



# 4th Quarter Newsletter



## Kim's Korner

**Bring on Autumn**.....which for some is “the most wonderful time of the year”! I have to agree. I hope this finds you well and content in our new normal. We strive to continue serving Steady for Life with activities to keep you engaged with your friends and to **keep you moving!** The re-opening of our Main location on Bailey Cove has been smooth and successful, as you can see from the testimonies and pictures below. It is still necessary for you to reserve a space for in-person classes - October through December, as we are limiting the number of participants while social distancing is in place.

Even during this challenging time, folks are **still joining Steady for Life** for in-person classes, as well as Zoom on-line classes. Who would have guessed that this year some of our former Steadies who have moved away to other states could still join us in exercise and activities and see their SFL friends? Hooray for technology!

I know you will enjoy reading your 4<sup>th</sup> Quarter SFL newsletter....we have much information to share. You will continue to receive a **monthly** update as we finish **the year we will never forget – 2020!**

Stay well....on purpose,

Kim Davis  
SFL Executive Director



Steady for Life is excited to debut its own channel on YouTube in October! You will be able to keep up with the latest happenings and upcoming events on this channel. Please look for more information in the coming weeks in SFL emails. We will provide you with the link to the YouTube channel when we launch!

## New Location

News for our Steadies at Hampton Cove, Gurley, Owens Cross Roads, and New Hope:

When you gather for in-person classes, you will have a new SFL location! Your instructor, Debra, and I are very excited about the spaciousness and storage at your new location ~ Owens Cross Roads Church of Christ on Highway 431. The address is 124 Eastwood Drive. They are ready for our group when we reassemble. Stay tuned for the date!

## It's Great to be Back in Person!



*We are so excited to be back in the Main Studio for in-person Yoga with our friends! We are socially distanced and don't mind wearing our masks!*



I began taking yoga classes from Steady for Life back in the summer of 2013. Never in my life had I taken yoga. Never! The class was called Gentle Yoga and I decided to give it a try. We were encouraged to modify the moves to fit our bodies. Since I get motion sickness easily, I had to modify! At first, I took yoga twice a week until my part-time job expanded to most of the work week. Sadly, I had to temporarily quit my yoga class. It wasn't long before I realized how good yoga was for me. I had gradually lost the strength and flexibility that I had gained. After quitting my job, I have been back in class for over two years and love it! My joints are so much looser--no hip pain--and I have regained some strength. The Covid 19 pandemic forced Steady for Life to do things differently. Classes were (are) held over Zoom which was great, but it is wonderful to be back to in-person classes! Our classes are small and we are using safe practices. They are led by Amy and Karleen who are so patient. They get to know all their students' abilities, too. I encourage everyone to give yoga a try.

~Joan

*We are loving being back together in person at our Main Studio! There is so much to learn and do in our Balance classes!*



## It's Great to be on ZOOM!



*You can always find us socializing before and after our ZOOM classes! Even though we aren't in person, we are most definitely CONNECTED!*

Each day as my cell phone alarm goes off, there is an anticipation of what is to come. I turn my thermostat down to 70 degrees, put on my workout clothes, put my hair up so it won't stick to my sweaty neck and put on my energy shoes. Then time to turn on the ceiling fan in my dining area, gather my water bottle, and Zoom in with the magic numbers that Kim, Molly, or Paula have given me through email. The whole Zoom meeting technology within itself is miraculous!

~An excerpt from the short story "Flailing Arms & Pumping Iron" by Catherine Cantrell.

I love Monday, Wednesday, and Friday mornings. I roll out my yoga mat, gather my props, and cast my phone to my TV. Then I link into Lebee's, Chris's, or Anita's yoga class. Lebee focuses on one body part each week, and gives us a good sun salutation workout. Chris works through yoga poses for back pain, hip mobility, neck flexibility, or ankle strength. Anita challenges us with a variety of flows and poses while encouraging us with love. Her German Shepherd, Yoda, often participates in the class. These instructors give options for yogis of every level. While I miss my yoga classmates, I enjoy being able to stay safe at home yet keep fit with yoga. I hope you will give it a try.

—Carolyn on Zoom Yoga



## Upcoming Holiday Class Schedule

- \*November 23rd - 27th ~ NO CLASSES
- \*December 21st - January 3rd ~ NO CLASSES
- \*January 4, 2021 - Classes RESUME

We will be in contact with you throughout the holiday season to determine if all 12 locations will be resuming in-person.

