

Club members, friends and District Officers are bcc'd this note.

Farmington/Farmington Hills Sunnyside Newsletter

Farmington/Farmington Hills Optimist Club

"We provide hope and a positive vision, as we bring out the best in our youth, our communities, and ourselves."

Club Meeting Link for Wednesday at 7:30 am

Zoom link: <https://zoom.us/j/95373051252>

Deb Brennan, CEO, of Freedom House Detroit is Speaker

Deb will talk about the mission of Freedom House to support and empower asylum seekers in their inclusive and welcoming space. She has more than 30 years of frontline experience in social services case management.

Prior to Freedom House, she held director- and manager-level roles with other Detroit-area nonprofits including the Coalition on Temporary Shelter (COTS) where she worked with homeless individuals and families, and Women ARISE, where she worked with women re-entering society after incarceration.

Recruit New Members for June Orientation!

Our next New Member Orientation is scheduled for Wednesday night, June 9 from 7:00pm to 8:00pm. Now is a good time to recruit new members and have them attend the orientation so they can get active in our club activities. Refer prospective new members to Tom Neal (ttneal@sbcglobal.net) so he can make sure they get an invite to the orientation.

Golf Outing News

The Golf Committee is currently accepting raffle gifts. Remember to get your \$25 (at least) gift card to Cathy Neal. We have 3 so far but need a lot more to make up the popular gift card tree (a major prize). Start recruiting your foursome for the Aug. 3 event. Golf flyer is attached.

JOI District Convention Report

Last Saturday the JOI District held their annual convention virtually. While the attendance was minimal, elections were held for next year's officers. **Rani Dhiman** from North Farmington High School was elected Lt. Governor for next year. She plans to promote equity and equality in clubs and expand the outreach of Jr. Optimists in the District. Congratulations Rani!

SOAR Course on Positive Aging

Tom attended the lifelong learning class from SOAR on Positive Aging. Attached is the presentation that discusses 3 different studies on aging. There are many common elements to all 3 studies. Being an Optimist and giving back to our community is one of the positive things to you can do.

Website: f2hoptimists.org

Facebook: Farmington/Farmington Hills Optimist Club

Calendar (All club meetings 7:30 am to 8:30 am by Zoom)

May 26	Speaker: Deb Drennan, CEO, Freedom House
June 2	Board of Directors Meeting
June 9	Club Business Meeting
June 9	New Member Orientation Zoom, 7-8 pm
June 16	Speaker: Bill Dwyer, Warren Police Commissioner
June 23	Speaker: Kim Olson, School Leader, Oakland Flextech High School
June 30	The Hawk Opening Update

CHOOSE OPTIMISM

Attachments:

Newsletter PDF

Positive Aging PDF

2021 Optimist Golf Flyer PDF



**30th
Annual**

Orrie Donley Golf Outing

in support of

The Farmington/Farmington Hills Optimist Club

Tuesday, August 3, 2021

Farmington Hills Golf Club

18 Holes Of Golf With A Cart On A Championship Course

9:30 a.m. Shotgun Start

Skins Game • Vegas Hole • Closest To The Pin • Lowest Score
Longest Drive • Other Fun Activities • Awards, Raffles & Prizes
Sponsorships Available

Golf Package \$125

Dinner Only \$30

Farmington Hills Golf Club
37777 Eleven Mile Court
Farmington Hills, MI 48335
248-476-5910

**FOR YOUR SAFETY,
ALL COVID-19 PROTOCOLS WILL BE
FOLLOWED DURING OUR EVENT.**

The Orrie Donley Golf Outing is the largest single fundraising event each year for the Farmington/Farmington Hills Optimist Club. It enables our organization to provide financial support to many worthwhile youth programs and events in our community.

