

2018
EDITION



COMPASS

NEWSLETTER

VOLUME THIRTEEN



BACK TO THE MOUNTAINS

BY SADIE HESS
FOUNDER AND CEO

This is our tenth annual retreat! I truly can't believe how quickly time flies. My youngest was a tiny baby when we went away on our first ever Compass Retreat.

The retreat came about in a funny way: I had gone to the prayer chapel to pray over the year for Compass and found myself dreaming of a retreat where we could be a community of people—staff, staff families, clients and client families. I was convinced a retreat would build a better community.


Naively, I listened when the camp said they were wheelchair friendly. They were not. It was a fiasco. But it wasn't the only fiasco. I remember on the way out to the camp feeling defeated, tired and discouraged and it hadn't even started yet! I told Eric, and I quote, "Do not let me do this again. No matter what I say, do not let me do another retreat."

And it only got worse...we had people sick, people without chains for a Hoyer lift, people fighting, staff not showing up. I remember fighting back tears as I went from disaster to disaster and cursing my stupid idea.

But then, somewhere around two hours in, magic began to take place: a client who was afraid to leave her room came to the dining hall and people cheered; a staff sang "Achy Breaky Heart" on the Karaoke machine; and we had a church service where the speaker used a Dynavox machine to give the message. All of my frustrations and issues melted away as I witnessed the most beautiful community I have ever seen. They were moments of pure joy I will carry with me always.

Ten years later, these retreats are forever etched into my heart and mind. Every year is full of trials and issues, but every year the magic far outweighs any concern or issue. The sum of why I do what I do happens in this weekend. I see clients and staff grow. I see love grow and be born. We have even had a couple meet and marry on a retreat! I see people step out, take risks and I witness enchanted moments be their reward. Join us this year and discover a community of legends and heroes and you just might find you are one of them!





LANGUAGES OF APPRECIATION

BY AARON ZINT
PAYROLL
COORDINATOR

Imagine a Brazilian man who only speaks Portuguese, is trying to say, "I love you very much!" to a Chinese woman who only speaks Mandarin. She will probably have no idea what he is talking about and may even be frightened by the demonstrative way he's saying it, if he's anything like the Brazilian friends that I have.

The idea of Love Languages that was introduced by Dr. Gary Chapman in the mid 90's, is that people say, "I love you," in different ways or "languages". If we can learn to speak the love language of those we care about, we can effectively communicate "I love you," in a way they can actually hear it.

This concept was adapted for the workplace in recent years in the book, *The 5 Languages of Appreciation in the Workplace*. In this book, Dr. Paul White and Dr. Gary Chapman explain that most people are unhappy at their jobs because they feel a lack of appreciation. This isn't to say the appreciation doesn't exist. People simply aren't feeling it.

So what if an organization really grabbed onto the idea that people felt/spoke appreciation in different ways or languages? What if everybody at that organization, from top to bottom, could learn to speak each other's specific language of appreciation? Well, you just might have a workplace where people were really engaged, wanted to stick around and wanted to bring their best to the table.

Here are the 5 languages of appreciation in a nutshell. Read through them and figure out which one or ones, resonate with you the most. Then be on the lookout for what language your coworkers, clients and supervisors receive appreciation in:

- 1. Quality Time:** you feel appreciated when someone gives you focused attention and time. You like it when they ask, "How are you doing?" or they spend time doing something with you that you enjoy.
- 2. Words of Affirmation:** you feel appreciated when someone tells you either in written form or verbally, specifically what they appreciate about you. "I appreciate how much you care about your clients. Like when you helped Jennifer create a scrapbook. That was incredibly thoughtful."
- 3. Acts of Service:** you feel appreciated when someone steps into your world to help you. A person's appreciation is most noticeable to you when they prove it with their actions.
- 4. Tangible Gifts:** you feel appreciated when someone gives you a gift that means something to you. The monetary value is inconsequential. The gift just has to say, "I was thinking about you and I know you."
- 5. Physical Touch:** you feel appreciated with a workplace-appropriate side hug, high five or pat on the back.

SLS FEATURE: LAURA

BY: AMANDA HUNT, SLS SUP.