# Creative Writing Classes



Steadies are LOVING the Creative Writing Classes led by the incredibly talented Stephen Davis! We are discovering talents we never knew we had!

I can remember as a teacher instructing creative writing and how I couldn't understand why my students got so frustrated with certain prompts to get them started. That has come back to bite me. Stephen Davis certainly challenges us, but once I get started it's hard to keep my memories and memoirs within assigned limits. It's such fun hearing everyone's stories and so stimulating to think back and recall events in my own life that had been long forgotten. I'm so excited to start my 3<sup>rd</sup> month with this group. Those of you who want to come on board, Stephen will have a new Beginner's Creative Writers class for first-timers starting October 13th. See details in the flyer below. JOIN A CREATIVE CHALLENGE!

---Judy Gattis, SFL student



presents a new class:

## Creative Writing for Senior Adults "Memories and Memoirs"

Do you remember the joy of your first child?

The smell of your grandmother's apple pie?

The twinkle in your spouse's eye on your wedding day?

Unlock the memories you cherish through a creative writing workshop and discover your voice as a writer. Beginners and seasoned writers are welcome to join our group as we use different literary styles to inspire and share our own stories.

(Workshops led by Stephen Tyler Davis)

**New Class: Tuesdays @ 5:00 PM on ZOOM**

**October 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, and Nov 3<sup>rd</sup>**

**\$25.00/Month**

(special SFL member rate)

**(The intermediate class will continue to meet on Wednesdays at 4:30)**

### About the Instructor

Stephen Tyler Davis is an author and theatre artist originally from Huntsville, Alabama. Over the past decade he has worked as a director, teacher, writer, performer, producer, and designer for colleges, regional theaters, the New York Musical Theatre Festival, and the New York International Fringe Festival. He is the author of plays, poetry, and original musicals such as *Huckleberry Haywood*, *Monkey Boogers*, *Bad Kiss*, *Little Trees*, *Rusty the Robot*, and *Stargazing With Helen Keller*. In 2006 he earned a BA with honors in Theatre and Creative Writing from the University of Alabama, and in 2016 he earned his MFA in Theatremaking at Sarah Lawrence College. He has toured the country for three seasons for TheatreWorks USA, and can be found on Broadway daily as a singing hologram at the Ripley's Believe it or Not Museum in Times Square, NYC. Stephen is a founder and Artistic Director of CitySalt Theatricals. By day he serves as Program Manager and musical theatre director for the Sarah Lawrence College Theatre in Bronxville, NY. He is a proud ordained minister, ASCAP songwriter, and member of the Actors Equity Association.

## Art Classes

Look at our paintings! We have the best instructor ever and we couldn't love our artwork more!

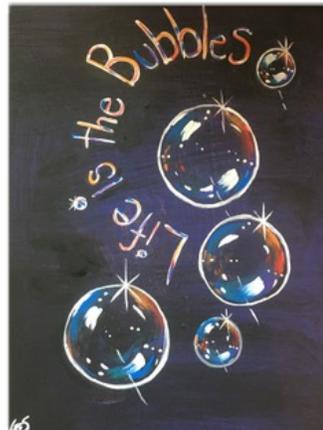


Who says, "You cannot teach an old dog new tricks!!" The Steady for Life, art students would be the first to say, "Oh yes you can!" SFL students have participated in four ZOOM lessons creating four beautiful paintings on canvas. Sarah Scholl, a fabulous art teacher, from New York, patiently and slowly illustrated and taught the students to create colors and use those colors in a technique of shading. Each lesson is built on the previous lesson(s). The class is enjoying an hour and half every Tuesday, *to just paint*. At the end of class, students are encouraged to show their masterpieces. Not only do the students learn, but they have fun while learning.

We are so glad Sarah will be continuing with our group in October, as well as beginning another class for newbies. Come join the fun!

~Carmelita

### Sneak Peek of future paintings!



Presents:  
Painting for Beginners and Intermediates

**Let's Paint Together!**

Take a breath. See the colors of the world in a new way. Create a work of art. Learn the fundamentals of painting techniques, one project at a time. Each class we will create a new painting. Join us!

