

NORTH PERIMETER OPTIMIST CLUB

"Optimists...Bringing Out the Best In Our Youth, The Community, and Ourselves"

NEXT MEETING:

<<<TUESDAY, MARCH 6TH 2018 at The Benson Center, 6500 Vernon Woods Dr., Sandy Springs, GA Meeting Time: 7:30 AM>>>

NEXT WEEK'S SPEAKER:

Melody Harclerode....Sandy Springs Conservancy...Bill Comer

UPCOMING SPEAKERS & EVENTS & PROGRAMS

**MARCH 10TH:.....Club Oratorical Contest at Holy Innocents'
MARCH 13THChris Nelson, Exe Director, Chattahoochee Nature Center....Bill Comer
MARCH 24THEgg Hunt at Hammond Park
APRIL 10THBob Rogers..Streetgrace (Human Trafficking)..B.Comer**

ANNOUNCEMENTS & NOTICES, ETC.

Our next event is the Easter Egg Hunt on Saturday, March 24th.

**LAST WEEK'S ATTENDANCE: 11 Members,
GUESTS: Our Guest Speaker**

UPCOMING BIRTHDAYS & ANNIVERSARIES

February 24th:. Jim & Victoria Godfrey

February 26th...Bill & Clarice Comer
March 4th.....Jin Pyen
March 6th.....Larry Mashburn
March 15thNorm Plotkin
March 21stSam & Agnes Adolphine

LAST WEEK

LAST WEEK'S SPEAKER: Caroline Benefield, Director of Development at Mary Hall Freedom House was our guest speaker. Their mission is to provide help to woman who suffer from addiction and are homeless and in need of a job. The Freedom House was founded in 1996 and since that time over 10,000 people have been helped. Also, the reunite women with their families and the goal is to help women to get better and minimum wage job. They partner with DFCS and in 2016 they 23 had family reunifications. They recently purchased 35 condos on Roberts Drive and there are 90 units at that location. Their goal is to own all of them in order to provide services which are available nearby.

#1 TICKET: SAM ADOLPHINE
#2 TICKET: GWEN GABLE

Here Are 3 Positive Ways To Boost Your Health

1. Take care of your mental health

Many people tend to forget their mental health when it comes to staying healthy. More so, many people don't really know what taking care of their mental health means, entirely. Stress is something that can cause a lot of physical manifestations of illness, as well as mental manifestations. Negative emotions and energy can often get caught in a feedback loop. So, what is the best way to take care of your mental health?

First, find a support network. Whether it's your family or your friends, or even a therapist, finding a support network is the best thing to start getting your mental health taken care of. Secondly, try meditation. Whether or not you believe it will help, **sitting down with yourself and taking sometimes to sit with your emotions can do wonders for your mental state.** Meditation is one of the best ways that experts have pinpointed in being able to keep your mind healthy.

“Mindfulness meditation training is a relatively inexpensive and low-stigma treatment approach, and these findings strengthen the case that it can improve resilience to stress,” says Elizabeth A. Hoge, MD.

All you have to do is spend some time with yourself and your thoughts every day, for just a few minutes, to help you center your mind and de-stress.

2. Take care of your body

Experts have long been telling people to take care of their bodies and the rest will follow. Now, however, we know that physical health is only one part of keeping our whole selves healthy. Still, it is an incredibly important part that we don't want to discredit. If you don't know where to begin with taking care of your body, all you need to know are these key components: **eat healthily, move your body and get enough rest.** Taking care of your physical health really is that easy!

Eat balanced meals with all of the nutrients you need, and try to cut back on fast food. Drink water every day to stay hydrated. Move your body by doing exercise at least one hour every week. Taking care of your body by eating healthy and staying active is just one part of the rich tapestry of our lives.

“Foods which have Vitamin B-12 and Omega 3 fatty acids keep up the levels of mood-regulating chemicals in the brain. Getting enough rest is also important; it is when we sleep that the body is able to heal its daily wear and tear,” adds the White Swan Foundation.

Just focusing on your mental health isn't enough to stay entirely healthy, and neither is just focusing on your physical health. Keep your body healthy by making healthy food choices, exercising and getting a good night's sleep!

3. Take care of your spirit

What does it mean to keep your spirit healthy, and what does that have to do with the overall positive benefits to your health? Keeping your spirit healthy is more important than you may think. It doesn't have anything to do with spirituality or religion, though many people do find comfort and positivity in looking towards their spirituality when it comes to keeping their spirit healthy and taken care of.

Taking care of your spirit means **focusing on how you're connected with the world around you, and the people that you have in your life.** It's important to maintain this connection for your own health because otherwise, you would become isolated. Understanding your own values, and keeping a spiritual connection with those values, will give you a greater sense of peace and balance in your life.

“When we neglect our spirit, it shows up in other areas of our life, whether we notice it or not. Taking care of our spirit makes all areas of life a little better,” adds Dr. Hibbert.

Final thoughts

Health is something that many people understand only at the surface level: eat well and exercise. There are so many more ways to boost your health and make you feel energized, positive, and connected with the world around you in a healthy manner. Experts agree that nurturing your mind, body, and soul is the only way to boost your health.

2017-2018 Officers & Directors

President: Jake Duffy
Vice-President: Tony Clarke
Vice-President: Ed May
President Elect:
Treasurer: Sam Adolphine

Secretary: John Gould
Sergeant-At-Arms:
Ex-Officio: Gwen Gable

OI President: Nick Prillaman

Gateway District Governor: Mary Still
Zone 5 Lt. Governor: Charlie Romano
1 Year Directors (2017-2018):
Sarah Moore, Fred Nemeth, Bill Comer

2 Year Directors (2017-2019):
Bob Zehnder, Mark Cady, Steve Croft

A Weekly Publication of the Gateway District North Perimeter Optimist Club
P.O. Box 76977, Sandy Springs, GA 30358

Editor: John Gould 770-678-234-6978 jgould114@gmail.com

Club Meets Each Tuesday at 7:30 AM at The Benson Center, 6500 Vernon Woods Dr, Sandy Springs, GA 30328. Board Meeting the last Friday of each month at J.Christophers 7:00 AM

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 for the best, to work only for the best, and to 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 you meet a smile.***
- *To give so much time to the improvement of yourself that 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.***