



2nd Qtr 2019

**KIM'S
CORNER**

We have a wonderful slate of Steady for Life Board of Directors for 2019. On March 11th we had a Board Retreat here in town and began making some plans to propel Steady for Life to new heights. I am so happy to work alongside these terrific ladies & gentlemen: President, Dave Aycock; Vice-President, Carolyn Lord; Secretary, Denise Tyriver; Treasurer, Laura Mickels; Dr. Cheryl Bazzle; Sarah Dupree; Cindy Isaacs; Mike Lankford; Laura Rau; and MD Smith.

Some of the Board members will be visiting our different locations next week to learn more about your classes and see you in action. Some will also be with me at the National Walk Day event at Big Spring Park on April 3rd. Come join us at the Park anytime between 11:00-1:00. We will meet at the Steady for Life table, and I'll lead us in a stroll around the lake at Noon.

THE FUTURE OF STEADY FOR LIFE IS BRIGHT!



Walking for the health of it.

- Kim Davis, Steady For Life Director

Stretching in the Morning

Almost everyone wakes up with a bit of stiffness. Instead of heading to the kitchen for a cup of coffee right away, why not take a few minutes to stretch first? Over time, you should notice an improvement in circulation, mobility and energy level—all before getting out of bed! Do a few repetitions of the following stretches *slowly and gently*.



Stretch your neck by turning your head side to side, then loosen your jaw

Open and close your hands, then wiggle your fingers

Open your arms and hug yourself, alternating which arm is on top

Lift your arms over head and inch your arms and legs to the right, then over to the left

Hug your knees into your chest, rock side to side, then stretch your legs out in front

Point and flex your feet, then windshield wiper your ankles

Take a few slow breaths in through your nose and out through your mouth

Most importantly, be grateful you are part of the Steady for Life community!

— Alan Constant, Steady for Life Yoga & Balance Instructor

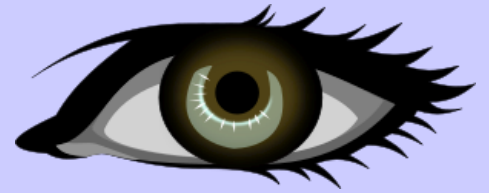
Health & Wellness Fair



First Baptist Church Huntsville will host a Health and Wellness Fair on Wednesday, April 24, 2019, from 2:00 until 5:30 pm at the church (**600 Governors Drive** – Entrance 6). Admission is FREE. On site will be the Huntsville Hospital Mobile Medical Unit to offer blood sugar testing, cholesterol testing, and blood pressure screening at no charge. Many businesses and organizations will be offering a variety of complimentary health screenings and services. This health fair is geared toward individuals ages 60 and up. Come by the Steady for Life table – we will have a give-away just for YOU.

The Human Eye

You are fearfully and wonderfully made! This truth is made evident when we explore the intricacy and intentionality with which the human eye has been designed. We are delighted to bring to Steady for Life Optometry Specialist, Dr. Rica McRoy, for a most informative seminar on OUR EYES. In our time together we will discuss the anatomy and function of the eye as it ages. Eye health innovations in dry eye, cataracts, floaters, macular degeneration and glaucoma will be introduced.



This **free** seminar will be held on **April 17th from 2:00-3:00** at our Main location at 7900 Bailey Cove Rd. Ste F. Please RSVP by emailing Kim.Steadyforlife@gmail.com or visiting our website under “News & Events” so that we will have plenty of chairs set up for everyone. Also, during the month of April we will be collecting eye glasses that you no longer wear. Dr. McRoy sends them to be used in third world countries in conjunction with the Lions Club. Please bring them to your class instructor, and she will turn them in to the SFL Main location.

Charitable Giving—Did You Know?

Giving to charity is not only personally satisfying, the IRS (and possibly your state) may also reward you with generous tax breaks.

Some things have changed since the Tax Cuts and Jobs Act of 2018. The new tax law nearly doubles the standard deduction amount for taxpayers. For married couples filing jointly, more than

\$24,000 in itemized deductions must be claimed to exceed the standard deduction. This means that many people will not get a tax benefit from their charitable contributions.

However, there are still ways to gain tax benefits from your charitable giving! We hope our non-profit 501(c)3, Steady for Life, Inc. will be on your radar this year as you plan your charitable contributions.

On **Monday, May 6th at 2:00** at our Main location at 7900 Baily Cove Rd, Steady for Life with Laura Mickels, RFC will host a free seminar on tax-advantaged charitable giving with topics including: Donation Lumping and Charitable Clumping, Qualified Charitable Distributions from IRAs, Donating Highly Appreciated Property, Remainder Interests in Property and Charitable Trusts, and Life Insurance and Charitable Giving.

Reservations are available by emailing Kim.Steadyforlife@gmail.com or visiting our website under “News & Events”. Sign up soon, as seats are limited!



The Lovin' Feeling is back - The Righteous Brothers LIVE!