**Tuesdays @ 11:30am on Zoom (Intermediates)**

**Tuesdays @ 1:30pm on Zoom (Beginners)**

**October 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, & November 3<sup>rd</sup>**

**\$25.00/Month\***

(Special SFL member rate)

\*This fee does not include materials.

Paint/Canvases/Brushes will cost no more than \$30.00.

Registration is limited. Mail checks to: **Steady for Life** 990 Gilstead Circle, Huntsville, AL 35802

#### About the Instructor

Sarah Scholl is visual and puppet artist based in New York City. Originally from Houston, Texas, Sarah has worked as a painter, designer, teacher, writer, performer, and maker for TheatreWorksUSA, The Town Hall, New York International Fringe Festival, and John Cabot University in Rome, Italy. Sarah holds a Bachelor in Theatre from Texas A&M-Commerce and a Master of Fine Arts from Sarah Lawrence College. Her most recent work is the workshop and performance of her original show *An Easy Guide to Time Management* which opened at the historic church, The Center at West Park in NYC. Sarah's guiding principle while making art and teaching, is a love for creation and play. She truly believes everyone has an artistic voice and every voice has artistic beauty.



# Activities Galore!

## October

2020

### SFL ZOOM Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	Trivia Any & All Eras - 1:30 pm	*Intermediate Art Class - 11:30 am *Beginner's Art Class - 1:30 pm *Beginner's Creative Writing - 5:00 pm	Intermediate Creative Writing - 4:30 pm	Deadline for Ordering Pecans!	Stretch & Active Recovery - 11:30 am	
18	19	20	21	22	23	24
		*Intermediate Art Class - 11:30 am *Beginner's Art Class - 1:30 pm *Beginner's Creative Writing - 5:00 pm	Intermediate Creative Writing - 4:30 pm	Bingo - 1:00 pm	Stretch & Active Recovery - 11:30 am	
25	26	27	28	29	30	31
Can You Name the Commercial Tag Line?? - 12:30 pm Pecan Pick Up - 1:00-2:00 pm	*Intermediate Art Class - 11:30 am *Beginner's Art Class - 1:30 pm *Beginner's Creative Writing - 5:00 pm	Intermediate Creative Writing - 4:30 pm			Cooking Healthy - 4:00 pm	

## November

2020

### SFL ZOOM Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		*Intermediate Art Class - 11:30 am *Beginner's Art Class - 1:30 pm Beginner's Creative Writing - 5:00 pm	Virtual Travel Fair for all Travelers	BINGO - 1:00 pm		
8	9	10	11	12	13	14
		How Many Words Can You Make? - 11:30 am			Cooking Healthy - 4:00 pm	
15	16	17	18	19	20	21
	*One Room Scavenger Hunt - 12:30 pm *Birmingham Day Trip		Watch for your SFL Holiday Event Invitation!	Gratitude Game - 1:30 pm		
22	23	24	25	26	27	28
		Trivia Thanksgiving Style - 2:00 pm				
29	30	1	2	3	4	5
	Name That Tune - TV Commercial Jingles - 1:30 pm					
6	7	8	9	10	11	12

## Pecan Fundraiser Is Here! Order Now Below!



Pecans are back and we need your support, please! Due to Covid-19, this will be our one and only events fundraiser for 2020 and we need it to be a great one!

- Pecans are good for us because they contain high amounts of antioxidants!
  - Pecans make great snacks!
  - Pecans are perfect for holiday baking!
  - Pecans make great gifts!
  - Pecan fundraiser will help us continue to serve our Steadies!
- **Order deadline is October 15th.**
  - **Cost: \$15 per 1 pound bag of Large Shelled Pecan Halves**
  - **Pecan pick up will be October 26th from 1:00-2:00 pm.**
    - Drive-thru pick ups will be held at Mt. Zion Baptist, Meridianville First Baptist, and the Main Studio. Porch pick up for the Monte Sano Steadies at the fellow Mountaineer's home of Karleen Killen. Porch deliveries to the Hampton Cove Steadies by your instructor, Debra.