The Farmington/Farmington Hills Optimist Club is a 501(c)(3).

www.f2hoptimists.org





Golf Package \$125
Dinner Only \$30

8:00 – 9:15 a.m.
Continental Breakfast & Registration

9:30 a.m.
Shotgun Start

Lunch & Beverage Cart on the Course

3:30 p.m. (approximately)
Early Dinner
Followed by Awards, Raffles & Prizes

Register, Sponsor, Donate
www.f2hoptimists.org

Credit Cards Accepted

Or send this form with check payable to:
Farmington/Farmington Hills Optimist Club
P.O. Box 2203 Farmington Hills, MI 48333

For more information contact:
Optimist Golf Committee Co-Chairpersons

Laura Stewart
Roxanne Fitzpatrick
248-470-3584 rftz@kw.com
FFHOptimistsInfo@gmail.com

Sponsor Registration
Must Order By Tuesday, July 6

◆ **Diamond Level \$2,500**

Full page advertisement in program

◆ **Gold Level \$1,500**

½ page advertisement in program

◆ **Silver Level \$1,000**

¼ page advertisement in program

◆ **Bronze Level \$500**

⅓ page advertisement in program

◆ **Chrome Level \$150**

Listing in program

◆ **Each Sponsorship Level Includes:**

- Hole sponsor sign
- Place promo items (min 144) in give-away bags

Name: _____

Company: _____

Address: _____

Phone: _____

Email: _____

Optimist Member Contact: _____

Golfer & Dinner Registration
Must Register By Tuesday, July 20

	# of People	Total
Golf & Dinner		
Dinner Only		
	Total	

Name _____

Address _____

Phone _____

Email _____

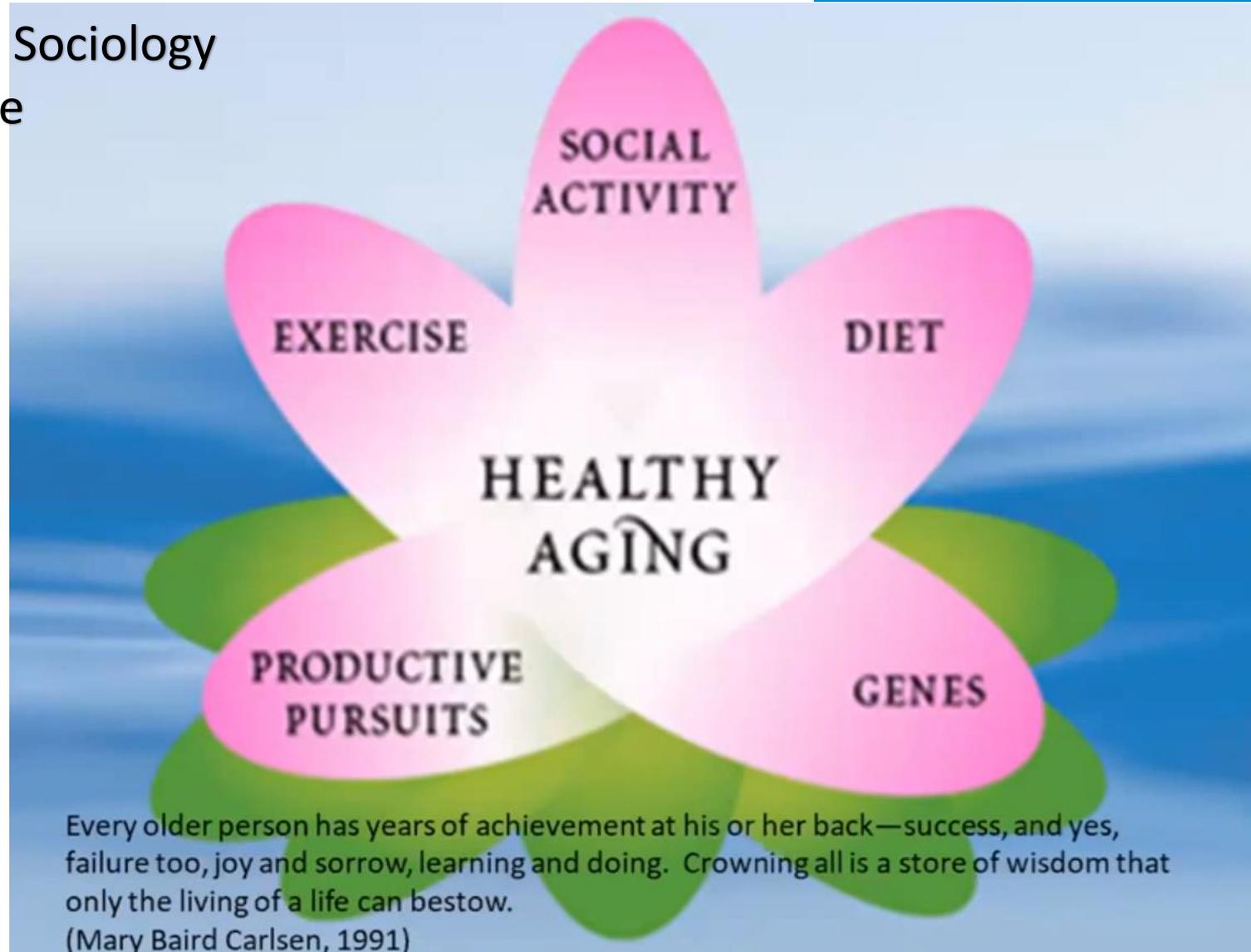
Positive Aging

By Mel Chudnot Ph.D.

Retired Professor of Psychology and Sociology
Oakland Community College

Overview

- Psychosocial Stages of Development: Concepts of Erick Erikson
 - Our well-being is a life-long process.
- Landmark Harvard Study of Adult Development (George Vaillant)
 - An astounding 70 year longitudinal study which answers many how's and why's about aging well.
- Look at Vaillant's recommendations
- Exercise: Do people change as they age?
- Exercise: Create a formula for Emotionally Healthy Aging
- Other theories or studies of healthy aging:
 - o Creative Aging: the research of Mary Baird Carlsen
 - o Thriving in the "Blue Zones" Dan Buettner
 - o Still Here- Ram Dass Using Eastern Philosophie





