



# “The Sunny Side – Cookin’ with Optimism”

Week of May 4, 2020

Farmington/Farmington Hills Optimist Club News  
f2hoptimists.org

## Club meeting Weds. May 13

Our next club meeting is **Wednesday, May 13 at 8:00 am to 8:30 am**. Also, we are honored to have **Police Chief Jeff King** as our featured speaker. Come to the zoom meeting and we will discuss how the police are handling Covid-19.

## May Calendar

**May 6 – Board Meeting**

**May 13 – FH Chief Jeff King**

**May 20 – John Gallagher, Journalist**

**May 27 - TBD**

## New evidence that optimists live longer

See article from research study at following Link:

<https://www.sciencedaily.com/releases/2019/08/190826150700.htm>

## Thank You Carry-out Dinners

Hope you all were able to take advantage of buying a take out dinner from Cowleys as a thank you for hosting our breakfast meetings. If not, suggest you do it. We are considering doing the same for other restaurants who support our club.

## Last Week’s Zoom Meeting



We were honored to have **Imana Minard (Mo)**, the Director of Nursing for the Emergency Center, Nursing Resource Pool, Vascular Access, Respiratory, and Transportation for Beaumont Farmington Hills. It was a good discussion about how the COVID-19 has impacted our local hospital and staff. It was great to be able to ask her questions and hear firsthand examples of what they are doing.

*“Whoever is happy will make  
others happy too.” – Anne Frank*