

GOOD LIFE CLUB



WINTER 2021

NEWSLETTER

Good-bye, 2020! Hello, 2021!

I had such high hopes for last year with some great trips and social events planned for us. It just didn't turn out as expected, did it? Hopefully, you were able to make the best of it and remained healthy throughout the holidays. Now, it's time for new opportunities in the New Year!

Do you make resolutions or set goals? I'm definitely more of a goal setter because I've never been good at keeping resolutions which are defined as a decision to do or not do something specific. So, you make a New Year's resolution to quit smoking or give up fatty foods. You start on January 1 and by January 7 you're sneaking a cigarette or a large order of fries and feeling guilty. I think it is much easier to set a goal for a specific outcome at a specific time making reaching goals more approachable and realistic.

One of my goals for Good Life Club is to get 'back on the bus' some time in the latter half of the year so stay tuned for those announcements. Where would be the first place you'd like Good Life Club to go? Let me know!

A few of my personal goals for this year are to fit back into that cute pair of checked pants by the end of April, paint our front porch in June, and have a date night/day with my husband every two weeks. I'll let you know how these work out!

I hope your 2021 is filled with health, happiness, and blessings.

Until we see you next time...

...enjoy your good life!

Wash Your Hands

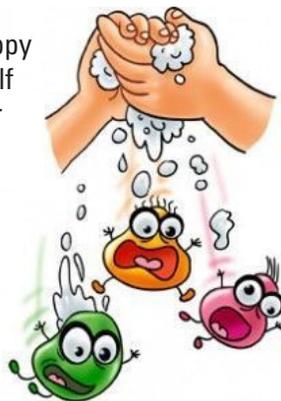
What is one of the most important things you can do to help you stay healthy and safe from COVID-19? Wash your hands.

Hand washing with soap and water works on two fronts. First, it physically removes things from your hands. Soap will actually bust open agents – like coronaviruses – and break them apart. Coronaviruses are encased in a layer of fat called a lipid envelope. Soap can break that fat apart and make the virus unable to infect you.

Secondly, it makes your skin slippery so germs can be pried off and rinsed away. That seems pretty simple, but it only works if you wash your hands well. Use liquid soap, if possible, create a good lather, and rub the entire surface of your hands including the palm, between fingers, and under nails for about 20 seconds.

Use the guideline of singing Happy Birthday or The ABCs to yourself twice before rinsing and drying. After rinsing, use a paper towel to dry your hands. This will help remove more germs!

Source: WebMD <https://www.webmd.com/lung/news/20200306/power-of-hand-washing-to-prevent-coronavirus>



50PLUS^{news} magazine

What's New for Phase Two of Your Life

If you haven't seen this yet, here's a great little publication! You can pick it up for free at some retail spots like Walgreens, subscribe for home delivery with a nominal fee, or go to their website to utilize their resource guide.

<https://50pluspubs.com>

Winter Ready?

We had a pretty mild December, so maybe you weren't thinking about how harsh winter can be. Here are a few reminders to help you get Winter Ready.

- Keep a list of contact numbers in a handy spot – who will you need to contact for medical information or emergencies, snow removal, grocery & medication orders and deliveries, repairs, power outages?
- Have your furnace inspected
- Test carbon monoxide and smoke detectors. Change batteries, if necessary

Stock up on:

- Non-perishable food items for yourself and any pets – bottled water, canned fruits, vegetables and meats, peanut butter, juices, trail mixes
- Safety supplies – flashlight with extra batteries, battery-operated weather radio and cell phone charger, blankets, paper towels
- Medications – don't let them get too low

**P.O. Box 223
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What's Coming Up

At this time, all trips, seminars, and social events remain suspended.

This includes the February trip to Drury Lane Theatre for *The King and I*.

Hang on to any gift certificates issued by Cheryl Chapman. They will be good for one year from the restart date of Good Life Club activities.

No previously issued certificates will be honored.

ADDRESS CHANGE? Whether you are moving to a warmer clime for the winter months or relocating permanently, be sure Good Life Club follows you. Club addresses are separate from bank records, so contact Good Life Club when you are on the move! Call 262.378.4841 or email cchapman@citizenbank.bank to update your records.

GOOD LIFE CLUB - PERKS & BENEFITS

Good Life Club members are eligible for free products and services, as well as exclusive access to exciting trips, fun social events, and informative seminars.

Contact a Personal Banker to sign up! Call 262.363.6500.

ENJOY YOUR GOOD LIFE!

Removing snow can be tough on our older bodies, so it might be a good idea to look for some help with snow removal.

You can always ask a nearby neighbor, check in with your local youth groups, or contact some of your local agencies like the ADRC to see if they can recommend reliable snow removal help.

Oh, My Aching Back!



Puzzle Challenge

Congratulations to Marilyn M. for winning the drawing for our last Puzzle Challenge! The solution: *Autumn leaves don't fall, they fly. They take their time and wander on this their only chance to soar.* Quote by Delia Owens

Each letter has a number value. For example G = 18. Determine each letter's value to solve the quote below. Submit your solutions to Cheryl (cchapman@citizenbank.bank) by March 15th to be entered into a drawing for a \$10 Good Life Club gift certificate! (Quote must be correct.)

| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
|---|---|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 19 | | | | | | | | | | | | | | | | | | | | | | | |

1 18 11 25 9 16 16 21 5 26 25 18 6 1 11 22 2 25 18 16 13

26 24 2 2 6 22 1 5 25 18 16 24 25 25 18 6 19 16 17 21 16 13

1 5 8 25 6 22 25 16 9 5 23 6 5 25 26 1 6 6 25 8 6 26 26

Don't be this guy!

I'M HAVING A MELTDOWN



Just because the year has turned, it doesn't mean that things are going to be OK overnight. It is still important to take the time to take care of yourself. Eat right, get moving, stay in touch, and find activities that bring you joy.