Often times we journey through life not recognizing or appreciating the things life has to offer us. Like spending time with family, taking walks in the park, sleeping in our bed and doing dishes. Yes, even doing the dishes can be fun and relaxing for some people. For Laura this sudden jolt of reality became all too real in December of 2016. Laura had just gotten back from a fun weekend in Santa Cruz when the pain in her legs became so unbearable she was unable to walk. Doctors discovered Laura had broken her hip and would spend the next 6 months in rehab away from her family, her bed, and her immaculate house that she loved to clean.

Laura faced many fears and setbacks over the course of rehab from being airlifted to Santa Barbara for a second unrelated surgery, learning how to walk again, to getting to go home only to fall the very next day.

"OFTEN TIMES WE JOURNEY THROUGH LIFE NOT RECOGNIZING OR APPRECIATING THE THINGS LIFE HAS TO OFF US. LIKE SPENDING TIME WITH FAMILY, TAKING WALKS IN THE PARK, SLEEPING IN OUR BED, AND DOING DISHES. YES, EVEN DOING THE DISHES CAN BE FUN AND RELAZKING FOR SOME PEOPLE. FOR LAURA THIS SUDDEN JOLT OF REALITY BECAME ALL TOO REAL IN DECEMBER OF TWO THOUSAND SIXTEEN."

This fall would send her back to rehab to start all over from the beginning for another 5 months. The second stint in rehab would test her strength and resilience yet again. This time around would be different as she conquered her fears with even more grit and determination. Laura not only worked on getting physically stronger but she changed her eating habits the second time around and embraced a healthy lifestyle that led her to losing 32lbs.

Laura's motivation throughout those 11 months was to get home to see her daughter and two grandkids. The three of them are her pride and joy as well as a dream come true. As for the dishes, well this too was a motivator. Laura loves to do dishes. It makes her extremely happy and relaxes her. Laura has now been home for 6 months and is stronger, happier and is doing the things she loves. She goes to see her family multiple times a month and goes for walks with her staff in the park. Laura has a greater appreciation for life and is choosing to live every moment to the fullest; clean sink and all.

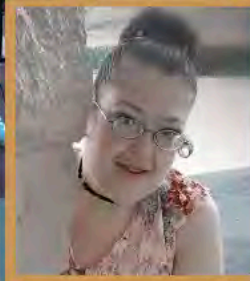
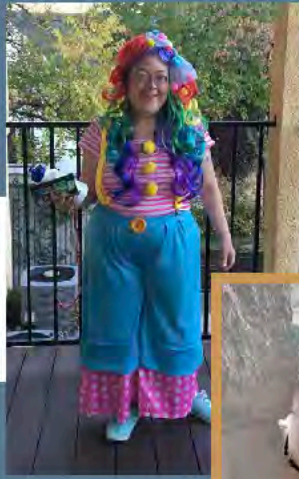
She sees her daughter and grandkids as much as she can and as she takes walks, she reflects on how proud she is of how far she has come. She looks forward to embracing and celebrating the small things in life.

THANK YOU FOR YOUR YEARS OF SERVICE RAY!



SLS FEATURE: ANGEL

BY: COURTNEY FERRINGTON, CF



" IT IS WELL KNOWN THAT ANGEL ABSOLUTELY LOVES EVERYONE SHE MEETS AND ALMOST ALWAYS GREETES THEM WITH A SMILE, A HUGE HUG, AND DEPENDING ON WHO YOU ARE, SHE MAY..."

When Angel started with COMPASS she weighed 211 pounds. With hard work, determination, being active with Special Olympics, and the fact that she lives in an apartment that has several flights of stairs she needs to walk up and down, she is proud of the fact that she's lost 65 pounds going from a size 22/24 to a size 14. She also continues to work and improve on her behaviors on a daily basis. These wonderful changes have not only taken place because of Angel's hard work, but because she has support and encouragement from her family (mom, sister, grandmother, and brother-in-law), staff, and medical personnel who understand Prader-Willi Syndrome and how it affects Angel physically, behaviorally, and physiologically.

For years Angel has participated in multiple Special Olympic sports and games such as basketball, bocce ball, bowling, and softball. Needless to say, life is never dull when Angel is around. It is well known that Angel absolutely loves everyone she meets and almost always greets them with a smile, a huge hug, and depending on who you are, she may jump around letting out a little squeal while she runs towards you almost knocking you down with her excitement.

Recently, we were talking about the movie 'The Greatest Showman.' While talking with her she expressed that she "loved" the movie. When I asked why she loved it so much she said "It felt good to watch a movie knowing that there are people out there that don't feel normal, just like me." Such profound words from such an amazing young lady. Angel is definitely tenacious and I truly believe she can do anything she sets her mind to.

