

*LIFE prides itself on helping those in need and for being the champion  
for those who cannot speak but who enrich our lives  
and every day make us a little more ... human.*

## **Puppy Love – Introducing Joy Joy**

February 1, 2023



Dear Friends:

I was recently eating lunch at a local restaurant when a woman approached my table. Completely out of the blue, this woman whom I had never met, asked me if I would adopt her dog. She explained that the dog had been rescued from a puppy mill in China and given to her as a gift. But, she noted, she already had a few big dogs and this one was a wee little pup.

Not surprisingly, among my lunch companions, that day was one of my Yorkies, who was sitting quietly in her stroller.

But, still, asking me to take a dog I knew nothing about from a complete stranger – well, that is the epitome of CHUTZPAH!

Of course, I said: “NO!” But as the legendary Hall of Fame radio and TV broadcaster Paul Harvey would say, “Here’s the rest of the story....”

A week later, the woman contacted me and presented me with a comprehensive health and medical report from a very distinguished and well-known veterinarian on her rescue dog. And -- harkening back to my Broadway days playing the title character of Laurey in the iconic Rodgers and Hammerstein musical, “Oklahoma” – when it came to this adorable tiny fur baby, “I’m just a girl who couldn’t say NO!”

And that is how Joy Joy came into my life – and why I’m now bringing her into yours. Over the course of this year in the monthly LIFE Notes, Joy Joy will be an ongoing presence. I gave her that “double name” because she has not only brought me Joy since the day I adopted her, but she brings Joy to every person who meets her. All they have to do is see her and a huge smile crosses their face, as their eyes twinkle, and their heart just melts.



### **11 Practical Life Hacks to Replace Your New Year’s Resolutions**

By Elissa Sanci and Rose Maura Lorre

New Year’s resolutions start from a place of great hope, but oftentimes, they become overwhelming stressors that end up making you feel bad. Instead, what if you begin 2023 by focusing on your comfort and well-being with a few easy, practical improvements?

Think of these me-hancements as favors for Future You: low-lift, high-reward upgrades that you can spend a little time and money on now in order to reap the benefits down the road. Try one, two, or all of these simple steps that several Wirecutter journalists have successfully taken to better their everyday lives.

#### **Clear your space of tripping hazards**

In 2023, may you never suffer the indignity of face-planting in your own home. Falls are one of the leading causes of accidental injuries in older adults, and loose rugs are a huge part of that. For any floor coverings that don’t already have a nonskid, rubberized backing, invest in a good rug pad.

But Joy Joy will be more than just a newsletter mascot. She will be the inspiration for stories of Joy that I will be relating to you – stories of ordinary people doing extraordinary things, from random acts of kindness to those of how our own generosity is transforming lives. Some of these stories will also be about how to live longer, healthier, and more Joyful lives; while others will be about historical facts that you may not know – but will definitely amaze you and bring you Joy.

I hope that these stories remind you that in a country that may be as divided and divisive as ever, in a world where conflict rather than cooperation seems to rule – that, at our very foundation, we are human beings, that doing good is its own reward, and that Joy should always serve as a beacon on our life's paths.

For example, here's one I just read about in People magazine and saw on "ABC World News with David Muir." It is about a teacher in North Carolina and her three-year-old Golden Retriever named Bentley. After the teacher, Ashley Liberto noticed Bentley was hobbling; she took him to her vet. The devastating diagnosis was cancer in Bentley's right elbow, and the limb would have to be immediately amputated.

Bentley came through the surgery with flying colors – albeit with only three limbs. After researching the cost of a prosthetic limb and finding it prohibitively expensive, Ashley's students decided to chip in – not by raising money, but by using their 3D-printing and computer-aided design classroom and laboratory to actually create a prosthetic limb for Bentley. Talk about ingenuity! Talk about bringing "Joy Joy" to a beloved teacher and her beloved dog. As Paul Anka, who will headline (with Rita Rudner) the upcoming 29th Annual Lady in Red Gala on Sunday, March 26 at The Breakers Palm Beach, famously crooned, even if it was in a different context: "And they call it PUPPY LOVE." Students Create Prosthesis for Teacher's 3-Legged Golden Retriever (people.com)

We all can make an enormous difference in our own way – in our case, by helping eradicate childhood hunger and veteran suicide through our support of the annual Lady in Red Gala. Although we are sold out, there are still a few opportunities for sponsorships and contributions. Please contact the office as soon as possible with your interest.

With love always,

*Lois*

(continued)

### **Stick trackers on the stuff you lose (or fear losing) most**

Whether it's your phone, your wallet, your keys, your purse, your pet, or anything else you just can't seem to go a day without losing, delegate tracking that item to a Bluetooth tracker and save Future You the stress of hunting down lost items.

### **Light your hallway at night**

You already know this, but Future You hates fumbling through a middle-of-the-night bathroom visit. So take a few minutes now to revamp your lighting situation. For high-traffic areas that don't have electrical outlets, try a trio of stick-on, rechargeable, motion-sensor night lights.

### **Automate your home's lighting**

Speaking of lighting, if you've ever left a light on after leaving the house or retiring to bed and felt anxious or stressed because of it, you'd probably also benefit from plug-in smart outlets and smart bulbs.

### **Hack your hydration**

In our experience, the key to drinking more water throughout the day hinges on strategic planning. Think about what's stopping you from sipping more and look for an easy solution. Is your water too warm? Or maybe your bottle needs constant refills? You may find that you're more likely to drink water when it's cold. A good insulated water bottle might fix your problem.

### **Organize your most annoying cabinet, drawer, or shelf**

Pick whatever small, disorganized space bothers you the most—a cluttered junk drawer, a makeup case, a chaotic pantry—and take a few minutes to tackle it for good. For dresser drawers and the like, you may be able to get away with repurposing stiff cardboard delivery boxes into organizers.

### **Store duplicate cleaning supplies where you use them most**

Cleaning is enough of a chore on its own; schlepping your cleaning supplies around the house doesn't make it any easier. For the rooms you clean most frequently, such as the kitchen and bathroom, give each of them a caddy or bin filled with duplicate tools and cleaners. You'll have everything you need without needing to gather supplies each time you clean.

This article first appeared in *The New York Times* on January 4, 2023, and was edited by Catherine Kast and Annemarie Conte.



## From Our LIFE Friends



Frank Orenstein, Don Ponton, Gail Worth, and Lois Pope celebrate New Year's Eve at Club Colette.



This month's funny provided by Ari Rifkin.



## 29th Annual "Lady in Red" Gala

SUNDAY, MARCH 26, 2023 + THE BREAKERS

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