visit [www.optimistbrainbowl.org](http://www.optimistbrainbowl.org).

**Santa's Needed:** Don Iley fills in for **Craig Eley** in announcing opportunities for Santa duties at the Tree Lot coming up later this month and into December.

**Interested Entrepreneurs & Walkers:** Rod Winget is looking for older entrepreneurs to work with and meet with. In addition, the walking group is meeting again this morning to explore the local walking paths. See Rod for details and for getting involved.

Cont. next page

**Meeting Place**  
**American Legion Hall Post 1**  
**5400 East Yale Avenue (Yale & I-25), Denver, Colorado**  
**Every Friday Morning, 7:00 – 8:00 am**  
**\*\*\*\*INVITE A FRIEND TO JOIN\*\*\*\***

## Announcements Continued

**Denver Art Society First Friday: Bob Coulson** shares that this evening's kick off for Denver Art Society First Friday festivities. The event will be at 734 Santa Fe Blvd and will highlight November being National Homeless Awareness Month.

**Congressional Youth Award Program: Bob Coulson** is also passing out bracelets that give a phone number and information for homeless youth to call for resources that can help them get off the street and a safe place to stay. Bob also reports that **Pat Bush** has agreed to serve as co-chair for the Denver, Colorado, Congressional Youth Award Program.



**2014 Know Brainer: Mike Chavez** talks about the *Know Brainer* that will take place next May. He is looking for two other members to join him in the planning for this event. The *Know Brainer* is similar to the Brain Bowl, but for fifth graders.

**Tree Lot Update: Ed Collins** tells us that final preparations are being made for the new location of the Tree Lot. There are informational flyers available for members to pass out in their neighborhood, workplace, etc. The effort being to gain new business. Additionally, consider using your wife or significant others' contacts to generate more interest.

**Ink Cartridges:** Anyone who uses HP88 Printer Ink, please see **Greg Young** for some free cartridges.



**Next Week's Speaker: Frank Middleton** announces that next week George Brauchler, Arapahoe County District Attorney, will be speaking to us. He requests that no questions on the ongoing Aurora shooting case be asked.

**Holiday Party:** While **Frank Middleton** had the floor, he also wants members to be aware that the Holiday Party will take place Saturday, December 7<sup>th</sup> at the Aurora Hills Golf Club House. Frank reports the cost will be \$5 per person. More details forthcoming.

**Correctional Industries Tour: Bob Avery** has the list for those who signed up for the tour of Correctional Industries, Tuesday, November 19<sup>th</sup>. The tour will see the 5,000-acre complex in Canyon City. Bob will need your driver license and date of birth.

**Thanksgiving Baskets: Bob Avery** also shared that Thanksgiving Baskets will be distributed Saturday, November 23<sup>rd</sup> to needy families in SE Denver. Those interested in delivering the baskets, meet at 8 a.m. on the 23<sup>rd</sup> at the American Legion Hall and plan to help until about 10.

**Volunteer for the Brain Bowl: Paul Simon** takes the microphone and tells us he is the Volunteer Coordinator for the Brain Bowl, if you have any questions he is happy to provide information. Paul also recognizes Lt Governor for Zone 8, Curt Merrill, who is here this morning. Paul also talks about the Classic Car Optimist Club sponsored by OCMS. And shares that

the next meeting of the Front Range American Cancer Society Club will be this coming Thursday at the American Cancer Society building.

## Drawing

Do we have a drawing? Yes, **Allen Yockey** is sitting in for Dr. Bob, and the pot has grown to \$60. The lucky card today is 10 of diamonds. Lucky ticket holders this morning include **Robert Duvall, Donlie Smith, and Mitch Kumsteen** but no winning card is drawn. **John Walsh** gets his token drawn from the container but fails to pick the winning card. See you next week.