When you ask a team of people to take a minute to describe Angel, the words they come up with are "colorful, adorable, extraordinary, full of life and love, kind-hearted, effervescent, great sense of humor, bright, and playful." Each of these words describes Angel to a T.

At one point in her life, Angel started to notice that her younger sister was exuding more independence than she herself was experiencing, so she expressed to her family that she wanted to stand on her own two feet and live life to the fullest in her own home. That's when, a little over three years ago, COMPASS was blessed by bringing her on. Because of Angel's disability, her family and support team knew that there would be some struggles in the months ahead to make sure that Angel was safe in her own home. This is because Angel has type 2 diabetes and Prader-Willi syndrome. Prader-Willi can be described as having an unsatisfied hunger. In her mother's words "her brain tells her that she needs to eat like it tells us we need to breathe." Meaning she always feels hungry. She doesn't have the signal that comes from the brain, that lightbulb that goes off saying, "Hey you're full!" So, with a team of people, a plan was created to have Angel living on her own with 24 hour staffing.

ILS FEATURE: SOPHIA

BY: DONNA DAVIES, ILSM

Sophia has exhibited tremendous growth since joining Compass ILS in 2016.

Early in life, Sophia endured very difficult situations. She experienced being taken advantage of by the people she should have been able to trust the most, and had to cope with people closest to her being addicted to drugs and the many issues that go along with that.

In spite of this, Sophia continues to make peace with the events of the past showing depth of understanding and real compassion for the struggles of others. She has remained positive and is willing to do the work required to not just survive, but flourish. Both in her personal life and out in the community, Sophia continues to face her fears and put effort into seeing her dreams come true.

Sophia is excelling in school at Shasta College and is well on her way to becoming an Early Childhood Education Specialist with the goal of opening her own daycare or working at a preschool.

She is learning to advocate for herself out in the community and at home. Recently, she faced a difficult situation with an IHSS worker. She thought through the issue and made a wise decision.



"SHE HAS REMAINED POSITIVE AND IS WILLING TO DO THE WORK REQUIRED TO NOT JUST SURVIVE, BUT FLOURISH. BOTH IN HER PERSONAL LIFE AND OUT IN THE COMMUNITY, SOPHIA CONTINUES TO FACE HER FEARS AND PUT EFFORT INTO SEEING HER DREAMS COMES TRUE."

She is making new friends. She meets frequently with a group of Compass women clients and ILS Life Coaches called "Women on the Move," who get together to exercise and socialize out in the community.

She also participated in the Compass cooking class to increase her knowledge of health and wellness and to learn how to create nutritious meals.

Because Sophia was willing to forego small pleasures and make some sacrifices, she is well on her way to saving enough money to take a vacation to Las Vegas.

Sophia is a very warm, welcoming person who easily accepts others. She is aware of the areas in her life that still need improvement. As Sophia continues to grow she is quick to encourage other clients to challenge themselves as she has done.

Sophia is an ILS inspiration and we look forward to seeing her reach her goals and achieve her dreams.

SLS FEATURE: AMERICA

BY: TEMIKA MOORE, CF



If you have ever visited the Pleasanton Office, you are sure to see a few pictures of America Liberty "Meri," formerly known as Cleo, posted throughout the office. America has been part of the Compass family for the last eleven and a half years. She has seen the Compass family grow over the years, as well as LGs transitioning into various roles. America is always on the go and loves to share about her day and the various adventures she may encounter. America always has a smile on her face, an upbeat attitude and loves to be out and about.

America best embodies the Compass value of 'Community'. She enjoys being social and will jump at the opportunity to do so. She attends monthly meetings at her local regional center, church, and enjoys taking trips out into the community. America especially enjoys visiting her local Rasputin and Starbucks. At Rasputin, she likes to frequent the **vinyl section** and rock out to a little **Katy Perry**. Her local **Starbucks** knows her by name. When America was in the process of changing her name, each employee at Starbucks was very supportive and helped her to celebrate the change with a free drink. Every Sunday, America partakes in her local church services. There, America assist, with scripture reading and cross bearing.

"THIS PAST YEAR, AMERICA AND HER CF ORGANIZED HER PLACE AND GATHERED ITEMS TO BE DONATED TO THE FIRE VICTIMS IN THE SANTA ROSA AND NAPA AREA."