Transition time

Let's talk about: Easing Into Post-COVID Life When the Time Comes

All transitions can be stressful, even positive ones. Anxiety is normal, even when we are excited to get our regular lives back.

- We have been in “lockdown” mode for a long time. That has become our life style. The transition to “normal” activities post-COVID vaccination may bring unexpected [anxiety](#) and [stress](#).
- Go slowly as you ease back into your former routine, and remember that there is no right or wrong way to feel about it.
- Set aside time for self-care during this period of change.



FIVE TIPS TO HELP YOUR TRANSITION

- 1. Watch your pace** You may not be as “ready” to spring out as you think. Your friends and family may feel differently than you. You can change your mind after trying something, and try it again later.
- 2. Get rid of the "shoulds" when it comes to feelings.** All feelings are normal during this time. Don't put added pressure on yourself
- 3. Communicate clearly.** Be honest with yourself and your friends and family. Avoid debates and respect other's opinion, but communicate your needs clearly
- 4. Increase your self-care.** Take care of y Yourself as much as you have been.
- 5. Remember that it is a process.**
Take your time. This may take longer than we think. Be patient with Yourself and others.



ERIK ERIKSON: PSYCHOSOCIAL STAGES OF LIFE

Old Age	VIII							KEEPER OF MEANING ★	Integrity vs. Despair, disgust. WISDOM
Adulthood	VII							WORK ROLE ★	Generativity vs. Stagnation. CARE
Young Adulthood	VI							Intimacy vs. Isolation. LOVE	
Adolescence	V						Identity vs. Identity Confusion. FIDELITY		
School Age	IV						Industry vs. Inferiority. COMPETENCE		
Play Age	III						Initiative vs. Guilt. PURPOSE		
Early Childhood	II						Autonomy vs. Shame, Doubt. WILL		
Infancy	I						Basic Trust vs. Basic Mistrust. HOPE		
		1	2	3	4	5	6	7	8

From *The Life Cycle Completed* by Erik H. Erikson
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★ ADDITIONS FROM HARVARD GRANT STUDY: GEORGE VAILLANT

EVERY STAGE OF LIFE PRESENTS CHALLENGES + GROWTH
Erick Erikson's Developmental Stages

