

Club members, Jr. Optimist leaders and District Officers are bcc'd this note. Editor, Tom Neal January 4, 2025

# Sunnyside Newsletter

Farmington/Farmington Hills Optimist Club

**WISHING YOU A HAPPY NEW YEAR!**

## **First Club Gathering of Year Wednesday, Jan. 15**

It will be our first evening gathering starting at 6:00pm. This will be a fun community service time as we tie blankets for the local Foster Closet. Bring a friend and enjoy making something for a foster parent.

## **Welcome New Member Mark Ratliff!**

Mark joined in December and was sponsored by Terry Tipton. We look forward to seeing and getting to know Mark.

## **Number of Jr. Optimists by School (Total all clubs: 240)**

<b>Beechview</b>	<b>70</b>
<b>Gill</b>	<b>34</b>
<b>Longacre</b>	<b>22</b>
<b>Hillside</b>	<b>26</b>
<b>Power</b>	<b>32</b>
<b>Forest</b>	<b>2</b>
<b>East</b>	<b>8</b>
<b>Warner</b>	<b>6</b>
<b>FHS</b>	<b>30</b>
<b>NFHS</b>	<b>10</b>

## **Your Optimist Dues Can Be Reimbursed by Grouper**

**Grouper** works with Medicare Advantage and Medicare Supplement plans to help cover membership dues, so you can focus on what you love... helping others to be positive and optimistic. Here is link to determine if you qualify:

[app.hellogrouper.com/p/optimist](http://app.hellogrouper.com/p/optimist) (Just received my \$100 check TN)

## Farmington/Farmington Hills Breakfast Optimist Club

### Order Your 4 Free At-home COVID-19 Tests

Every U.S. household is eligible to order 4 free at-home tests. Order at [covidtests.gov](https://covidtests.gov) or call 800-232-0233 (AARP News) [It took 4 weeks, but finally got my free tests from USPS delivery. TN]

### Dad Jokes

Q. What did one plate say to the other plate?

A. Lunch is on me.

**Website:** [f2hoptimists.org](https://f2hoptimists.org)

Pay Membership Dues using this link:

<https://f2hoptimists.org/pay-membership-dues>

**Facebook:** Farmington/Farmington Hills Optimist Club

### Calendar

Jan. 8	Board of Directors <b>Zoom</b> Meeting 7:15am
Jan. 15*	Club Gathering 6:00pm, Blanket making
Jan. 21	Essay Submission Deadline
Jan. 22*	Club Gathering 7:30am, Acting FH Police Chief
Jan. 29*	Club Gathering 7:30am, Pam Good, Beyond Basics
Feb. 5	Board of Directors <b>Zoom</b> Meeting 7:15am
Feb. 8	MI District Gathering on <b>Zoom</b> (2nd Qtr. Conference)
Feb. 12*	Club Gathering 7:30am
Feb. 19	Club Gathering 6:00pm
Feb. 26*	Club Gathering 7:30am, Essay Contest Awards

\* Meeting location at First Presbyterian Church of Farmington

### Birthdays:

#### January

07 – Richard Burrous  
11 – Mona Ahuja  
16 – Laura Stewart  
17 – Marysue Munter  
20 – Dan Fantore  
20 – Ken Massey  
20 – Anne Sebesta



## Farmington/Farmington Hills Breakfast Optimist Club

29 – Betty Santo

**February**

08 – Alvin Lynn

09 – Diane Bauman

**Attachments:**

Newsletter PDF

**7 Keys to Longevity** by Dana G. Smith, New York Times article

Ignore the hyperbaric chambers and infrared light: These are the evidence-backed secrets to aging well.

### **1. Move more.**

The number one thing experts recommended was to keep your body active. That's because study after study has shown that exercise reduces the risk of premature death.

### **2. Eat more fruits and vegetables.**

The experts didn't recommend one specific diet over another, but they generally advised eating in moderation and aiming for more fruits and vegetables and fewer processed foods.

### **3. Get enough sleep.**

A 2021 study found that people who slept less than five hours a night had double the risk of developing dementia.

### **4. Don't smoke, and don't drink too much either.**

### **5. Manage your chronic conditions.**

### **6. Prioritize your relationships.**

Relationships are key to not only living healthier, but also happier.

### **7. Cultivate a positive mind-set.**

People who score highly on tests of optimism live 5 to 15 percent longer than people who are more pessimistic. *(Get active in the Optimist club. – Newsletter Editor's note)*

## Farmington/Farmington Hills Breakfast Optimist Club

**“The people who were happiest, who stayed healthiest as they grew old, and who lived the longest were the people who had the warmest connections with other people.” By Harvard study director Robert Waldinger**

### Gill Elementary Jr. Optimist Club



#### Photos from the December, 2024 meeting

Our club members voting for our service projects. They are:

- 1: Clean up a park, possibly Heritage Park (7 votes);
2. Donate toys for kids in need (6 votes)

It should be fun to plan these with the kids in the new year.

Fondly,

Lloyd Weishap,  
Gill Elementary,

2nd Grade Teacher & Junior Optimist Club Advisor

