

Rich - O - Gram

Optimist Club of Richfield, MN Dakotas-Manitoba-Minnesota District Club Number 35125

May 18, 2022

THIS WEEK:

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Meet at 7:30 AM in the District Boardroom

At Richfield High School - Use 70th St. Door

\$ 5.00 charge per person.

Yogurt, fresh fruit. & sweet rolls & coffee

Speakers: John Bjostad - Richfield Historical Society

Our speaker last week was [Denise Nelson](#), a former member who talked to us about healthcare trends. Denise is an RN who does private nursing consulting & is a proponent of preventative, proactive healthcare. She likes to call it “Empowered” health. She has recently accepted a position as Executive Director of a “home health care” company. Her takeaways for you are these:



- Food is medicine - Eat healthy!
- Get out in the sun!
- Walk, Mooov-e & get adequate rest!

Tony Koval experienced some medical problems last week. Hopefully he is Recovering well. Prayers are always welcome!



Happy Birthday to [Roxana Bailey](#) on May 11th.
Sorry It got overlooked last week.

Meeting Assignment:

May 18 Greeter, Cashier & Cleanup - Deanna Wahlen

May 25 Greeter, Cashier & Cleanup - Doug Kleist

June 1 Greeter, cashier & Cleanup - Mike Fogarty

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, work only for the best, and 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 a smile.

To give so much time to the improvement of yourself 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.