

Golden Opportunities

NOVEMBER 2021

Ready or not... here comes winter! Okay- I might be rushing it a little bit, but you have to admit that the days are getting shorter and baby, it's cold outside! With the gloomy days ahead, PLEASE make sure you are taking care of yourself! To help you do that, we are implementing a new wellness challenge!! We will be collaborating with the Miami Co. YMCA for a Wellness Bingo that is set to start on Black Friday. Think of it as accountability for the holidays (sorry not sorry). Please see the article on page 4 of this newsletter for a little more information.

Wellness day was a success! We are attaching the information from the agencies that attended for those of you who could not make it. Many awesome resources are available to help you and your family, so I encourage you to take advantage of these. We will be doing a Kids Day sometime in April of 2022. Stay tuned for that!

We want to congratulate all of you who took part in the Biggest Loser Challenge! You all lost 175 pounds as a company! Very impressive! Congrats again to our overall winners: 4th place- Rachel Putoff (GVN), 3rd place- Alya Wroten (BP), 2nd place- Amanda Neely (BFN) and 1st place- Paige Barker (MW). You held each other accountable with your chatter in the GroupMe- we need to keep this up! As Jess Carpenter says, "I need to be held accountable." I think we can all share in that!

We have a LOT to fit into this issue... Halloween, Thanksgiving and Christmas to name a few. So hang on and enjoy the ride! We appreciate your contributions to the newsletter and wouldn't be able to do this without all of YOU! We checked in with our fearless leader, Mr. Scott to see what holidays he loves most, and why. We also want to know if he has been good this year and what is on his Christmas list (he's been warned that Santa is watching)!! As you will see, there is NEVER

a dull moment when he is in the room. We want to hear about you and your families as well. Pictures and stories of the upcoming holidays and how you celebrate will kick off the January 2022 issue of the newsletter!

We are including a healthy Thanksgiving cookbook in this issue. We felt it necessary since we have quite a few of you committing to health this season. The holidays are tough. Take it one day at a time. If you fall off the wagon, jump back on the next day. You are still doing a great job! None of us is perfect and we all need some coaxing sometimes. Please reach out if you need help! There are so many of us that need that too; find an accountability partner. Someone you can be completely honest with. When you suck or are having a bad day, be honest about it. We will ALL FAIL (that doesn't mean you are a failure). Learn how to climb out of it and get back on top. Get out and slay the day... YOU ARE WORTH IT!

- Cindy Frantz
Recruitment/
Community Relations



**DID YOU
KNOW?**



More than **400,000** illnesses are caused by spoiled Christmas leftovers.

It is a tradition in Japan to eat KFC for Christmas. Orders must be placed 2 months in advance.

1 in 3 men wait until Christmas Eve to do their shopping.



Americans purchase 1.6 billion Christmas Cards every year.

The word "merry" in Merry Christmas was not always accepted because being merry used to signify being slightly intoxicated.





Just because the holidays are among us doesn't mean that we can make excuses when it comes to our healthy habits! Sure, you SHOULD indulge in that delicious Thanksgiving Day feast, but don't forget to get up and move to burn off those extra

calories! A great event that happens in many communities on or around Thanksgiving are the Turkey Trots. These are footraces - typically ranging from 1 mile, 5k, or even a marathon. What better way to embrace your health with your friends and family before sitting down to indulge in some delicious food?



Go ahead, register for a trot in your area!

Miamisburg, OH: November 25th | 8:30am
Riverfront Park | Offering 1 mile, 5k, or virtual run

Dayton, OH: November 25th | 8:30am
Welcome Stadium - UD | Offering 5k, half-marathon, or virtual run

Tipp City, OH: November 25th | 8am
Kyle Park | Offering 5k, 10k, or virtual run

Sidney, OH: November 25th | 8:30am
First Presbyterian Church | Offering 5k



If you haven't already, go read our blog on the website to learn more about our Wellness Day and the vendors that were there. These organizations exist FOR YOU! If you need help, reach out!

