

# Golden Opportunities

**MAY 2021**

**May is HERE!!** The earth is coming alive again, kiddo's are ready for school to be out, vacation plans are in high swing... The smell of flowers and fresh cut grass are in the air... **SPRING IS HERE!!** What do you think about when the calendar turns to May? Mother's Day, graduation and Memorial Day are three that come to mind.

## I AM MOM

MOTHER, HOUSEKEEPER, CHEF, TEACHER  
NURSE, COACH, CHAUFFEUR, STORY TELLER  
MONSTER KILLER, PLANNER, ORGANIZER  
DECORATOR, CRAFTER, BEST FRIEND  
MULTI-TASKING QUEEN, WONDER WOMAN

**AND YES, I DO EVERYTHING.**

To all the mama's... **THANK YOU** for what you do every day. Y'all are hero's. Let's face it- the home wouldn't run without you... you are the glue that holds your families

together. You are Superwoman... Superhuman. Scott Family McDonald's is grateful for your contributions to us, and your families.

To all of the graduates, "Dear Past, Thank you for the lessons. Dear Future, I am ready!" You have fought an uphill battle and won... Scott Family McDonald's says **CONGRATULATIONS class of 2021!**

Memorial Day honors those that paid the ultimate sacrifice for our freedom. Because of their selfless sacrifice, it is more than a day off and a cookout.

To honor you, and everything you have done for us on one day seems selfish... **THANK YOU** will never be enough.



As always, we want pictures of your May/June events for the July issue of the newsletter. Pets are the epitome of unconditional love. We hope you enjoy the pic's of all the fur babies that were submitted. Now, get out and slay the day.

**YOU are WORTH it!**

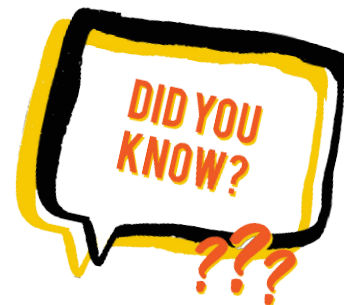
- Cindy Frantz  
Community Relations/  
Recruitment Manager



With fun in the sun this summer, don't forget to protect the skin you're in!! With "Menanoma Monday" on May 3rd, followed by "National Sunscreen Day" on May 28th, here are some staggering facts about sunning your buns taken from the CDC website and "Nationaltoday.com:"

**90%** of skin cancer is caused by sun exposure.

Skin cancer accounts for more than **50%** of all cancers combined.



The word Melanoma is a Greek word deriving from '**melas**' meaning dark and '**oma**' meaning tumor.



Use a sunscreen with an SPF (Sun Protectant Factor) of 15% or above when going outside, even on cloudy days! This should be applied 15 minutes before going outside. If you have any concerns, please check out Anthem's website, [www.anthem.com](http://www.anthem.com) to find a dermatologist in the SFM network.





The weather is getting nice, it's time to get outside and move! Walking improves mood, and it is a stress reliever. Who doesn't want to be happier?!?! Ken and Cledith are great role models when it comes to getting up and walking - they walk every hour of the day!

If you are itching to leave the comfort of your couch, get outside and start moving, "Couch to 5K" is the perfect beginners exercise routine! This free program takes new "runners" from limited movement each day to being able to run 3.1 miles - a 5K in as little as 9 weeks without overwhelming anyone. The training plan was started in 1996 by Josh Clark of the sports site *Cool Running* and has shown huge success!

People at all fitness levels can complete the Couch to 5k program. It is specially catered to beginners- getting them off the couch and well on their way to running slowly but surely. This is a great method because it doesn't overwhelm a new runner or demoralize them when running for a few minutes straight becomes to be too much.

Download the "Couch to 5K" app for free and follow the training calendar as the site prescribes - you'll be glad you did when you hit that first milestone and realize "I can do this!" Get movin peeps!

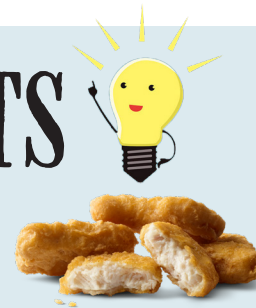


Summer calls for outside activities. Soaking up the sun brings happiness to the soul! Whatever your favorite outdoor activity is, it could also bring increased risk for accidents.

Scott Family McDonald's offers Aflac Accidental Insurance to our employees! Please see the attached flyer from our Aflac rep, Tina Larger.

If you have any questions or concerns, please reach out to Tina or myself (cindy@scottmcd.com).

# McNUGGETS OF WISDOM



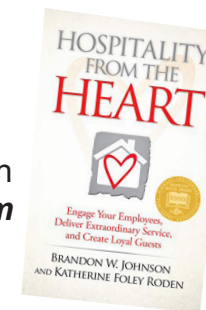
*We asked Stacy Scott, our Owner and VP about her favorite vacation spot and what she loves about being a mother.*

## Where is your favorite Vacation spot and why?

My favorite vacation would be our trip to Italy when the kids were in high school. But as far as favorite spot, I would have to say Ocean Reef where we have been going more often. There are a lot of activities to keep us busy!



Leadership and Management resources are all around us! Ken highly recommends Brandon Johnson's book ***Hospitality from the Heart*** (co-authored by Katherine Foley). I'll be honest- I am not a big reader. Audible is my best friend! There are millions of books to choose from online. Most of my 'reading' is done in my car.



TED talks are also short, informative videos with subject matter on all things business; not to mention INFORMATION POWERHOUSES!! Share your favorites with us!