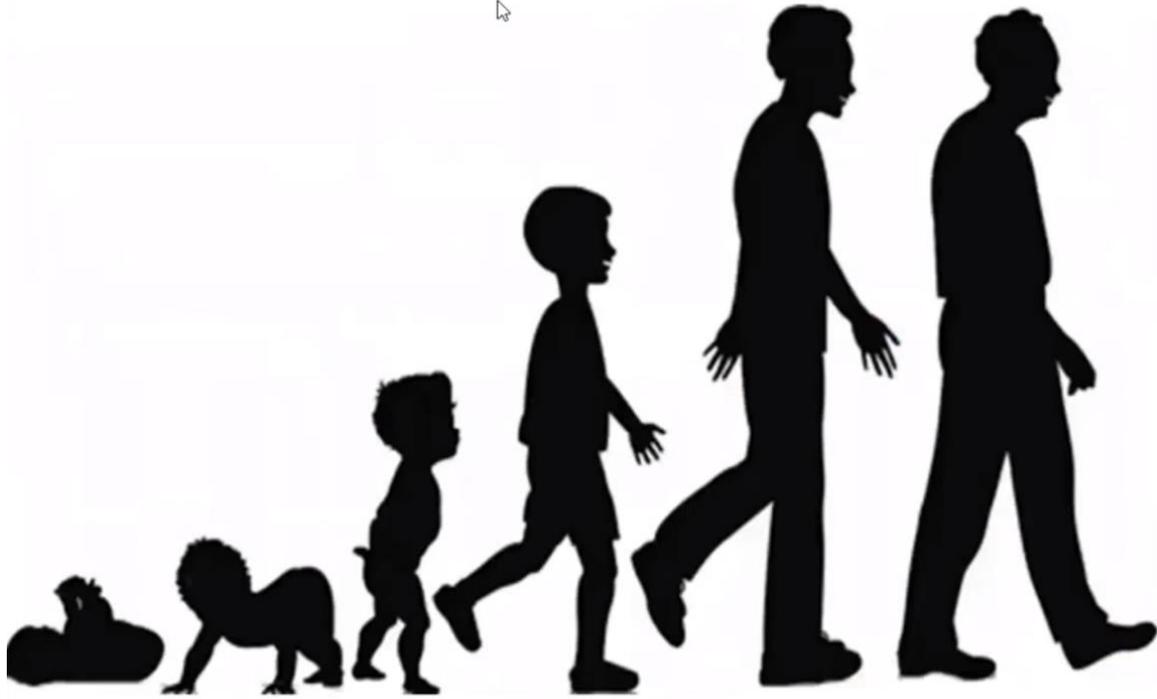


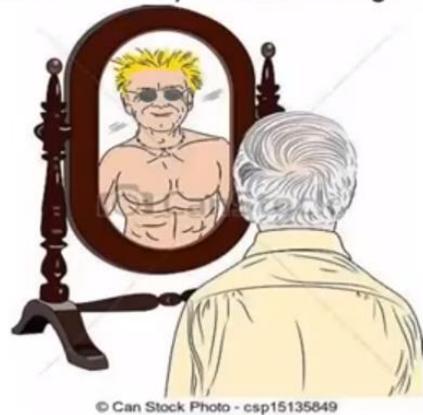
TABLE 3.3 Erikson Concept: Integrity vs. Despair

DESPAIR	INTEGRITY
Arousal/anxiety/blocking Pulling in from life Decline of perceptual acuity	Serenity Continuity, openness to life Growth or maintenance of perceptual acuity
RELATIONSHIPS	
FAMILY	
1. Loneliness 2. Excessive dependency 3. No support system	1. Ability to be alone 2. Solution of problems presented by others: aging parents, children, spouse 3. Maintenance of support systems
MIND	
1. Decline in mental functioning 2. Boredom 3. Self-absorbed	1. Continuing study: adult education 2. Artistic expressions 3. Service to others
PHYSICAL	
1. Repression of fears of physical decline 2. Rejection of aging peers 3. Development of invalid role 4. Preoccupation with illness	1. Realistic evaluation and acceptance of losses 2. Acceptance of aging peers 3. Perceptual awareness 4. Satisfactory resolution of illness experience
VOCATION/MEANING	
1. Disillusionment 2. Boredom 3. Stimulus deprivation 4. No investment of meaning 5. Negative outcome	1. A sense of being needed 2. Continuing shaping of personal meaning 3. Effort to find novelty 4. Something to be committed to 5. Use of personal abilities in interesting, challenging activity

Exercise: DO PEOPLE CHANGE (or not) AS THEY AGE? (e.g. their characteristics, behaviors, their values, their priorities, their social, emotional, intellectual patterns?) (For better or worse?)

