

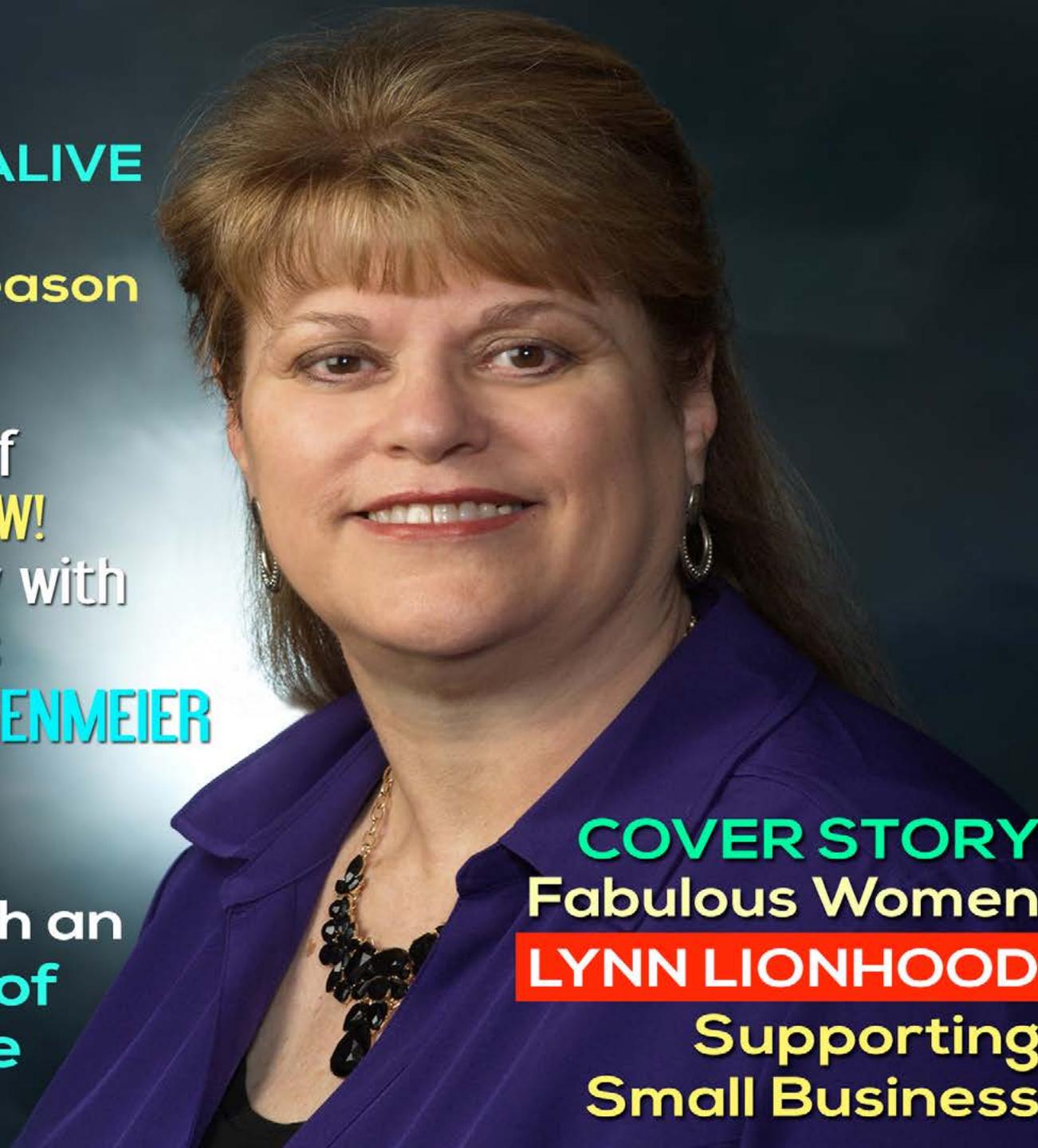
Fabulous MAGAZINE over 50

HOLIDAY 2016

Keeping
PASSION ALIVE
During the
Holiday Season

Get Your Self
TOGETHER NOW!
an Interview with
The Secret's
LORAL LANGENMEIER

Living with an
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COVER STORY
Fabulous Women
LYNN LIONHOOD
Supporting
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Holiday 2016

Fabulous OVER 50

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Fabulous Women

Sandy Oprondek's

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Fabulous Contributors



Eileen Kerlin-Walsh presents a monthly show on Palos Heights TV, “Wills, Trusts & More” educating viewers on the tremendous benefits of an estate plan. She also speaks live to audiences all over Chicago on the meaning and purpose of the documents involved. She has helped hundreds of families preserve their assets and their family harmony, and she can help you too!