America not only loves being out in the community but enjoys giving back to the community as well. This past year, America and her CF organized her place and gathered items to be donated to the fire victims in the Santa Rosa and Napa area. In the coming year she plans to continue to donate to local charities within her community. America will be visiting Redding this year and has set a goal for next year to visit the Livermore Outlets and Manteca for a possible 2 night stay. So the next time you see America, aka "Meri" for short, please don't hesitate to introduce yourself. I'm sure, she would give you a warm welcome and love to tell you about her day. America is an amazing and intelligent young lady who is a true advocate for individuals with disabilities.



Sarah is a cheerful, bright, amazing, young lady with Down syndrome. She is full of life and fun to be around. Her positive energy is inviting. She lives at home with her mother and step father and loves being around people. She is very independent and keeps herself busy throughout the week.

Sarah volunteers at the Mocha Café, located in the Alameda Education department in Hayward. She works there two days a week. She runs the cash register and takes orders. Her customers light up when they see her.

Sarah attends Alameda College 2 days out of the week, taking a money management class. She recently got a paid job in Oakland doing clerical work 1 day a week for 6 hours.

“WHEN SARAH IS WORKING WITH HER ILC, THEY SPEND TIME ROLE PLAYING DIFFERENT EMERGENCY SITUATIONS AS THEY ARISE.”

When Sarah is working with her ILC, they spend time role playing different emergency scenarios so she stays prepared and will have an idea of what to expect and how to handle different situations as they arise. She also works on money management, which helps with her classes at Alameda College.

In her spare time Sarah, loves going out to eat and shopping. She is a huge Star Wars fan and collects Star Wars items when she can. Sarah loves to travel. She goes to Seattle on her own to visit her Aunt every year. Coloring is another hobby of Sarah's and if you catch her with her backpack on she will share her artwork with you! Sarah also has a big heart; she goes to her neighbor's house who is in her 90's to keep her company and make sure she is okay. One day Sarah will make the transition from her mother's home into her own when she is ready.