Goal: Are you the same or different today as you were as a young or middle age adult?

What are one or two long time habits or behaviors that you have changed for the better as you got older (and wiser)?



Answers in zoom chat:

Become more self confident

More physical well being

More patient

Nothing to prove

More assertive

Set boundaries more clearly

More tolerance of self and others

Types of physical activities

Accept gay son now

Tolerant of differences

Better job of maintaining health

Less worried about what others think of me

Acceptance of change

Not afraid to do my own thing

More open to making changes

research at HARVARD UNIVERSITY
matters

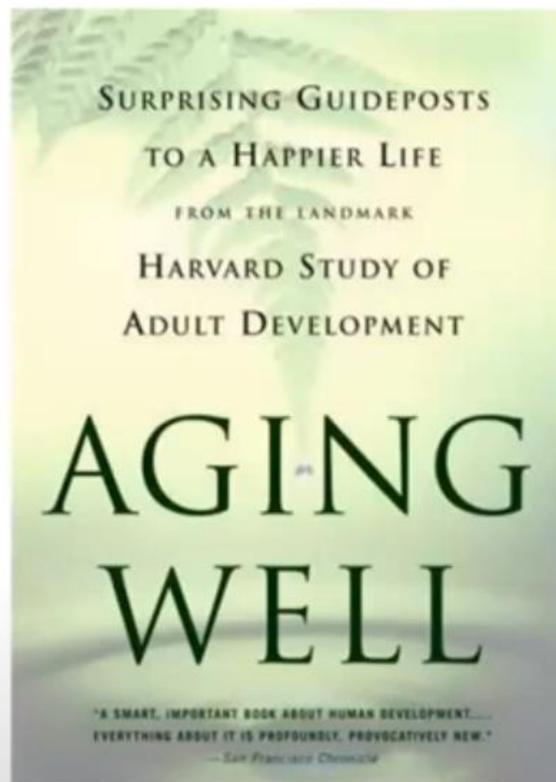
HARVARD LONGITUDINAL STUDY OF
ADULT DEVELOPMENT

Started in 1939

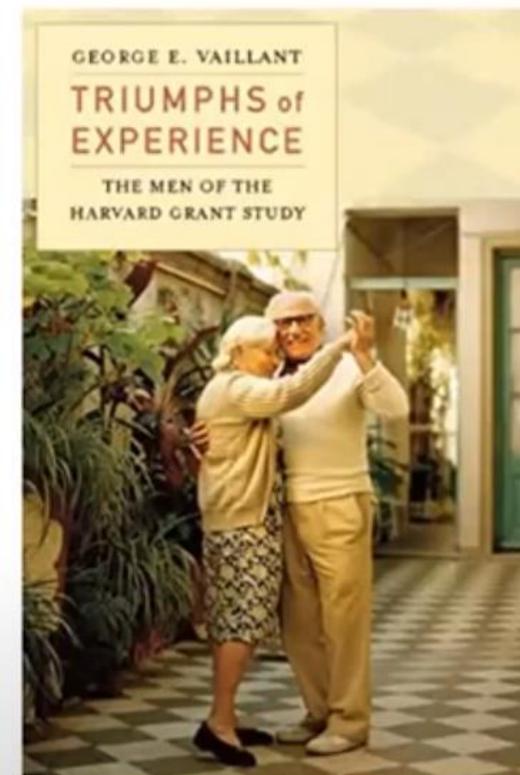
Visited people ever 2-4 yrs.

Lifestyle, activity, relationships, etc.

What was impact of reaching
50, 60, 70, 80



GEORGE E. VAILLANT, M.D.



