

STEADY for LIFE



Hampton Cove Steadies pictured in November

1st Quarter 2018 Newsletter

www.SteadyForLife.org • 256-213-1976

Kim's Korner

WELCOME TO 2018! We have been busy planning an outstanding year full of education, balance techniques, health screenings, social activities and travel plans. Our students are so much fun and enjoy being together. These friendships will grow and multiply this year as we work AND play together. In this issue don't miss the article about our new Steady for Life partner, Electronic Caregiver— a new technology to help us stay safer. My husband, Terry and I are looking forward to the "peace of mind" that this device will provide as we get this for our parents. Steady for Life will receive a proceed from Electronic Caregiver, so it's a win-win!

Having raised our family in Meridianville for 20 years, I am thrilled that we are adding new Steady for Life classes in that area, beginning January 9th . It will be great reuniting with many Hazel Green & Meridianville friends dear to my heart. Class will meet at the First Baptist Church on Monroe Rd.

Spread the good word of what SFL means to you and invite a friend to join you this year. Guide them to our web-site at www.SteadyForLife.org and they will have all the info they need. As always, I am happy to speak to inquirers as well at 256-213-1976.

Warm wishes,

Kim Davis, Director

Meet Our Fabulous Team of Steady for Life Instructors



Amy Farnsworth



Chris Irgang



Debra Wade



Heather Clemons



Helen Ford



Jill Chadwick



Karla Drummond



Marie Burns



Paula Williams



Sara Dull



Shawna Wiggins



Sheila Levenhagen



Susan Gilbert

Class Spotlights

This quarter we are spotlighting two of our Balance Body 2 classes: Amy's class (below) that meets at the All Saints Church and Sheila's class (right) that meets at the Main Studio. These classes are beginning their 5th year and such dear friendships have been established. They always make new Steadies feel so welcome! Come join them.



What is Electronic Caregiver?

It's technology. Technology that prevents life-altering moments, and offers immediate

assistance if needed. It's technology that knows your name, knows your needs, and is discreet and stylish. It's home health automation to help you stay safer. It's affordable 24/7 monitoring and medical assistance that is changing the game of aging in America.



Steady for Life is excited to announce our new partnership with Dianne Philips, the Regional Director for Electronic Caregiver. You can find out all about this transformational product at their website

electroniccaregiver.com. After you

realize what a terrific addition it will be to your life, call us and we will be glad to guide you in identifying which system will work best for you and your budget. Dianne will visit each SFL location during January, just to display Electronic Caregiver and be there to answer questions after your class, if you are interested.



Looking Back on a Grand SFL Christmas Party

Thanks to all who came and celebrated the Christmas season with us on December 16th. It was great to see folks from all fifteen Steady for Life classes there. Here are a few party snapshots. To see more photos from Steady For Life 2017, go to www.SteadyForLife.org and click on the Photo Gallery link.



What's Happening?

January

Did you know that there are eight different Medicare strategies? When you throw in the Medicare Advantage Plans, that's a lot to learn for those of us who are approaching that Medicare age. William Simmons, CPA will be with us on Friday, January 26th for an education seminar to discuss **The ABC's of Medicare**.

One of our new SFL Board members, Elder-Law Attorney Emily Young will share the hour and give us an **Overview of Social Security and Qualifying for Benefits**. As you know, Medicare is ever-changing and 2018 will be no exception. All of us over 60 need this informative seminar. Join us at 1:00 at the SFL Main Studio at 7900 Bailey Cove Rd. No charge and no reservation needed.

February

What if you had the opportunity to get up close and personal with University of Alabama football coach Paul Bear Bryant? Absorb the wisdom and wit of a man who started as the child of dirt poor sharecroppers to become the standard by which college football coaches are judged. In the play **Bear Country**, Bryant's unique voice lives on to motivate others to become winners in their "fields" of life.

Steady for Life has reserved 40 of the best seats for this limited-time performance at the VBC February 25th at 1:00. We will arrange carpooling. You can pay for your specially priced ticket at your class location through February 15th. \$39.00

March

SFL 2018 travel begins with our exciting **Mystery Trip**— March 23-25. Kim promises you will experience new things that you've never done before with new destinations each day. These 3 full days of fun, mystery & excitement include deluxe motorcoach, terrific lodging, 10 different activities and 6 terrific meals.

The agenda is one that anyone can participate in. We will have motorcoach pick-up in Madison and Huntsville. Reserve your place by February 1st. See page 4 for pricing.

Steady for Life has an energetic Board of Directors for 2018!

Back row: Don Holt, Secretary • David Aycock • Kim Hodges
Carolyn Lord • Ernestine Cothren, Vice-President • Emily Young
Front row: Mike Lankford, Treasurer • Allie Swan, President
Kim Davis, Executive Director • Sarah Dupree • Martha Boggs



During 2017 many Steadies took advantage of the easy automatic tuition payment, freeing up much time for record-keeping by our instructors. Please consider this method of handling your dues this year. — Board of Directors

A Brief Synopsis of our 2018 Travel Plans

See complete details and flyers on the Steady website www.steadyforlife.org

Back by popular demand, our **Mystery Trip—March 23-25** promises new and exciting destinations and a full three days of fun, mystery, and excitement! Only one month left to sign up! \$435 Double

Atlanta - April 18-19 If you've ever been on a Chick-Filet corporate tour, I promise it wasn't like this one. Kim's friend, Laura is an architect for Chick-Filet and she is going to give us extra special treatment! Agatha's Mystery Dinner Theatre is sure to delight us that evening. Learn something new on our Center for Disease Control (CDC) tour and enjoy Spring in Rome, GA. \$250 Double

Falcon Rest Honeymoon Ball—June 18 is a very special day trip packed with exciting things from morning until night. No need to bring your pocketbook or billfold... we have everything covered for you! \$115 per person

Since last June, folks have been buzzing about our exciting **Trains and Parks of Colorado Tour —July 19-29**, guided by train expert and Colorado enthusiast Mark Warther. With four trains, fabulous hotels, 16 meals, and breathtaking excursions this is truly a trip of a lifetime! A \$200 deposit is due **now** to reserve your place. See 2-page itinerary on the website for pricing and more detail.

Space doesn't allow for us to tell you about all the attractions and meals included in this **five day tour through Tennessee, Arkansas & Missouri**. Top of the list is the Broadway Play MILLION DOLLAR QUARTET in Branson, the PASSION PLAY in Eureka Springs and the brand new GRACELAND extravaganza in Memphis. Stop by the Steady for Life studio and see the display of all the cool places we will be visiting on this trip. The dates are **September 13-17** and includes 10 attractions, terrific hotels and 6 meals. \$679 Double

Is there a more picturesque place in the world than the **Greek Islands and Italy**? Our friend Larry Fannon, who lives in Italy, has a fantastic itinerary planned for our group **October 1-15** as he guides the land portion of this two-week tour before boarding the JEWEL OF THE SEA cruise ship to visit the Greek Isles. Cabin reservations must be made during January as this is a SOLD OUT cruise...so don't delay if you want to join us. Cabins not deposited by our group will need to be released by 1/31/18. See website for the many details.

One of our Autumn plans in 2018 is a day trip to some of our favorite **"GEMS" in North Alabama—November 9th**. We have fun things planned for you in Cullman, Hartselle and Decatur with a few surprises sprinkled in! :) \$75

It's still a little too early to share our Christmastime plans for 2018, but our next newsletter will have details of a short excursion to celebrate the Season!