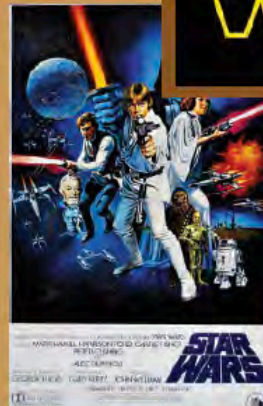
ILS FEATURE: SARAH

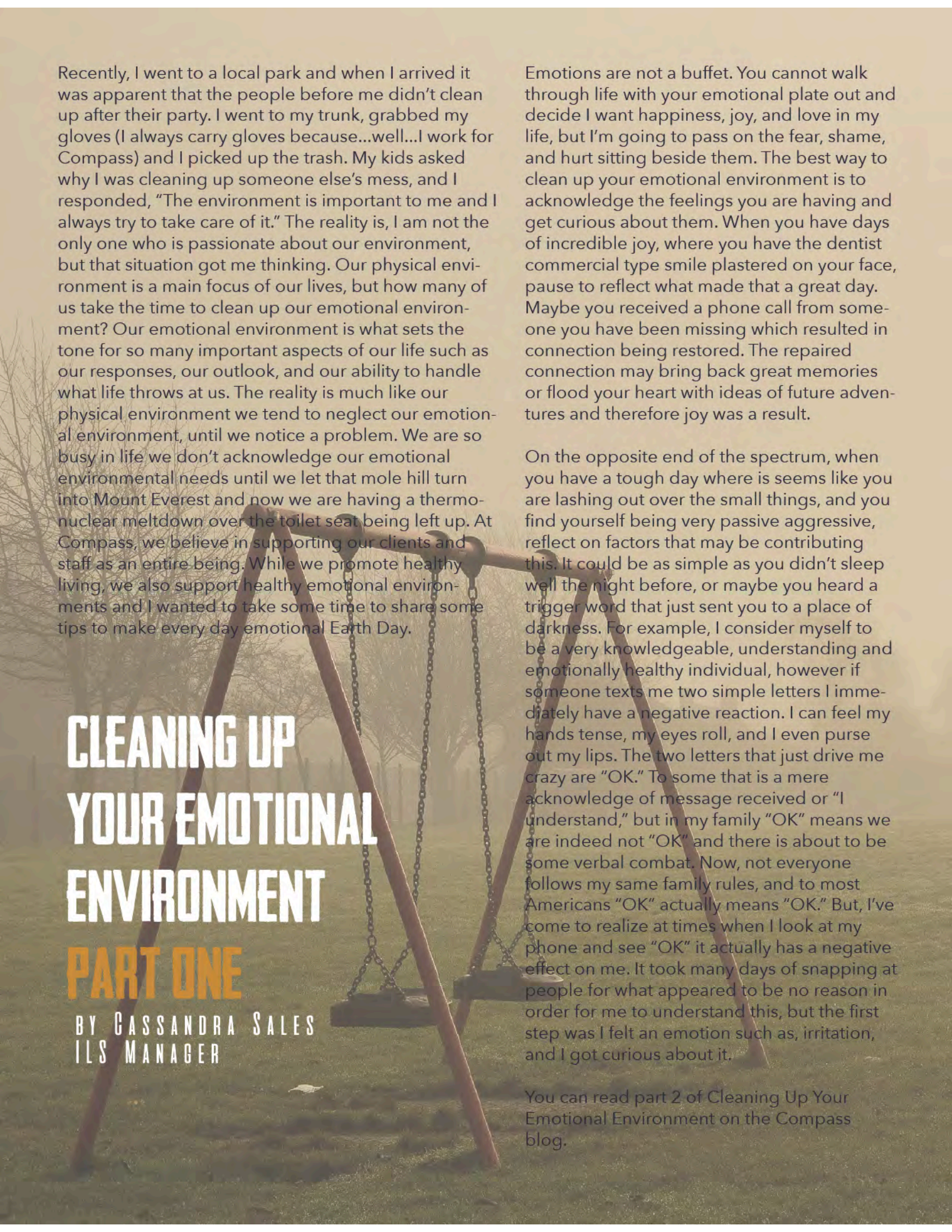
BY: SHANNON LAIRD, ILSM



“SARAH IS A HUGE STAR WARS FAN AND COLLECTS STAR WARS ITEMS WHEN SHE CAN.”

STAR WARS





Recently, I went to a local park and when I arrived it was apparent that the people before me didn't clean up after their party. I went to my trunk, grabbed my gloves (I always carry gloves because...well...I work for Compass) and I picked up the trash. My kids asked why I was cleaning up someone else's mess, and I responded, "The environment is important to me and I always try to take care of it." The reality is, I am not the only one who is passionate about our environment, but that situation got me thinking. Our physical environment is a main focus of our lives, but how many of us take the time to clean up our emotional environment? Our emotional environment is what sets the tone for so many important aspects of our life such as our responses, our outlook, and our ability to handle what life throws at us. The reality is much like our physical environment we tend to neglect our emotional environment, until we notice a problem. We are so busy in life we don't acknowledge our emotional environmental needs until we let that mole hill turn into Mount Everest and now we are having a thermo-nuclear meltdown over the toilet seat being left up. At Compass, we believe in supporting our clients and staff as an entire being. While we promote healthy living, we also support healthy emotional environments and I wanted to take some time to share some tips to make every day emotional Earth Day.

CLEANING UP YOUR EMOTIONAL ENVIRONMENT

PART ONE

BY CASSANDRA SALES
ILS MANAGER

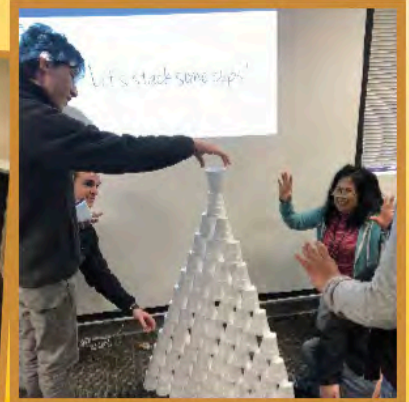
Emotions are not a buffet. You cannot walk through life with your emotional plate out and decide I want happiness, joy, and love in my life, but I'm going to pass on the fear, shame, and hurt sitting beside them. The best way to clean up your emotional environment is to acknowledge the feelings you are having and get curious about them. When you have days of incredible joy, where you have the dentist commercial type smile plastered on your face, pause to reflect what made that a great day. Maybe you received a phone call from someone you have been missing which resulted in connection being restored. The repaired connection may bring back great memories or flood your heart with ideas of future adventures and therefore joy was a result.