The Rock and Roll Hall of Fame duo of Bill Medley and Bobby Hatfield topped the charts for decades. Blue-eyed soul pioneers of the 60's, The Righteous Brothers, will be performing a string of number one classics including Unchained Melody, Rock & Roll Heaven, The Great Pretender, Georgia on My Mind and the most played song on radio history (even surpassing the Beatles), You've Lost That Lovin' Feeling.



Based on the level of interest, I'd like to take our SFL group to the beautiful historic Tivoli Theatre in Chattanooga on **Saturday, September 14th** for the show. We would depart at 1:00 p.m., travel to Ft. Payne, AL to tour the castle home of Jeff Cook, from the ALABAMA band, and have dinner as a group in Chattanooga before showtime. Estimated return time to Huntsville is 10:45. (Dinner will be on our own)

We have the option of chartering a First Class motorcoach if we have enough participants or taking the Mayfair Church bus (at no charge). Please let me know your preference~

Cost of trip: \$75 if taking the church bus
 \$115 if chartering a coach

(both of these include the cost of show ticket and castle tour)

If interested, please respond to me by email – Kim.Steadyforlife@gmail.com no later than April 8th. I will need to reserve tickets ASAP.

Grand Parent Mentor for 3rd to 5th Graders

This is a call for seniors to be a mentor to a 3rd to 5th grade student at Whitesburg Elementary School for just one day a week, for 30 to 50 minutes, at the school.

The program is initially starting near the first of April for a six-week trial period. If successful, it will be continued for the coming 2019-2020 school year starting in September.

Your experience is useful as a parent, grandparent, teacher or however you qualify to serve to help kids in this eight to eleven-year-old group at need in the school. We are not looking for tutors for a class subject. We are looking for someone who can talk and relate to a single child who lacks motivation, self-discipline and direction. Over the course of getting to know this one child, you may be just a good listening post, or, if you can clearly see him or her asking for advice, offer the best you have over a lifetime of your learning.



Please contact Allie Swann or M.D. Smith if you are willing to help. It is not much to ask, but the results could be life altering for the better for a child who needs your friendship and advice.

Allie Swann - allieswann33@gmail.com 256-679-7423 cell

M.D. Smith – mdsmith@hiwaay.net 256-527-8521 cell

Thank you for offering your lifetime of lessons and experiences to a child in need.

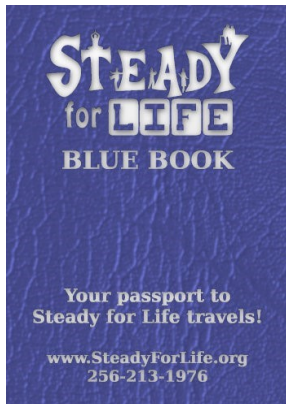
Steady for Life travels:

On the Road Again!

Our Mystery Trip adventurous folks had a great time together March 22nd to 24th celebrating the dawn of Spring with perfect temperatures in Macon, GA. With many, many cherry blossoms,



a tour of the Hay House, a lantern tour under the stars to the Ocmulgee Indian mounds, a visit to our Alabama Senate House hosted by Speaker of the House and local friend Rep. Mac McCutcheon, and, last but not least, a beautiful day at the highest mountain peak in Alabama - Bald Rock from the boardwalk at Cheaha State Park. Pair that with good friends, food, lodging, movies & games for a delightful 3 days.



We're proud to introduce a new perk for Steady for Life class members who travel with us: the new **Steady for Life Blue Book!**

This passport-like booklet will allow you to accrue points for trips taken through Steady for Life. Points are assigned to each trip, and once earned can be reconciled for rewards. Rewards include pre-paid gift cards to be used on the trips for spending money, and coupons for discounts on future trips.

Your Blue Book will receive a customized stamp specific for each trip on departure day, as a way to track points. Only one reward can be applied per trip. If you are one of our travelers, you may pick yours up anytime at the Steady for Life – Main location or on a future trip day, whichever is most convenient. Each day trip is worth 1 point, overnight trips on a motorcoach are worth 2, and overnight trips that require flying are worth 3. The rewards system is inside your book.

Our upcoming trips this year that are full are our Milky Way Farms Day Trip, Inns & Coves of New England Trip and the Christmas New York Trip. A few spaces remain for the Tuscaloosa Day Trip to see the musical *Grease* and the Fall Cajun Country Tour.

As our plans continue toward our tour to Austria, Switzerland and Germany, featuring the fabulous Oberammergau Play of 2020, there will be a planning meeting for all those already reserved for this tour, as well as those interested in obtaining more information. The time is **11:00 on June 3rd** at our Main Steady for Life location. Our tour guide Larry Fannon will be here to meet with us all the way from Italy! :) Everyone is welcome.

Steady for Life classes are held at ten locations across the Huntsville/Madison County area. For locations, classes, and other information, please visit our website at www.SteadyForLife.org or call us at 256-213-1976.

Please note that all Steady for Life locations will be closed on Monday, May 27th in observance of Memorial Day.

