

# Smile Makers Weekly Review

May 10th - May 16th

**This has been a journey!** Last week we asked for you to share how you have been reducing stress. Check out what activities are helping your co-workers stay sane while spending more time at home.



**Tamika Bishop** 🙋



Like · Reply · 6d



**Kara Johnson Farris** Tamika Bishop this is awesome!

Like · Reply · 6d



**Tamika Bishop** 🙋 Kara Johnson Farris Thank you!

Like · Reply · 6d



**Jeremy Poston** 🙋 A couple of weeks ago I started a push up challenge, and my goal is to be able to do 100 push ups in 4 sets or less. I started out doing 100 incline push-ups off of countertops every day and I'm at at 50/50 split of incline push ups and regular push ups with 2 sets of 25 each. My goal is to be able to do this by the end of May. It's a tough challenge at 270 lbs!

Like · Reply · 6d · Edited



**Laura Fenton Wince** Tamika Bishop and Jeremy Poston I am super impressed! Especially that y'all are dealing with stress in such a healthy way 🙌🙌🙌🙌

Like · Reply · 6d



**Peggy Koetter** No words needed! Ha Ha!



Haha · Reply · 6d



**Kara Johnson Farris** Peggy Koetter you are not alone! We also have a bourbon bottle collection going 🙌

Like · Reply · 6d



**Peggy Koetter** Kara Johnson Farris someone had to address that! I am beginning to exercise! Hoping weather clears up so I can walk outside! Need to move for sure that does help stress!

Haha · Reply · 6d



**Stacy Jo Guess** 🙋 Peggy Koetter now I feel free to post mine without judgment!!!! I was thinking are we the only ones drinking???

Like · Reply · 6d



**Stacy Jo Guess** 🙋 What Peggy said.....no words needed




Like · Reply · 6d



**Marcey Bagniefski** Animal Crossing! And cozy blankets.



Like · Reply · 6d  3




**Stacy Jo Guess** 🙄 In our defense we were told there would be a shortage of supplies possibly. 🤔🤔🤔



Haha · Reply · 6d  3




**Laura Fenton Wince** Stacy Jo Guess I'm impressed there's still so much available! We've restocked a few times 😊

Like · Reply · 6d  1




**Stacy Jo Guess** 🙄 We have started walking every morning, doing stretches and kettle ball swings. I felt like I needed to clarify we are being productive too LOL!

Like · Reply · 6d  2




**Sean Meredith** 🙄 Trumpet, workouts, school work and alternating nights of family game or movie nights.

Like · Reply · 6d  2




**Dena Brown** I've been cooking ALOT. And Baking. And EATING. We are also in the middle of a family room renovation!!!!

Like · Reply · 6d  2



**Aileen Lydia Schippel Poole** 🙄 My daughter and I have been walking. We have also gone on binge watching shows and movies. Working on things around the house when I am home.

Like · Reply · 6d  2



**Kara Johnson Farris** Aileen Lydia Schippel Poole what new shows have you been watching?! I just finished Little Fires Everywhere on Hulu.

Like · Reply · 2d

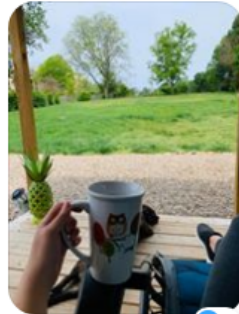


**Aileen Lydia Schippel Poole** 🙄 Kara Johnson Farris we haven't watching new shows to us. We watch a lot of SVU, NCIS Chicago fire, pd, med so we have been catching up on them. We are getting ready to do some Disney + binge watching

Like · Reply · 2d



**Kara Johnson Farris** I love sitting on our covered deck with a cup of coffee in the morning or an alcoholic beverage in the evening. I've also started a puzzle, have gone on more walks around neighborhood, and finally attempted to use my sewing machine to sew a few masks.



Like · Reply · 2d



**Aileen Lydia Schippel Poole** ❤️ **Kara Johnson Farris** we took this time for me to show my daughter how to sew. She's been wanting to learn how to sew for a while so we've been making masks as well. This week we will both be sewing to get more made.

Like · Reply · 2d

## Coming up this week!

Let's stay  
positive!

Post something that has made  
you smile during quarantine.

Join us on **Facebook!** If you would like us to post updates or pictures on your behalf, email us at **Employees@deltadentalky.com.**

# DDKY Healthy at Home Fitness Challenge

Congratulations to our Week 2 Fitness Challenge winners, **Stacy Guess and Laura Link!**

Thanks to everyone who is participating and staying active. If you haven't joined the challenge, it's not too late!



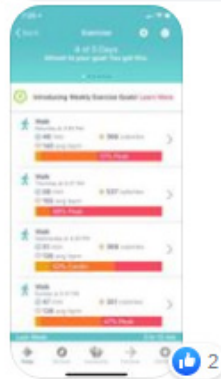
Laura Fenton Wince Beachbody workouts in my garage again 🏠



Like · Reply · 3d



Dena Brown Treadmill and Waverly park again!



Like · Reply · 3d



Laura Link Walking/running + weights/band workouts



Like · Reply · 3d



Cheryl Voyles Smiley I had 3 good workout days this week with cardio/weight bearing exercises and walking a couple days this week.



Like · Reply · 3d



Rachel Glenn 3 days of walks at the park and today Casey and I put together a dresser and hauled the old one down from our 3rd floor apartment, which I think totally counts as a workout based on how sore & tired we are lol. 🤔😄



Haha · Reply · 3d



Jeremy Poston Walking and set a goal to do pushups, squats and bands everyday



Like · Reply · 3d



Sean Meredith 40 min cardio dvd on Mon, 35 min resistance bands Tue/Fri and 40 min 10 mile bike ride on Thurs.

Like · Reply · 3d



Stacy Jo Guess I did!! We got up monday, tuesday and Thursday and walked early and on tuesday we went out again that afternoon. I did lunges and kettlebell swings too.

Like · Reply · 3d



Kara Johnson Farris I've done 3 days of Beachbody workouts and 1 day went for a 45 minute walk around the neighborhood. Check out my so called "accountability partner," you can hear him snoring if you click on the video 😂



Mark Richter Walk everyday and add to it on weekends. Before it rains. 🤔

Like · Reply · 1d



Aileen Lydia Schippel Poole 3 walks this week and the elliptical last night at 11:10 because it rained all day and I missed the walk. Today we had some extra accountability with one of my sons, one of his dogs and my daughters dog.



Like · Reply · 3d