HOW TO HAVE A REWARDING LATER LIFE:

(From the Harvard Longitudinal Study , George Valliant 2012)

1. Have a SOCIAL NETWORK. Replace work mates by connecting with friends and family (grandchildren if possible) , and by developing NEW relationships. Having younger friends is valuable and mentoring and teaching helps. Volunteering makes us feel productive as well as connects us with other people.
2. Keep PLAYING or rediscovery how to play. This helps us enjoy life while giving up self importance and competitiveness. Joy and Freedom. Learn from younger adults and children. Engage your grandchildren or adopt some.
3. CREATIVITY: Set goals for trying activities that are NEW. Gives us a sense of accomplishment and engagement . Combines an enjoyment of the present while helps us to look forward to future enjoyment. Also helps us share a part of ourselves that others can appreciate and enjoy.
4. LIFE LONG LEARNING: Continuing to LEARN SOMETHING NEW stimulates our brain cells as well as gives us satisfaction and challenge. The Greek word for Scholar (skole) literally means having the leisure time to learn! Provides rewarding and satisfying food for our minds.

5. PURPOSE: Giving our time and energy to others takes the focus off of ourselves and gives us a sense of MEANING.

“Those who have a 'why' to live, can bear with almost any 'how'.”

Viktor E. Frankl, *Man's Search for Meaning*

Social Activism also creates this satisfaction.

6. SELF CARE: Taking care of ourselves physically through exercise and nutrition adds to our intellectual and emotional well being.

7. BEING OPEN to new ideas is important mentally and emotionally.
(Flexibility) The ability to adapt to a changing circumstance)

8. Focus on what you have, not on what you don't have.

9. Living in the moment, not the past or future.

10. Practicing Gratitude

BALANCE in all of these activities is important.

PURPOSE:

If you can describe your life purpose, research suggests that you could be living up to seven good years longer.

[Dr. Robert Butler](#) and his collaborators led an NIH-funded study that looked at the correlation between having a sense of purpose and longevity. His 11-year study followed healthy people between the ages of 65 and 92, and showed that those who expressed having clear goals or purpose lived longer and lived better than those who did not. They are engulfed in activities and communities that allow them to immerse themselves in a rewarding and gratifying environment.

People who volunteer have lower rates of cancer, heart disease, and depression, as well as lower health care costs.



Exercise: Write down: 3 lessons (in one word or phrase) you have learned through aging about the kind of **attitudes or activities** that give you sense of **PURPOSE** and promote being happy in spite of losses, set-backs or limitations



Answers in zoom Chat

Helping inspire someone else

Be available to Grandchildren

Showing I care

Singing with others

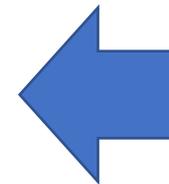
Book discussion groups

Share love with Grandchildren

Traveling

Being part of something to make changes

Improving the world as I can



Mel Chudhof with grandson

BLUE ZONES: DISCOVERED + RESEARCHED BY Dan Buettner
HEALTH, LONGEVITY and HAPPINESS



Results of research re: Happiness by Dan Buettner and the Blue Zones Org.

In extensive visits to “Blue Zones”, using hundreds of interviews and surveys (using the “True Happiness Compass” taken by more than 20,000 people world wide) , Buettner outlines a list of behaviors that are characteristic of older adults who rate themselves happy (both long term and in their present lives):

Two types of Happiness were measured:

Remembered Happiness

Remembered Happiness is how we think about ourselves overall. It’s how we answer the question, “Am I happy in life?” It’s how we remember our vacations, our years in high school, holidays with the family, or the early years of life with kids, our spouse, or our work history. It’s more of a “big picture” perspective on our state of happiness.

