

# Smile Makers Weekly Review

May 17th - May 23rd

**Let's stay positive!** Last week we asked for you to share something that made you smile during quarantine.



**Paul Morris** These two goofballs make me smile every day.



Like · Reply · 1w



**Stacy Jo Guess** 🐾 When my daughter sends me pics of my granddogs! Meet Kye on the left and Ava on the right. Then, of course, my son's pup that lives with us Fredo Potato. The white lab mix. 🤔🤔🤔

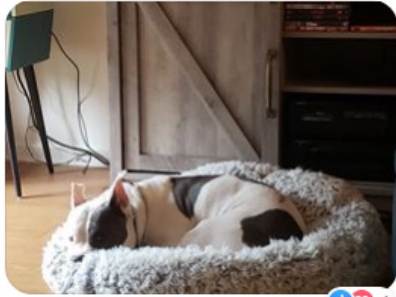


Like · Reply · 1w · Edited





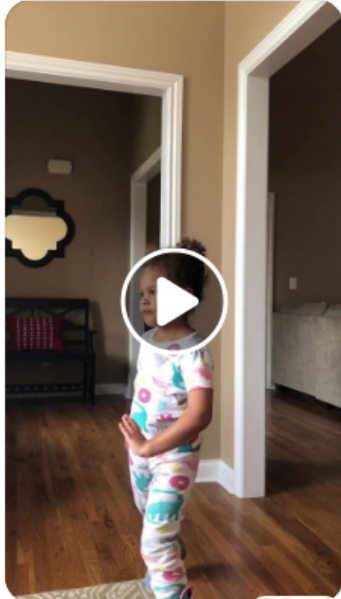
Stacy Jo Guess 🐶 ...



Like · Reply · 1w



Jeremy Poston 🐶 We have our very own Chippette that lives with us. Somehow, she manages to find time everyday to keep her routine fresh!



Like · Reply · 1w



Kara Johnson Farris Jeremy Poston we're going to need you to share all the videos lol she's too adorable

Like · Reply · 1w



Kim Kirkpatrick Videos of my Grandson always make me smile.



Love · Reply · 1w



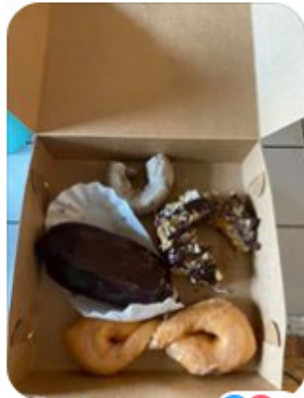
Kara Johnson Farris I love baby giggles!

Like · Reply · 1w





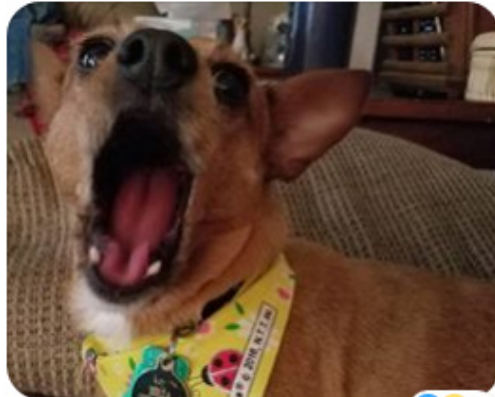
**Rio Brown** Donuts for Lunch!!!! Made me so happy today!!



Like · Reply · 1w 6



**Susan Fryer Blumeier** ♡ Bella makes me smile which is much needed during these uncertain times...



Like · Reply · 1w 3



**Peggy Koetter** Got my hair color and cut! Made me so happy!

Like · Reply · 1w 1



**Frank-Michelle Flores** ♡ Peggy Koetter .....lucky!!

Like · Reply · 1w



**Dena Brown** ♡ Peggy Koetter I'm so jealous!!!! One week to go til my appointment!!!

Like · Reply · 1w



**Gina Hiles** Ditto on what Dena said! 😞

Like · Reply · 1w



**Paul Morris**



Like · Reply · 1w



Frank-Michelle Flores 🐦



Like · Reply · 1w 2



Frank-Michelle Flores 🐦 That's his BEFORE and this is his after.  
#quarantinehairdontcare#mamalikesthenewhairdo#😂



Like · Reply · 1w 3



Kassie Kulb This is definitely something to giggle about. I feel like an astronaut



Like · Reply · 1w 4



Gina Hiles Morning view today...new life coming 🐣




Like · Reply · 1w 4



**Kara Johnson Farris** There have been many things that I've been grateful for in the last few months. My health, my job, food in the fridge, a comfortable home to work from, and my family and their health. A few things that have made me smile:

1. Seeing more kids playing outside.
2. My neighbors have been sitting outside and actually talking with one another (from a distance).
3. I saw a 5th grade student surprise his grandparents by showing up to their house in his cap and gown. Their faces were priceless.
4. I've enjoyed watching our flowers bloom and I finally got a Japanese Maple tree that I've been wanting!



Like · Reply · 28m  1



**Frank-Michelle Flores** 🙏 Kara Johnson Farris you made me tear up with the cap and gown story 😭

Like · Reply · 22m



**Kara Johnson Farris** Frank-Michelle Flores It was the cutest thing! I just so happened to be on a walk and got to witness it.

Like · Reply · 18m

# Coming up this week!

Down the stretch!

Post the first thing you want to do when life gets back to normal.

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 3 Fitness Challenge winners, **Aileen Poole and Laura Wince!**

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



**Kassie Kulb** I did basement FaceTime workouts with my gym buddy M,T, Th, and F mornings and we did a family bike ride this morning before the rain!

Like · Reply · 6d



**Jeremy Poston** 🕊️ Walking and push ups everyday, that's been my release lately!



Like · Reply · 6d



**Sean Meredith** 🕊️ Basically, due to the weather, exactly the same as last week. Cardio vid, strength training bands and a 10 mile bike ride.

Like · Reply · 5d



**Laura Fenton Wince** Beachbody in the garage again



Like · Reply · 5d



**Aileen Lydia Schippel Poole** 🕊️ Same as before. Walk and elliptical. This week I did get some yard work in. Forget how much work is involved in yard work.



**Rachel Glenn** Lots of walking & running at the park this week everyday except Tuesday! 🏃‍♀️



Like · Reply · 6d



**Laura Link** Walking/running + weights and bands



Like · Reply · 5d

## THIS WEEK

**1.81mi Run** 5/20/20  
00:37:34 1.8 mi 20:48 min/mi

## ADVANCED WORKOUT DETAILS

Get deeper workout analysis with MVP.



**2.30mi Run** 5/19/20  
00:46:45 2.3 mi 20:20 min/mi

**1.95mi Run** 5/18/20  
00:22:09 2.0 mi 11:18 min/mi

**1.06mi Run** 5/17/20  
00:22:01 1.1 mi 20:45 min/mi