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## For those who love the philosophy of ambiguity, as well as the idiosyncrasies of English:

1. One tequila, two tequila, three tequila, floor.
2. Atheism is a non-prophet organization.
3. If man evolved from monkeys and apes, why do we still have monkeys and apes?
4. The main reason that Santa is so jolly is because he knows where all the bad girls live.
5. I went to a bookstore and asked the saleswoman, "where's the self-help section?" she said if she told me, it would defeat the purpose.
6. What if there were no hypothetical questions?
7. If a deaf child signs swear words, does his mother wash his hands with soap?
8. If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?
9. Is there another word for synonym?
10. Where do forest rangers go to "get away from it all?"
11. What do you do when you see an endangered animal eating an endangered plant?
12. If a parsley farmer is sued, can they garnish his wage?
13. Would a fly without wings be called a walk?
14. Why do they lock gas station bathrooms? Are they afraid someone will break-in and clean them?
15. If a turtle does not have a shell, is he homeless or naked?
16. Can vegetarians eat animal crackers?
17. If the police arrest a mute, do they tell him he has the right to remain silent?
18. Why do they put braille on the drive-through bank machines?
19. How do they get deer to cross the road only at those yellow road signs?
20. What was the best thing before sliced bread?
21. One nice thing about egotists: they do not talk about other people.
22. Does the little mermaid wear an algebra?
23. Do infants enjoy infancy as much as adults enjoy adultery?
24. How is it possible to have a civil war?
25. If one synchronized swimmer drowns, do the rest drown too?
26. If you ate both pasta and antipasto, would you still be hungry?
27. If you try to fail, and succeed, which have you done?
28. Whose cruel idea was it for the word 'lisp' to have 's' in it?

## Our Speaker: Randy Gornbein SarahCare Adult Care Centers

Our speaker this morning is Randy Gornbein, owner of Sarah Care Colorado. Sarah Care specializes in Adult Day Care for aging adults who are frail or physically dependent, those suffering from Alzheimer's or dementia. Randy grew up at Holly and Florida and was a financial planner for 15 years. He became increasingly aware of money management issues as his clients aged and dealt with their changing needs. This became and even more personal issue trying to find care for his father in law who was suffering from Alzheimer's disease.



Randy Gornbein

Photo Don StJohn

Several factors are considered when talking about Adult Day Care.

The demographics are changing, in many cases, the people served are younger, as well as developmentally disabled, and men are increasingly cast into the role of caregiver. Another factor is the impact of family caregiving. For those serving as caregiver, the physical health impact is considerable. Often the caregiver sees an increase in blood pressure and insulin levels, impaired immune system, along with an increase risk for cardiovascular disease. Elderly spousal caregivers have a 63% higher mortality rate than non-caregivers of the same age. This can lead to higher levels of depression and other mental health problems. Also, increased use of prescription and psychotropic drugs. Another possible result can be an increased risk of engaging in harmful behavior toward care recipients.

Another consideration of this issue is the Impact of Family Caregiving on Work. Nearly 61% of adults (50 and above) are employed either full-time or part-time. Seven in 10 of these report making work accommodations, including arriving late/leaving early or taking time off during the day. US businesses lose \$33.6 Billion per year in lost productivity due to these issues.

Services available for these adults needing care include Residential Living with Assistance, Programs for Independent Seniors, and Home and Community Based Services. There is a variety of programs available for independent

seniors. Community and Senior Centers featuring social clubs and activities, educational sessions including crafts, exercise, and yoga. Another aspect to consider is for Continuing care retirement communities. These offer a continuum of care from private homes to nursing home care. Residents must be able to live independently upon entering and feature a private pay requirement. Many of these facilities are affiliated with religious institutions. Pace programs are a captive Medicaid program sponsored by the federal government. Residents must meet income standards for these facilities that offer full

ranges of services including physicians, medications/ pharmacy, DME, nursing care. Also in this area are Nursing/Senior Care facilities, which are semi-private or private costing up to \$90K per year. Assisted Living can offer apartments for seniors including weekly housekeeping, daily meals, van transportation for errands and activities.

Home and community based services include Adult Day Health Center, Home Health, Homemaker, In-Home Non-Medical Care, Transportation. Adult Day Health Services offer Nursing Care, Personal Care, Therapeutic diets, Physical occupational & speech therapies. These are offered for those with physical impairments, memory loss, frailty, or loneliness. Costs for these programs can be covered by Medicaid Waiver, Veterans Administration, Long Term Care Insurance, or Private Pay.