On the opposite end of the spectrum, when you have a tough day where it seems like you are lashing out over the small things, and you find yourself being very passive aggressive, reflect on factors that may be contributing this. It could be as simple as you didn't sleep well the night before, or maybe you heard a trigger word that just sent you to a place of darkness. For example, I consider myself to be a very knowledgeable, understanding and emotionally healthy individual, however if someone texts me two simple letters I immediately have a negative reaction. I can feel my hands tense, my eyes roll, and I even purse out my lips. The two letters that just drive me crazy are "OK." To some that is a mere acknowledge of message received or "I understand," but in my family "OK" means we are indeed not "OK" and there is about to be some verbal combat. Now, not everyone follows my same family rules, and to most Americans "OK" actually means "OK." But, I've come to realize at times when I look at my phone and see "OK" it actually has a negative effect on me. It took many days of snapping at people for what appeared to be no reason in order for me to understand this, but the first step was I felt an emotion such as, irritation, and I got curious about it.

You can read part 2 of Cleaning Up Your Emotional Environment on the Compass blog.

#EVERYDAYCOMPASS

SNAP SHOT OF OUR COMMUNITY



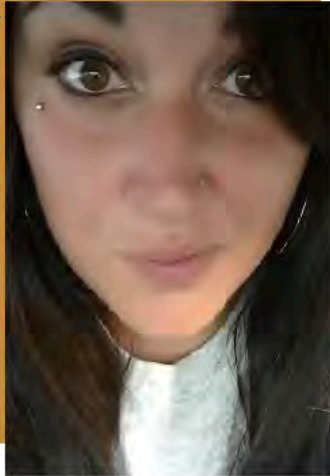
TEAM MEMBERS OF THE MONTH

ADVICE FOR STAFF: Trust yourself and give your client every opportunity and encouragement to trust themselves.

FAVORITE QUOTE: "Doubt kills more dreams than failure ever will." -Suzy Kassem

WHAT WOULD WE BE SURPRISED TO LEARN ABOUT YOU? I have a BS in Business Administration and Human Resources.

CONCETTA



FAVORITE COMPASS VALUE:

Honor: I feel honored to be part of Compass, to serve our clients and the team.

ADVICE FOR STAFF: Get to know your clients. Discover what they like, what they are excited about, what their goals/dreams are and even what they like to eat!

WHAT WOULD WE BE SURPRISED TO LEARN ABOUT YOU? I like to mine for gold and gems.

STEVEN



ADVICE FOR STAFF: Never give up and always have faith in yourself and our clients.

FAVORITE QUOTE: "Live life to the fullest because we only have one life to live."

WHAT WOULD WE BE SURPRISED TO LEARN ABOUT YOU? I used to be a Long Haul truck driver.

NICKNAME: Sweet pea

ANDREA



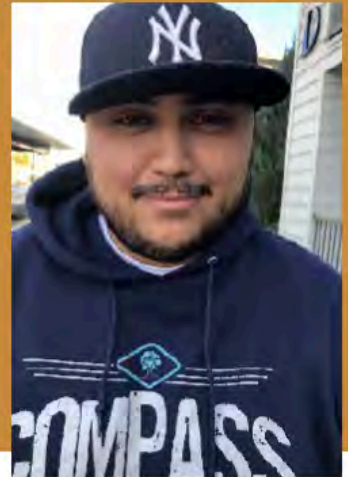
ADVICE FOR STAFF: Communicate and never be afraid to ask for help.

FAVORITE QUOTE: "I am not a product of my circumstance. I am a product of my decisions."

WHAT WOULD WE BE SURPRISED TO LEARN ABOUT YOU? I am a sneaker head.

FAVORITE COMPASS VALUE Community because it takes a village sometimes to help people be successful.

ENRIQUE
COACH OF THE QUARTER



ADVICE FOR STAFF: Leave everything/person you find better than you found it.

FAVORITE QUOTE: "You cannot deviate from the plan if you don't have a plan. So we need a plan so that we can deviate from it." -Brad Webster

WHAT WOULD WE BE SURPRISED TO LEARN ABOUT YOU? Let's leave some things to the imagination.

NATHAN



ADVICE FOR STAFF: Your client needs to know you are interested in them. They want to know we are there for them and have their back.