**Please click on the link below to place your order.** *Be sure to include your name, email, and phone number where asked.*

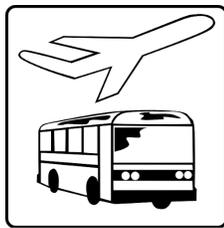


[https://docs.google.com/forms/d/e/1FAIpQLSdw-myh8UvYIcDiIN2RtBACcwIpkKoQiihRY2byhX-VH-AaKew/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdw-myh8UvYIcDiIN2RtBACcwIpkKoQiihRY2byhX-VH-AaKew/viewform?usp=sf_link)

*Once your form above is submitted, please remit a check for pecans to:*

**Steady for Life, 990 Gilstead Circle, Huntsville, AL 35802**

*\*Send your check now to ensure your order. Be sure you write on the memo that the check is for pecans! We can't guarantee extras will be available.*



# FOR OUR TRAVELERS

~Through our new YouTube Channel we will host a **Virtual Travel Fair** this year beginning November 4<sup>th</sup>. On that same day, all seven of our 2021 trip flyers will be on our website – [www.steadyforlife.org](http://www.steadyforlife.org) under the TRAVEL tab... with registration beginning that day. All our trips are fully refundable up until the day that trip vendors have been paid – typically 3-4 weeks before departure.

Please note that our Canadian Rockies Tour for June 2021 has an early bird discount for those depositing before December 1<sup>st</sup> (fully refundable). We have our air schedule now, and you may book your own flight and save another \$600 from the price. This tour already has many depositors and will sell out. Look at this amazing itinerary!

**Canadian Rockies !**  
**Vancouver to Banff**  
*with*  
**“Rocky Mountaineer Rail”**  
**June 15 - 22, 2021**

**STEADY for LIFE**  
 Travel Agency for People with Disabilities

*\$150 Per Person Early Bird Discount Sign-up by December 1, 2020*

Glacier Explorer  
 Gold Leaf Service  
 The Sutton Place  
 Royal Canadian Lodge

Your journey will begin with a visit to the fabulous west coast cities of **Vancouver and Victoria**, then journey through the Rocky Mountains of Alberta on the world’s most spectacular rail journey, the “**Rocky Mountaineer**”, which delivers it’s passengers to the doorstep of the **Icefield Parkway, the Athabasca Icefields and Jasper and Banff National Parks.**

**Some Highlights include:**

Victoria & Butchart Gardens  
 Capilano Suspension Bridge  
 Three nights Vancouver  
 Three Nights Banff  
 2- day Rocky Mountaineer Rail (GOLD LEAF)  
 Banff & Jasper National Parks  
 Lake Louise & Bow River Valley  
 Icefields Parkway / Ice Explorer Tour  
 Sulphur Mt Gondola / Bow Falls  
 Thirteen Meals!

**Lodging:**  
 Sutton Place, Vancouver  
 Delta Royal Canadian Lodge

**Price includes:**

- Fully Escorted Tour
- Small Group Tour
- Sixteen Meals
- Luggage Handling
- Daily complimentary water on coach
- Photo Book of Tour
- Gratuities
- Roundtrip Air from Huntsville

**WAR THER TOURS**

For more information Contact:  
**Kim Davis**  
 256-652-2912 [kim.steadyforlife.com](http://kim.steadyforlife.com)

**\$5995 PP Dbl** (includes air)  
**\$1195 Sgl Supplement**  
 \$466 for optional travel insurance

Deduct \$150 per person if deposit is complete by December 1, 2020

### **Day One - June 15, 2021 - Sutton Place, Downtown Vancouver**

Welcome to Canada and one of its most beautiful cities, Vancouver. Past host of the 2010 Winter Olympics, Vancouver is located on a large natural harbour, surrounded by the rugged Coastal Mountains. If time permits, on the way from the airport we'll visit Queen Elizabeth Park and do a little sightseeing before arriving at our hotel, the beautiful *Sutton Place*, for the next 3 nights. Dinner tonight will be at Steamworks, a cheery restaurant and brew pub in historic Gastown. **(Welcome Dinner Reception)**

### **Day Two - June 16, 2021 - Sutton Place, Downtown Vancouver**

An early morning departure will take us to the BC Ferry for a spectacular 90-minute cruise through the Gulf Islands to Vancouver Island. Our first stop will be at the world-famous Butchart Gardens where there will be lots of time to explore the 50-acres of color and floral beauty. Later we'll travel the short distance to Victoria, capital city of British Columbia and one of the most beautiful cities in Canada. After a short city tour there will be time to explore the shops, museums and galleries of this little bit of "Old England". Late in the afternoon we board our deluxe BC Ferry and enjoy a fine buffet dinner as we cruise back to the mainland through the Gulf Islands. **(Breakfast & Dinner)**