If you search the words "Leadership" and "Management" on YouTube, there are thousands of videos that come up. One of my absolute favorite speakers is Simon Sinek. He is bold, has an optimistic outlook (I recommend his concept of "Why" video), and will make you think in a totally different way. His mission statement is, *"to inspire people to do the things that inspire them so that, together, each of us can change the world for the better."* (https://simonsinek.com).

## GRILLED SALMON & ASPARAGUS

**Equipment:**  
Grill

**Ingredients:**  
4 pieces of Salmon  
2 pounds of asparagus  
1 lemon  
Olive Oil (Tuscan Olive Oil from the Olive Oasis in Troy recommended)  
Salt & Pepper  
Balsamic Vinegar

**Directions:**  
Wash and dry salmon. Squeeze 1 lemon over all four pieces of fish. Drizzle with a good Olive Oil.  
Place on grill and let cook for 5-8 minures on each side - or to desired doneness.  
Drizzle Olive Oil over asparagus. Sprinkle with salt and pepper. Place on grill and let cook as long as the salmon cooks.

Once finished, drizzle both salmon and asparagus with balsamic vinegar. Enjoy!



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	RUN 2 MIN WALK 2 MIN REPEAT 6X	REST DAY	RUN 1 MIN WALK 1 MIN REPEAT 8X	REST DAY	REST DAY	RUN 2 MIN WALK 1 MIN REPEAT 4X	REST DAY
2	RUN 2 MIN WALK 3 MIN REPEAT 4X	REST DAY	RUN 1 MIN WALK 1 MIN REPEAT 10X	REST DAY	REST DAY	RUN 3 MIN WALK 3 MIN REPEAT 4X	REST DAY
3	RUN 4 MIN WALK 3 MIN REPEAT 4X	REST DAY	RUN 1 MIN WALK 1 MIN REPEAT 12X	REST DAY	REST DAY	RUN 5 MIN WALK 3 MIN REPEAT 3X	REST DAY
4	RUN 7 MIN WALK 3 MIN REPEAT 2X	REST DAY	RUN 3 MIN WALK 2 MIN REPEAT 4X	REST DAY	REST DAY	RUN 8 MIN WALK 3 MIN REPEAT 3X	REST DAY
5	RUN 12 MIN WALK 2 MIN REPEAT 2X	REST DAY	RUN 8 MIN WALK 5 MIN REPEAT 3X	REST DAY	REST DAY	RUN 12 MIN WALK 2 MIN REPEAT 2X	REST DAY
6	RUN 15 MIN WALK 5 MIN REPEAT 2X	REST DAY	RUN 3 MIN WALK 3 MIN REPEAT 8X	REST DAY	REST DAY	WALK 5 MIN RUN 20 MIN WALK 5 MIN	REST DAY
7	RUN 10 MIN WALK 2 MIN REPEAT 3X	REST DAY	RUN 3 MIN WALK 1 MIN REPEAT 12X	REST DAY	REST DAY	WALK 5 MIN RUN 25 MIN WALK 5 MIN	REST DAY
8	RUN 15 MIN WALK 2 MIN REPEAT 2X	REST DAY	RUN 12 MIN WALK 2 MIN REPEAT 3X	REST DAY	REST DAY	RACE DAY!!	

**What is your fondest Mother's Day memory?**  
I can't recall a favorite, but I do remember many Mother's days at the basketball and volleyball courts when the kids played AAU and JO in high school! Every Mother's Day is a wonderful time to appreciate what all my Mother has taught me and reflect on the special feeling of being a mother.

**What are your plans for this Mother's Day?**  
This year will be a very special Mother's Day for me. My oldest son, Zack, will be graduating from college, so we will have a lot to celebrate!



Save on rental cars, hotels and airfare on your 2021 vacation! There are SO. MANY. DISCOUNTS. You decide the categories you want to see, and where you want to save money. Cell phones, groceries and gift cards are all on the list.

Go to [www.mcdperks.com](http://www.mcdperks.com)

Select "I am a McDonald's Franchise staff member."

Create an account.

# Happy shopping!!





# Personal Development

As the saying goes, "You can only coach to the level you are." Seems simple enough, right? Are you happy with status-quo... mediocracy... or even conformity?? We are adding a new section to the newsletter to help you with your personal development. There are so many free (and who doesn't LOVE FREE) resources to help one grow - it is overwhelming. We will break it down, bit-by-bit, and help you digest growth in a manner that is helpful to you.

John Maxwell said it best in his book **How Successful People Think**, "Big-picture thinkers are never satisfied with what they already know. They are always visiting new places, reading new books, meeting new people, learning new skills. And because of that practice, they often are able to connect the unconnected. They are lifelong learners." This is where we want to help you go. Somewhere beyond stagnation into a world of growth, opportunity and self-fulfillment. As leaders at Scott Family McDonald's, your continued growth will help all of us. Please make sure you share your favorite podcasts, YouTube channel, books and webinars so we can all expand knowledge!! Together we ARE greater.

## OUR SFM FURBABIES



**KAISER**

Beth Garber's baby



**ROSIE**

Tina Beck's sweet girl



**BLONDIE**

Ken & Cledith  
Roosa's fur-angel



**PANDA & LIL BIT**

Cindy Frantz's little potatoes



**BELLE**

Richie Hahn's sassy gal



**COBALT**

Ella Hunt's spunky pup & sweetheart



**SAPPHIRE**



**OREO**

Freda Trittschuh's fluffer



**BAILEY**

Denise Martin's loyal pal