FAVORITE QUOTE: "To accomplish great things, we must not only act, but also dream; not only plan, but also believe."

WHAT WOULD WE BE SURPRISED TO LEARN ABOUT YOU? I was born in Spain. I am an Air Force baby.

DAWNE
PRO OF THE QUARTER



POINT POSITIVE: PERSON CENTERED THINKING

BY MELANIE ANDERSON
TRAINING MANAGER

Having a great hair stylist is pretty important. I had the same stylist for many years and when I moved to a new area, I dreaded the trial and error of finding a new person. In 5 years, I never found a stylist that really worked for me and it actually caused me a lot of stress. I recently relocated and was able to reunite with Aaron, the stylist God, and I felt a flood of relief and happiness the first time I was sitting in that red leather chair of his. Why? He knows my hair and knows what it can and can't do. When I make a bad choice, he helps me figure out how to fix it. He tells me I am beautiful. He knows my history. He sees potential when I don't and knows exactly when to push me to try something different. He is also kind and I feel comfortable around him. He is knowledgeable and stays current on trends and techniques. But he also accepts me for who I am and doesn't expect me to be someone I am not. It's a fantastic connection!

This important hair connection is a lot like how the concepts and tools of Person Centered Thinking are pretty important in the work we do. Person Centered Thinking and planning is a discovery process used to search out what is truly important to people and for people as well as what capacities and dreams someone has.

Person Centered Thinking is a mindset that guides the way we provide support to people. Person Centered Planning is an array of tools and concepts used to gather information about people. Person Centered Thinking originates from the person's perspective but values a 360 degree snapshot as well.

At its core is radical optimism, focusing on what is possible and using resources to contribute to meaningful lives for people. This is what I find most inspiring and at the same time challenging. Our industry systems and habits tend to focus first on deficits and barriers but Person Centered Thinking reminds us to "point positive".

I first heard the term Point Positive recently at the Northern California Gathering on Person Centered Practices. At lunch I was chatting with a woman who has a son with an intellectual disability. He will soon be moving into his own place and they are currently shopping for an SLS agency in the greater Sacramento area. When she learned I was a service provider, she began asking a lot of questions about how Compass helps people plan for their future. She said she has been hard pressed to find an agency who "points positive". She explained that she was an avid river rafter and the term is used by guides to point you in the right direction. Guides never point negative. For example, they would never point to a rock in the river and say, "Watch out for that rock!" because you might not be able to hear them and interpret their pointing as where you should go. The rule on the river is to always point positive, which means point in the direction you want the person or team to go. This really resonated as one of the core principles of Person Centered Services.

Here at Compass we have been honoring these concepts since our beginning but recently we've been sharpening our skills through additional training and collaboration. Our managers have attended related workshops and have been incorporating the language and concepts into our daily work. Compass offers courses on Person Centered Thinking in our Compass Wired, Level Up and Bootcamp trainings. In addition, Compass will soon have a certified Person Centered Thinking Skills Trainer. Even though Person Centered Thinking and Planning have been around for a long time, there is a new buzz around the concept as a result of the Home and Community-Based Service (HCBS) regulations that will go into effect in 2022. These regulations specifically require the use of person-centered support plans. I think this official requirement indicates a shift that has been in process for a while and is the regulatory attempt to point positive. Compass is already in compliance with the new HCBS "final rule" but we are re-energizing our commitment to the concepts of Person Centered Thinking and looking to see where we can be even better. We look forward to pointing positive together!



TEAM MEMBERS OF THE MONTH



CATHERINE

East Bay Team Member

ADVICE FOR STAFF: Always endeavor to do your best in excellence.

FAVORITE QUOTE: "I can do all things through Christ who strengthens me."
Philippians 4:13

WHAT WOULD WE BE SURPRISED TO LEARN ABOUT YOU? I can eat anything at anytime of the day or night.

Favorite Compass Value: Excellence is my favorite value because whenever I am giving care to clients, helping friends or performing any duty, I always like to give my best or perform the duty almost without any fault.



CHARLES

South Bay Team Member

FAVORITE COMPASS VALUE:

Honor: Compass has given me the honor to serve my clients to the best of my ability.

ADVICE FOR STAFF: Always have a back up plan.

FAVORITE QUOTE: Talent is a gift, but your attitude, work ethic and character are things that you have to develop yourself.

WHAT WOULD WE BE SURPRISED TO LEARN ABOUT YOU? I am fluent in German.