### **Day Three - June 17, 2021 - Sutton Place, Downtown Vancouver**

Arise this morning for a guided city tour of Vancouver to include the University of British Columbia, Chinatown, Gastown, Stanley Park and Canada Place. While at Canada Place the group will experience FlyOver Canada, an immersive ride that allows individuals to soar over Canada's breathtaking scenery. After our included lunch we take a walk on the wild side, on the Capilano Suspension Bridge. Crossing the Capilano river, this is certainly one of Vancouver's most popular attractions. **(Breakfast & Lunch)**

**Day Four & Day Five - June 18 - 19, 2021 - Rocky Mountaineer Rail/Kamloops Hotel** Board Rocky Mountaineer Rail for our spectacular 2-day journey in "Gold Leaf Class", from Vancouver to Banff. On day one the train travels along the rugged cliffs of the Fraser River surrounded by the peaks of the Coastal and Cascade mountains, later in the day we join the Thompson River system and climb to the British Columbia's interior plateau. On day two we pass along the shores of the Shuswap Lakes where we'll enter the Purcell Mountains and cross the majestic Columbia River. We tunnel under Rogers Pass and into Yoho National Park. Traveling through the famous Spiral Tunnels, the train enters the province of Alberta and Banff National Park. A leisurely pace along the banks of the Bow River brings us to the end of our memorable rail journey as we arrive in the iconic Alpine resort of Banff, where we spend the next three nights in the **Delta Banff Royal Canadian Lodge. (Breakfast, Lunch, gourmet snacks both days)** On this train we enjoy the highest level of quality, the "Goldleaf" service which truly makes this a **Five Star Experience!** Goldleaf service includes the following:

- **Bi-level dome with seating above and dining below**
- **Fully domed windows with panoramic views upstairs**
- **Private dining room with large picture windows on the lower level**
- **Gourmet meals and full staff & culinary team**
- **Gourmet snacks**
- **Reclining, comfortable seating with ample leg room**
- **Complimentary alcoholic & non-alcoholic beverages throughout the journey**
- **Viewing in a large, exclusive outdoor viewing platform**
- **Full storytelling included**
- **Luxurious hotel accommodations and luggage handling in Kamloops Day**

### **Day Six - June 20, 2021 - Delta Banff Royal Canadian Lodge, Banff**

Travel on one of the most scenic highways in the world – The Icefields Parkway. We'll journey through two majestic mountain passes, as well as, Banff and Jasper National Parks on our way to the amazing Columbia Icefields, one of the largest glacier masses in North America. We'll ride on the Athabasca Glacier in a specially built Ice Explorer and learn about the incredible geological history of the glaciers and mountains. On our return we'll view azure-blue Peyto and Bow Lakes and the intriguing Crowfoot Glacier. **(Breakfast)**

### **Day Seven - June 21, 2021 - Delta Banff Royal Canadian Lodge, Banff**

Today we discover Banff, Lake Louise and Yoho National Park. Following the Trans-Canada Highway and the Bow River we visit Castle Mountain, Lake Louise, and of course, the famous Fairmont Chateau. Other stops include thundering Bow Falls, the mysterious "Hoodooos," and the famous Banff Springs Hotel. A little shopping time is in order in the heart of Banff. Our farewell dinner tonight will be at the top of 7500 ft Sulphur Mountain, which we climb via the famous Banff Gondola. Here we will enjoy superb Alberta cuisine while viewing the amazing Rocky Mountain vista that surrounds us on all sides. **(Breakfast & Farewell Dinner)**

### **Day Eight - June 22, 2021 - Home**

This morning we transfer to the Calgary airport for a restful trip home with amazing memories of our Canadian Rockies tour! **(Breakfast)**