Experienced Happiness

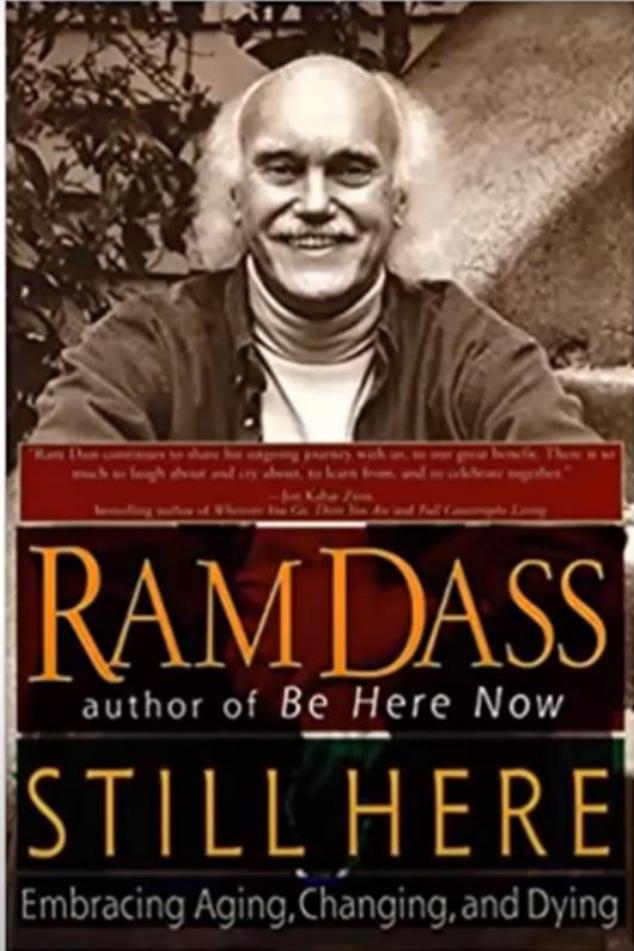
Experienced happiness is very different, but equally important. Imagine someone asks you randomly throughout the day what you’re doing and how happy you are at that second. Experienced happiness is the moments of joy, bliss, relief, laughter you have throughout the day.

THE HAPPIEST OLDER ADULTS:

- Watch TV or play video games less than one hour per day
- Listen to music two hours per day
- Volunteer 2-5 hours each week
- Sleep 6 to 9 hours per night
- Have a diverse set of friends (also choose happy friends)
- engineer their social life
- engage in relaxation methods like meditation at least 2 hours per week
- read at least 6 books per year
- have ability to enjoy moments in time
- See the sun as often as often as possible
- Find activities which are new or novel or creative (Ulysses Theory)
- Are engaged in faith based activities (not always organized religion)

GO TO: [BLUEZONES.COM](https://www.bluezones.com)

Blended Eastern and Western thought



Richard Albert
1939-1999

WISDOM FROM RAM DASS (Dr. Richard Alpert) (source: [Still Here](#))

(Concepts based on Eastern Philosophy with application to Western culture)

- Allow yourself the freedom to be inconsistent (even eccentric)
- Eliminate embarrassment from your life (about physicality or anything) referred to as “unselfconscious individuality”
- Balance your time alone and your time with others
- Find meaning in your life (do some soul-searching to find this)
- Find ways to live in the moment (give us more time “alive”)
- Don't look for approval from others, also don't be judgmental of others
- You can't make everybody happy
- Show compassion for yourself and for others
- Let go of past anger, disappointments, practice forgiveness
- Be comfortable with change (don't resist it) (Story of Russian Farmer) p130
- Don't dwell on fear of future, we can't predict it. Embrace mystery

More from Ram Dass...

- Balance “slow down” in time with pace of our activities (take a sabbatical every day.) P134
- Helping others reduces loneliness and self-involvement, and gives purpose
- Find your “being” beyond your past roles
- Focus on being and not so much on doing (being productive)
- Let go of fear of loss of physical or material aspects of your lives
- Let go of the need for control and learn to accept uncertainty
- Let go of the need for social recognition
- Appreciate all the connections we have, with the past, our elders, with younger people and maintain those (even with the **internet**)
- Practice **GRATITUDE** on a daily basis

Exercise: (Bringing the Elders to the conference table)

Goal: TO CREATE A FORMULA FOR EMOTIONALLY HEALTHY AGING

1. What learning, or growing, creative, or new activities have you explored since you retired?
2. What playful or fun activities have you experienced in a new or increased way since you retired?
3. What meaningful volunteer activities have been most satisfying to you since you retired?
4. Describe something meaningful that you have learned recently from a younger person or child.

Answers from zoom chat

Joined SOAR

Learned Yoga

Meet new people

Joined more clubs

Day trips

Coloring with grandson

Studying racism

Discovered zoom

In touch with old friends

Great Courses Plus

Play with grandchildren

Learning French

Exploring vegan recipes

Book Groups

Movie Groups

Water coloring with friends

Volunteering to build beds

Volunteered for poll worker



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