Loral Langemeier is a true American success story. She did not start out life with money or connections. Rather than realize her obstacles in life, she focused on the possibilities. By age 17, Loral built her first business, a health-training company.



Theresa Kemper A born writer who is proud to have worked on a variety of writing projects. She is a dedicated journalist and author of several short stories. Currently, she resides in Florida, where she can “write under a palm tree” .



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JoAnn Mihalik is a Certified Grief Coach from The Grief Coaching Center owned by H. Norman Wright, who has written over 70 books on Grief and Loss. She facilitates Grief support groups and speaks to organizations about Grief.



Fabulous MAGAZINE over 50



Happy Holidays!

We are always so excited when we meet Fabulous Women who can enhance your life. Recently we meet Lynn Lionhood, our cover girl, who relentlessly works to serve small business women, helping them make connections. We loved interviewing Lynn and attending her networking meetings to learn more about what she is doing and to meet even more Fabulous Women to help you this holiday season.

Another dynamic women we met recently and wanted to share with you was Loral Langemeier, *The Millionaire Maker*, who was featured on the movie *The Secret*. Loral shared some of her wealth building tips with us in an interview with us. We are looking forward to sharing more of Loral's wisdom with you in future issues. Her staff is planning a special 2 day event in Chicago in the spring and we will be sharing more about that on our website and in the New Year, New You Issue.

We hope you like this holiday issue and continue to engage with us on social media on Facebook, Twitter and Pinterest.

This spring we are planning another FABULOUS event. There will be inspiring speakers, vendor booths and fabulous networking.

The BEST WAY to keep up with us to make sure you like our Facebook page and website and visit them often to see what kind of FABULOUS EVENTS we have planned.

All the Best!

Christine Neal
Founder, Publisher



FOUNDER/PUBLISHER

Christine Neal

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Theresa Kemper

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Fabulous Over 50 Magazine

Is published by Target Promotions, LLC.

P.O. Box 625 Oyer, IN 46311—(219) 670-2111

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Fabulous Women:

Lynn Lionhood

Connect to Create the Life You Want

Left: Lynn Lionhood, with door prizes in hand, ready to start networking.

Every woman needs to be inspired and empowered to become the woman she was meant to be. But without a personal and professional support system firmly in place, it's no wonder many women find it difficult to accomplish their goals and realize their dreams. That's where Lynn Lionhood, a prominent networker and connector, comes into play.

“Keep the conversation going after the event. Meet for coffee or lunch. Delve deep to find out how you can help others – make this your focus and the rewards will come over time.”

Based in the southwest suburbs of Chicago, Lynn sponsors and leads a number of networking groups both for male and female business professionals, entrepreneurs and women seeking to develop their talents, skills and referral sources. Her Amazing Woman Group and Amazing Lion Group are designed to help women step out of their shell, connect with one another, find support, grow their companies and make a difference in the world.

When she's not aligning people and companies like stars and planets in the universe, she is managing her business endeavors. A broker specialist with LegalShield, Lynn serves as the Illinois Account Manager for NARI (National Association of the Remodeling Industry). She is also a small business trainer who covers the

state of Illinois and Indiana. Lynn has connected hundreds of professionals who represent a wide range of industries and sectors through her networking groups. She works hard to help people uncover their true value.

“When you feel valuable and worthwhile, you convey a sense of worth to others,” says Lynn. This is one of the key fundamentals that Lynn

teaches. She also wants those who attend her networking events to return time and time again so as to build meaningful relationships. “The connections made at my networking events are often the ones that individuals carry with them for a lifetime.”

While many networking groups focus in one area, this isn't the case with Lynn's groups. She isn't about selling you something or putting you through what feels like a commercial pitch. You won't be bored with mundane facts that aren't going to help you get ahead in life. What you do get is the chance to know a unique group of individuals dedicated to common goals. You will get a chance to foster relationships with key people who can help you get where you need to go.



“Networking events shouldn’t be focused only on selling. They should be fun forums that encourage participants to get to know one another and explore how they can help one another,” says Lynn.

She advises her networking group attendees to engage in conversations that make people feel at ease and relaxed. “Ask about personal interests, hobbies, jobs, family, pets and so on. Build rapport.”

According to Lynn, the more people invited to the networking event, the more chance there is of forming a long list of connections that may not have presented itself any other way.

Lynn is getting ready to start a new group after the holidays. If you are interested in learning more, you can check her out online. With the new year rapidly approaching, there is no time like the present to uncover the diamonds in the rough – the connections who can make you shine. With the help of Lynn Lionhood, you too can make connections, find support and uncover your true potential this year.