ERICA

South Bay Team Member

FAVORITE COMPASS VALUE: Community; Since I was 15 years old I had become an advocate for members in my community of Santa Clara County where I was able to build relationships and learn from good people by educating and speaking up for Domestic Violence victims, troubled youth, incarcerated youth, young adults, high school students, and now disabled adults and senior citizens (Truly changed my life).

ADVICE FOR STAFF: Enter this field with an open heart and don't be afraid, because you maybe the only one who can make a difference and change somebody's life for the better, yourself.

STAFF SHOUT OUT

FROM CAREGIVER APPRECIATION DAY

"Ronan is an amazing caregiver and an all-around wonderful individual. He continues to show his CF and his team that he will step up to help support his client and he does so with a fantastic attitude. Thank you for everything you do Ronan!!"

Tiffany D., CF



THE WONDERS OF WATER

BY SHERI WITTMER
CLS MANAGER AND
HEALTH COACH

Here in the state of California, water is pretty precious to us. Each winter we hope for the best when it comes to precipitation to ensure our water supply is ample during the scorching hot days of summer. Having sufficient water means our lakes and rivers are full, and that we can enjoy watered lawns and shiny cars. However, too much water creates a whole new set of problems for us, such as floods that bring destruction. In nature and in the human body, balanced water levels are essential for our safety and well-being.

Did you know that our bodies are made up of approximately 60% water? Many functions of the body cannot take place without the presence of good quality water. Without us purposely replenishing our liquids, our bodies begin to dry up. One of the first places we may notice dehydration is in the skin as it loses its moisture and sheen. Inside our bodies, our bones will begin to release water to make sure we have enough for our blood and other body fluids. Everybody knows dry bones aren't a good thing as they begin to ache and can break easily.

Here are some symptoms we may experience if we aren't tipping back enough H2O:

- Joint Pain
- Headaches
- Back Pain
- Dry Eyes
- Digestive Issues (constipation, heartburn, acid reflux)
- Urinary Tract Infections
- Blood Pressure Increase
- Fluid Retention (swelling in the ankles)
- Foggy Thinking
- Fatigue

Think how many times people go to their doctor for the very things listed above. Although not every ailment can be cured with water, it's a great place to begin to see if upping your consumption might help. Water creates a smooth toxin removal system by diluting waste in the body and flushing it out. Think of a pond, sitting quiet and still. Can you also see the scum and smell the musty odor rising from the murky waters? Now think of a river, flowing fast and furiously where the waters run crisp and clean. Is your body a pond or a river? Are you keeping it healthy with a continuous, fresh supply of water?

"IN NATURE AND IN THE HUMAN BODY, BALANCED WATER LEVELS ARE ESSENTIAL FOR OUR SAFETY AND WELL-BEING."

How can we know we are getting sufficient water each day? One easy way is to take your body weight and divide it by 2. A person weighing 200 lbs. would divide 200 by 2, which equals 100. Now that is the number of ounces a 200 lb. individual requires daily to keep up with all the body's needs.

Water can be sipped or eaten, and no, I'm not talking about chewing on ice cubes. Many fruits and vegetables contain a good deal of water, along with powerful minerals that energize the body. Consider adding these fresh foods to your daily food intake, in addition to drinking quality water.

- Watermelon
- Cantaloupe
- Lettuce
- Grapefruit
- Tomatoes
- Strawberries
- Cucumbers
- Zucchini
- Lemons
- Apples



Easy Summer Hydrating Salad

Ingredients

- 1 lb Roma tomatoes
- 1 English cucumber
- 1/2 medium red onion sliced
- 2 avocados diced
- 2 Tbsp extra virgin olive oil
- Juice of 1 medium lemon about 2 Tbsp
- 1/4 cup 1/2 bunch cilantro, chopped
- 1/4 teaspoon Pink Salt
- 1/8 tsp black pepper

Instructions

Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro into a large salad bowl. Drizzle with 2 Tbsp olive oil and 2 Tbsp lemon juice. Toss gently to combine. Just before serving, toss with 1/4 Tsp. Pink Salt and 1/8 tsp black pepper.

**WITH SUMMER'S
HEAT ON THE
HORIZON, REMEMBER
TO DRINK UP AND EAT
UP! YOUR BODY WILL
THANK YOU WITH
BETTER HEALTH.**