Health Partners Free Clinic
(937) 332-0894
www.healthpartnersclinic.org

Miami County Health Department
(937) 573-3500
www.miamicountyhealth.net

Miami County Dental Clinic
(937) 339-8656
<https://miamicountydental.org>

Sidney Health Department
(937) 498-7249
www.shelbycountyhealthdept.org

Brightview
(937) 280-6346
www.brightviewhealth.com

Tri-County Board of Recovery and Mental Health Services
(937) 335-7727
www.tcbmds.org

Anytime Fitness
(937) 451-3771 Piqua Location
www.anytimefitness.com

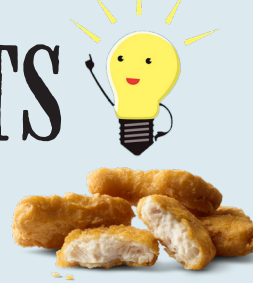
Dayton Children's
(937) 641-3000
www.childrensdayton.org

Pink Ribbon Girls
(877) 269-5367
www.pinkribbongirls.org

United Way
(937) 335-8410
Or call the 211 line anytime
<https://unitedwaymco.org>

SafeHaven
Piqua: (937) 615-0126
Greenville: (937) 548-7233
Sidney: (937) 658-6930
www.safehaveninc.com

McNUGGETS OF WISDOM



We checked in with our fearless leader, Mr. Benny Scott to see what holidays he loves most, how he likes to celebrate, and what he's asking for from Santa this year!

How do you celebrate Thanksgiving/Christmas?

We Celebrate Thanksgiving and Christmas pretty traditionally. Having the family together to enjoy the holidays, watching football, playing games and lots of food. Church is the center of the day and we are usually delivering food and gifts to struggling families in our community.

100% TUITION COVERED

at



Have you guys heard about the AMAZING opportunity with Colorado Technical University?!

Have you ever dreamt of going back to college, but don't want all of that debt? Does the thought of stepping back into the classroom scare you? Tired of filling out endless (and confusing) FAFSA for yourself or your kids every single year?!

We now offer a ZERO OUT OF POCKET COST for Associates and Bachelor's degrees through Colorado Technical University! Yes- that's right... A FREE BACHELOR'S DEGREE in 35 degree fields. RN to BSN, Criminal Justice, Computer Science, Psychology and Business Management are just a few of the 35 different degree fields they offer. This also covers books and a laptop for you to work at your own pace, in your own home.

Interested? Contact me and I will answer any questions you have and help guide you through this process to get you enrolled!

What is your favorite holiday and why?

Christmas - Most importantly celebrating and giving thanks to God for the gift of his son. It gives us the chance to reflect on this amazing gift and share that with others. Our family has been so blessed and it is very fulfilling for us to be able to share those gifts with others and role model that for our kids. Spending time with family and friends is also a big highlight for us. I would be lying if I didn't mention enjoying great food and a few drinks.

What is on your Christmas list this year?

Stacy and I have been fortunate and so I like to focus on the gifts we can share with others, that is truly the most fulfilling to us. Now, Stacy is a pretty awesome stocking stuffer, so the kids and I are always anxious for the surprise gift she has for us in our stocking. And, I can't believe you had to ask if I have been good...Duh?



This past year has without a doubt been one of the most stressful for all of us. With all of the crazy in the world, it might be hard for some of us to find joy in our every day lives. When I've been feeling down, I play a new Podcast I found called *Crappy to Happy!* Cass Dunn touches on many hard aspects of life that might suck away your energy or make you feel like you're lacking in motivation - such as money, work, and personal relationships. She also has a few books published - one that I am currently reading called *Crappy to Happy: Simple Steps to Live Your Best Life*. Her refreshing perspective on finding joy in simple

moments and allowing yourself to let

go of things that you cannot control has honestly changed my mindset and forced me to believe that the cliché is true: happiness is in the journey, not the destination!



DATES TO REMEMBER



Nov 3rd - Blood Drive @ Piqua Mall
12pm - 6pm. Go to
www.donortime.com to sign up!

Nov 7th - Daylight Savings Ends! Turn back
those clocks and get an extra hour
of sleep!

Nov 11th - Veteran's Day - Thank You Meals

Nov 16th - Company Meeting -
Virtual! More
Details to come.

Nov 25th - Happy
Thanksgiving!



Nov 30th - Giving Tuesday -
Stay tuned for our
United Way event!

Dec 8th - Company Christmas
Party - details to come.



Welcome Back, Jo Schmiesing!

We are so excited to welcome Jo back to our team! She will be in stores helping with interviews & training new employees. Be sure to give her a warm welcome back whenever you see her!

TRICK OR TREAT