Along with these care options aging adults and those who care for them need to consider Geriatric Care Management. These professionals offer guidance to families to ensure quality care, which will reduce worry, stress, and time off work for family caregivers through assessment and monitoring, planning, and problem-solving, education and advocacy, as well as family caregiver coaching.

For more information about SarahCare see <http://sarahcare.com/>.

Super Citizen Presenters for November		
Nov 13 @ 1:00	Lowry	Paul Stratton
Nov 13 @ 2:30	MPB	Rob Gardner
Nov 22 @ 9:30	Holm	Ron Cisco
Nov 21 @ 12:45	McMeen	Mark Metevia
Nov 22 @ 3:00	Bradley	John Stoffel

Weekly Greeters	
Date	Greeters
11/8/13	Bob Avery & Greg Young
11/15/13	Keith Gallaway & ?
11/22/13	Fred Pasternack & Dave Peck
11/29/13	Dave Peck & Barry Barker

### Monaco South Calendar

- Nov 8 Fri 7:00 am Meeting, Legion Hall - George Brauchler, Arapahoe County District Attorney
- Nov 15 Fri 7:00 am Meeting, Legion Hall - Camaraderie Day
- Nov 16 Sat 6:30 am TJ Craft Fair, S. Holly & Happy Canyon Road - See Craig Eley
- Nov 20 Wed 6:30 pm Board Meeting, District 4 Council Office, 3540 S. Poplar St., Suite 102
- Nov 22 Fri 7:00 am Meeting, Legion Hall - Joe Marci, Tree Lot Education
- Nov 23 Sat 8:00 am Thanksgiving Basket Delivery - See Bob Avery

**Past Presidents of the  
Optimist Club of Monaco South**

Bob Rhue	1976-77	Bob Safe	1995-96
Jerry Whitlow	1977-78	Tom Overton	1996-97
Bill Kosena	1978-79	Peter Dimond	1997-98
Duane Wehrer	1979-80	Ralph Symalla	1998-99
Curt Jefferies	1980-81	Cy Regan	1999-00
Frank Middleton	1981-82	Stan Cohen	2000-01
John Young	1982-83	Don St. John	2001-02
Pat Bush	1983-84	Jack Rife	2002-03
Bob Hugo	1984-85	Karl Geil	2003-04
Tom Mauro	1985-86	Bryce Slaby	2004-05
Curt Lorenzen	1986-87	Donlie Smith	2005-06
Oscar Sorensen	1987-88	Paul Bernard	2006-07
Lupe Salinas	1988-89	Greg Young	2007-08
Bob Avery	1989-90	Phil Perington	2008-09
Bill Litchfield	1990-91	Ron Cisco	2009-10
Bill Walters	1991-92	Ed Collins	2010-11
Kent Gloor	1992-93	Randy Marcove	2011-12
Gary Strowbridge	1993-94	Paul Simon	2012-13
Mark Metevia	1994-95		

**2013 - 2014 Officers**

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Vice President	Craig Eley	303-758-9499
Vice President	John Oss	720-210-8056
Secretary	Pat Bush	720-747-5482
Treasurer	Greg Young	303-759-3921

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J. R. Gieck	949-636-7614
Jack Kleinheksel	720-938-1760
Mike McMahon	303-514-5175
Fred Pasternack	303-758-3754
Ralph Petersen	303-759-3384
Michael Short	970-261-6012
Scott Walker	303-517-1862
Paul Simon (Past Pres.)	303-300-9940

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Robert Wardlaw	303-525-2532	<a href="mailto:rlawardlaw@gmail.com">rlawardlaw@gmail.com</a>	Craig Eley	720-771-0866	<a href="mailto:craigceley@gmail.com">craigceley@gmail.com</a>

**NEWSLETTER EDITORS:** Oct **Robert Wardlaw**, Nov **Pat Bush**, Dec **Paul Stratton**, Feb **John Oss**

**THE OPTIMIST CREED — Promise Yourself . . .**

- To be so strong that nothing can disturb your peace of mind.
- To talk health, happiness and prosperity to every person you meet.
- To make all your friends feel that there is something in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, to work only for the best, and to expect only the best.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheerful countenance at all times and give every living creature you meet a smile.
- To give so much time to the improvement of yourself that you have no time to criticize others.
- To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.