## **SPOTLIGHTING - OUR FINAL 2020 TRIP!!**

Join us for our long-awaited day trip to Birmingham on November 16 for a day full of good times! We will start with our three stop brunch tour with Birmingham celebrity Comedienne Joy who will make sure we are well fed, with lots of entertainment. Unfortunately, Covid-19 has closed the Golden Flake potato chip factory tours this year as well as the Birmingham Museum of Art. Luckily, we have a replacement activity that will be very meaningful. We have a highly acclaimed Civil Rights step-on guide who will take us on a tour of the historical Civil Rights sites in Birmingham. This is something that I have always wanted to do since I used to teach Martin Luther King Jr.'s "Letter from a Birmingham Jail" to my composition students as an example of powerful rhetoric. You can google the entire piece of writing, but, for just a taste, here is the closing line: "Let us all hope that the dark clouds of racial prejudice will soon pass away and the deep fog of misunderstanding will be lifted from our fear drenched communities, and in some not too distant tomorrow the radiant stars of love and brotherhood will shine over our great nation with all their scintillating beauty." I think we can all say "Amen" to that. And, finally, we'll finish our day at Homewood Antiques which is a huge, lovely place to search for treasures for our own homes or unique gifts for loved ones with Christmas coming up. There are also many tempting food places on the street so everyone can be at their leisure browsing and eating before we head back home. Let me know if you have any questions, and I hope to see you on the bus to Birmingham on November 16!

-Amy ([amfarn@gmail.com](mailto:amfarn@gmail.com) or 256-652-9027)



# Food, Friends, & Fun!



Birmingham, AL

Nov. 16, 2020

Depart Mayfair Church of Christ at 7:00 am  
and Asbury Church in Madison at 7:30 am.  
Return 7:30 pm

[Itinerary Details on Back](#)

**\$98 members/\$115 non-members**



### Try a Tasty Trio!

#### Three Stop Brunch Tour

hosted by Birmingham local celebrity and food critic **Comedienne Joy**

**Experience history!**

**Guided Historical**

**Civil Rights Bus Tour**



### Indulge Your Cravings!

**Homewood Antiques**

#### Comedienne Joy

We'll start the day off with a three stop Brunch Tour with Comedienne Joy, a Birmingham celebrity, TV host, and restaurant critic. She'll be our guide to a fun-filled, three course culinary experience.

#### Civil Rights Guided Bus Tour

We are very lucky to be able to replace our original plans of the Golden Flake factory and Art Museum that were both shut down due to Covid-19. Instead, we'll be spending two hours with a renowned Birmingham guide viewing historical places significant to Civil Rights history. This is a part of our American story we will surely find interesting and inspiring.

#### Homewood Antiques

Finally, we're going treasure hunting at Homewood Antiques, a wonderful place to browse and find just the right something for your home or a gift for someone else. The owner is looking forward to planning a special visit for us. We'll also have time to explore and eat dinner on our own at many delicious eateries right on the same street. There's even a bakery if we want to bring home something sweet to remember our delicious day!

#### Travel Information

We'll depart November 16th from Mayfair Church of Christ in Huntsville at 7:00 am and Asbury Church in Madison at 7:30 am. We'll be arriving home about 7:30 pm.

#### Payment

Note: Should a credit card be used for final payment, the 3% credit card fee imposed by the credit card company will be added to your final payment.

If paying by check, make payable to STEADY FOR LIFE and notate this is for FOOD, FRIENDS & FUN.

Drop off payment+form at: 7900 Bailey Cove Rd. Ste. F, Hours: T/TH 10-12:30, M 9:45-11:15, W 12-1:45

Mail payment+form (checks only) to: Steady For Life, 990 Gilstead Circle, Huntsville AL 35802

FANTASY PLAYHOUSE  
CHILDREN'S THEATER & ACADEMY

# A Christmas Carol



**November 27; December 4 - 6**

Adapted and Directed by Stephen Tyler Davis

FANTASYPLAYHOUSE.ORG

One of Huntsville's longest Christmas traditions is the Fantasy Playhouse Children's Theatre Live Production of Charles Dicken's *A Christmas Carol*. This year the tradition continues with an exciting new twist! Stephen Tyler Davis (Kim's son, Creative Writing instructor for Steady for Life, and Theatre Director/ Program Manager at Sarah Lawrence College in New York) is giving back to his childhood theatre organization by creating a brand new virtual adaptation of the holiday classic. Seven actors play all of the characters in this world premiere fast paced rendition of the Christmas ghost story using puppets, shadows, homegrown Huntsville talent, and some holiday cheer! Tickets are on sale now at: <https://one.bidpal.net/acc2020/ticketing>

# Sepsis Awareness



## Save the Date!

**\*December 6th for a very special curbside Holiday Event! You will receive your invitation on November 18th!**

September is Sepsis Awareness Month and we need to spotlight this deadly disease. What is sepsis? According to the Sepsis Alliance, “Sepsis is the body’s overwhelming and life-threatening response to infection that can lead to tissue damage, organ failure, and death.” Our bodies normally release chemicals into the bloodstream to help us fight an infection. When the body’s response to these infection fighting chemicals is out of balance, sepsis occurs.

