

HIGHLIGHTS

Newsletter of the Sunrise Optimist Club

Celebrating over 50 years of service to Youth & North Topeka!

HAPPY NEW YEAR!!!!

Kyle McNorton called the meeting to order at 6:45 AM with 13 club members attending. Don Pekrul gave the invocation. Then we recited the Pledge of Allegiance.

BIRTHDAYS: Linda Lanning, January 5; Jim Andrews, January 7. The choir rested again.

ANNOUNCEMENTS:

Monthly evening meeting, 6:30 pm, January 24, Viking Grille.

January 11, 5:45 pm, Board meeting

The Club is looking for volunteer(s) to run the Club's Oratorical and Essay Contests. This year's topic for the Oratorical Contest is: "Staying Optimistic in Challenging Times". While the topic for the Essay Contest is: "How Does an Optimistic Mindset Change My Tomorrow? Please contact Kyle McNorton for more information.

Winter basketball league begins January 15, 2022. Team sponsors and coaches are needed. Contact Dennis Reedy, 785-640-0834, or dreedy1981@gmail.com.

Check out the web site for our Event Center at <https://sunriseoptimisteventcenter.com>

Program: Stacy Ziegler, Rebound Physical Therapy

The immune system is affected by lifestyle choices

which impact our immune response to viruses and bacteria. Factors that depress the immune system include:

- Aging when body organs and micro-nutrition are less efficient: walk a total of 30 minutes/day
- Environmental toxins: air quality, smoking, more than 2 alcoholic drinks/day for adult men, excessive weight impact on chronic diseases
- Poor diet: too many calories from processed food. Plate should be rainbow colors with green & red veggies & not tan color. Reduce sugar & sodium/salt. Increase probiotics to improve gut bacteria. Healthy Choice frozen dinners & frozen veggies & fruits are good.
- Chronic mental stress: meditation & prayer, breathing exercises & positive relationships are useful.
- Sleep deprivation: (7-8 hrs for adults, 8-10 hrs for teenagers, 12 hrs for children
- Reduce sugar and salt intake: BBQ sauces, salad dressings, avoid high fructose corn syrup ingredient

Upcoming Events:

January 11: Bob Ross, Greater Topeka Partnership

President's Quote: "Life's most

persistent and urgent question: what are you doing for others?"

- Dr. Martin Luther King, Jr

Closed with the Optimist Creed

