



A Better Way, 10 years stronger

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Greetings to our friends, near & far! We

announce the formation of “**Team Snow Cone!**” At our July meeting we formed this group to get the word out about several important Fall Social events & those dates. Our **Snow Cone Team** is comprised of Debbie, Carlos, Melanie, Nick & Mary. Please do be kind to them and return their calls if you’ve received one. If you’d like to join the Team, please let me know we can always use more phone call support ☺

Team Snow Cone has been diligently making phone calls to our friends of A Better Way, letting them know of two urgent dates- Sat. Aug. 13th & Sat. Sept. 24th. In between that is a fun night for Bingo at All Saints on **Sat. Sept. 17**.

All Saints will facilitate a “**Safe Environment Training**” activity at A Better Way’s regularly scheduled support meeting **on Sat. August 13th**. This is an excellent opportunity for anyone in our group to get trained & educated about what exactly “Safe Environment” is. We hope you will make every effort to attend. This will allow those who complete the training & paperwork to volunteer at the Fall Fest Snow Cone booth. A fun & lively festival for all to enjoy.

**All Saints sponsors “Safe Environment” training for A Better Way friends
Sat. August 13, 2022
Lunch & learn, 12:30- 2:30**

Additionally, we will provide lunch for those who register for the S. E. Training by **Wed. Aug. 10th**. Send your reply to Evelyn at- Jeanne323sbcglobal.net

Great ways to rev up your metabolism...



If you’re a blueberry lover like I am, you’ll be happy to know it’s one of the many metabolism energizers highly recommended. It’s a natural antioxidant & has plenty of fiber as well as do blackberries & oranges. Strawberries are pretty amazing, too. Drinking green tea is a great way to stave off hunger pains and helps manage blood pressure.

Stretching with deep breathing before you exercise is vital for good health, not only for oxygenating your blood but also to add to your muscle strength. Did you know that stretching helps prevent injury and can also promote muscle gain, enhances flexibility, agility & focus? (I did not know this!) And, if you stretch for about 10 minutes twice a day you will start to notice a wonderful difference in your body. How wonderful that would be! A few more ways to consider revving up your energy include eating spicy foods, interval training, & adding fiber to your diet, including dark leafy greens like kale & spinach. Who doesn’t need an energy boost!



Don’t forget to **De-stress Daily**. What is your best anti-stress regimen? + Exercise daily,
+ Laugh often, + Journal your thoughts, paint or draw,
+ Call a good friend, + Power nap for 15-20 minutes. If you can do this it works like a charm. + Enjoy a treat

What's Next?

We are gearing up for **being the best Snow Cone folks to scoop it out!** Won't you join the fun? The **All Saints' Fall Fest** takes place **Sat. Sept. 24 & Sun. Sept. 25th**. A Better Way will be hosting the Snow Cone Booth, a first for us! We've helped out previously. Saturday, we are on for hosting this active Booth, from 10 a.m. until 9:30 p.m. We'll need your hands to assist as there will be many shifts to fill, in mostly 90 minute blocks.



**SIGN UP TO
SERVE SNOW CONES:
on SAT. SEPT 24TH**

10 AM ~ 12 NOON

1. _____

2. _____

12 NOON ~ 1:30PM

1. _____

2. _____

3. _____

1:30 ~ 3:00 PM

1. _____

2. _____

3. _____

3:00 ~ 4:30 PM

1. _____

2. _____

3. _____

4:30 ~ 6:00 PM

1. _____

2. _____

3. _____

6:00 ~ 7:30 PM

1. _____

2. _____

3. _____

**7:30 ~ 9:30 PM,
CLOSE & CLEAN-UP**

1. _____

2. _____

3. _____

*A Better Way meets
Sat. August 13, 2022*

12:30 - 2:30 pm

*for "Safe Environment" training
with a light lunch*

*Please reply to Evelyn to confirm
your reservation, 214 868-5306
or jeanne323@sbccglobal.net*

😊😊😊 Thank-you!

Snow Cone Sign up time



*Happy birthday
to all August birthdays!!*

Mauri, Caroline, Matt, Jet, Sharon,
Michael, Mary, Debbie, Gary & more



Bingo night is Sat. Sept. 17, 2022 @ 6:30p