Typically, our immune systems battle to fight against germs, bacteria, viruses, fungi, or parasites in an effort to prevent infection. If an infection does occur, our bodies usually need help with medicines such as antibiotics, antivirals, anti-fungals, and anti-parasitics. However, sometimes the immune system is incapable of fighting these “invaders”, and begins to turn on itself ([sepsis.org](http://sepsis.org)). When this happens, sepsis begins.

As we age, we become at a higher risk for developing sepsis. Our risk increases even more with chronic illness and weakened immune systems. It is so important that we recognize the signs and symptoms of sepsis. Because sepsis isn’t typically diagnosed by physicians based on an infection alone, we must be vigilant in monitoring ourselves! Here is a little saying to help you. When it comes to sepsis, remember: **“IT’S ABOUT TIME!** Watch for the following signs and symptoms **(TIME)**:

- **Temperature** - higher or lower than normal
- **Infection** - watch for signs
- **Mental Decline** - confused, creepy, difficult to rouse
- **Extremely Ill** - severe pain, discomfort, and shortness of breath

When sepsis progresses and becomes severe, organ failure is likely to take place. Problems with the lungs can lead to difficulty breathing. Kidney failure can lead to low or no urine output. Changes in the brain are manifested in plummeting mental status. According to the Sepsis Alliance, nearly all patients with severe sepsis will require hospitalization in an intensive care unit (ICU). The average cost per hospital stay for sepsis is double the average cost per stay for all other conditions! Until a cure is found, early detection and treatment are crucial to survival. So *please remember, “IT’S ABOUT TIME!”*

## The Kindness Challenge -

How many times have you thought to yourself during the pandemic ~ “I need to extend some extra grace to him/her. They may be going through something really tough.”

Here is a "Kindness Challenge" that my friend, May Patterson prepared...hopefully you will want to take the challenge, too:

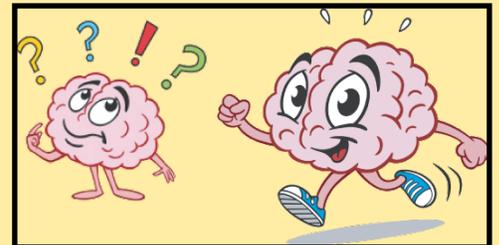
- **Day 1:** Compliment - go out of your way to give a sincere compliment to someone who's doing a good job.
- **Day 2:** Tip - thank *and* tip your waitress, generously (20%+). Don't be the kind of person who leaves a stingy tip--or no tip at all.
- **Day 3:** Meet small needs - catch the door for someone else. Hold the elevator. Wherever you go today, try to anticipate and meet small, everyday needs.
- **Day 4:** Extend grace - when somebody does something dumb today--and believe me, somebody will--smile and give a little grace.
- **Days 5 & 6:** Volunteer - when you see someone working, lend a hand! Don't make them have to ask for help. Serve at your church. Help your wife with the dishes. Help your husband with the yard work. Trust me, people notice when you **don't** help.
- **Day 7:** Reach out & touch someone - Call. Make a visit. Send a note. Be happy because **you** have the opportunity to change a lonely person's day!

Remember, *acts* of kindness speak even louder than *words* of kindness, so it's important to do both.

*Challenge yourself to be extra kind this week, you'll be happy that you did.*

## BRAIN TEASER

Your SFL instructors are always challenging you to mix things up so that we are building neuroplasticity in our brains. Some challenge us to brush our teeth with the non-dominant hand. How about moving our leg one way in exercise, while moving our opposite arm in a different direction?



Here is one that cannot be mastered – give it a try and then laugh at yourself! Sit in a chair and begin doing foot circles clockwise. Then with your finger draw the number “6” in the air. Your leg will immediately begin circling the same way you are drawing your 6... counterclockwise. Isn't that wild!!!

The official sports drink  
when I was a kid..



Stay Well... On Purpose!

We look forward to being  
with you all soon!