PHOTOS: Above Lynn Lionhood and some of her gals gather at a Amazing Woman’s Group.

Below: Gatto’s is the home of Lynn’s Co-ed Networking group that meets the third Thursday each month starting at 10:30 am.





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By: Eileen Kerlin Walsh

Principal Attorney, Kerlin Walsh Law



Hello and welcome to this warm festive season. The holidays are a great time for reminiscing and reflecting with family. Perhaps someone is no longer with you, or a new baby has been born. The holidays are, therefore, the perfect time to start the “Estate Planning” conversation. Estate Planning is the process of planning your legacy and making known your wishes. It is also about protecting your assets and your loved ones in the event of disability or death. Why do you need an estate plan? If you don’t have a valid Will or Trust, Illinois law determines how your assets pass, to whom and when. Having no estate plan can lead to unnecessary taxes, creditors, probate court and other undesirable results. This is the most costly way to pass assets to your loved ones. You can do much better and I will show you how! My name is Eileen Kerlin Walsh. I grew up, one of 12 children, on a small farm in Ireland. I came to the U.S. in the 1990s, and fell in love with Chicago and the American dream. After attending Loyola Law School, I worked in both public and private sector law. I am now

a nationally recognized Wills & Trusts attorney with my own offices in Worth, Illinois. After more than 17 years consulting with clients in my office, their homes and hospital rooms, I find no area of law more important or rewarding. I have also discovered my gift is guiding clients through this healing, transformative process with warmth and competence. Estate planning is the heart and soul of the law, and there is nothing I would rather do. Estate planning is about protecting your assets, your loved ones and planning for the future, yes, but it is so much more. It is about you, your unique story, your life's savings, your values and beliefs and your hopes for the future. That is what I weave into your estate plan. I want you to get your affairs in order this holiday season. I am offering my readers a free consultation during the months of December, 2016 and January, 2017 (a \$150 value). To redeem, call 708-448-5169. Let’s make 2017 the year you give yourself and your family the gift of planning, protection and peace of mind!

“I devote my legal career to drafting Wills and Trusts. After 17 years consulting with clients in my office, their homes and hospital rooms, I have discovered no area of law is more important or more rewarding. I have also discovered my gift is guiding clients through this healing, transformative process with warmth and competence. Estate planning is the heart and soul of the law and there is nothing I would rather do. This is the most vital, emotionally challenging and ultimately satisfying legal process my clients ever undertake.

Estate planning is about protecting your assets, your loved ones and planning for the future yes, but it is so much more. It is about you, your unique story, your life’s savings, your values and beliefs and your hopes for the future. That is what I weave into your estate plan.” - Eileen Kerlin Walsh





Fabulous Women WANTED



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Gratitude Jar

By: Rev. Rhonda Schienle, Spiritual Laws, Theories and Practices Facilitator, Wedding Officiant and Founder of Interfaith Ministry Services, LLC

What are your holiday traditions and rituals? As my friends share their traditions and rituals for the upcoming holiday festivities it offers an opportunity to share some inspirational ideas that include the whole family. If you notice, some people enjoy attending the local vendors every year to get fabulous finds and gifts for loved ones. Others enjoy the preparing of holiday gatherings and celebrations at their home. For some families, it is no longer about gift exchange; it is about making memories by taking a special family trip together. A fun and inspirational idea to add to your current traditions is the “gratitude jar”.

What is a gratitude jar and how do you make one?

The gratitude jar tradition includes everyone in your family and friends. It is also fun and creative. The concept behind the gratitude jar is to write down what you are grateful for and put it in the jar. You can begin this tradition today or on a holiday of your desire. Then the following year everyone takes out the notes from their jars and read what they were grateful for throughout the year. Then begin another year. Kids and parents are delighted when they are reminded of the special blessings they receive through the course of a year. Also, children enjoy this tradition because they decorate their jars and each year they create a new one.

Here are some steps in creating a jar for this new found tradition.

1. Buy a tall jar from a craft store or use a jar with a lid you already own.
2. Get markers, labels, or fun images that represent gratitude .
3. Make sure your name is on it.
4. Have some small pieces of paper, such as Post-It Notes to write your gratitude feelings on.
5. Find a special place in your home where you see your gratitude jar daily.

Take the arts and crafts you purchased the way you like it. Have fun and allow Once you create and decorate your

and decorate your jar the it to be expressive of you. jar with your name on it; then write on a piece of paper something you are grateful for and put it in the jar.

Gratitude
is one of the sweet shortcuts to finding peace of mind and happiness inside. No matter what is going on outside of us, there's always something we could be grateful for.
~ Barry Neil Kaufman

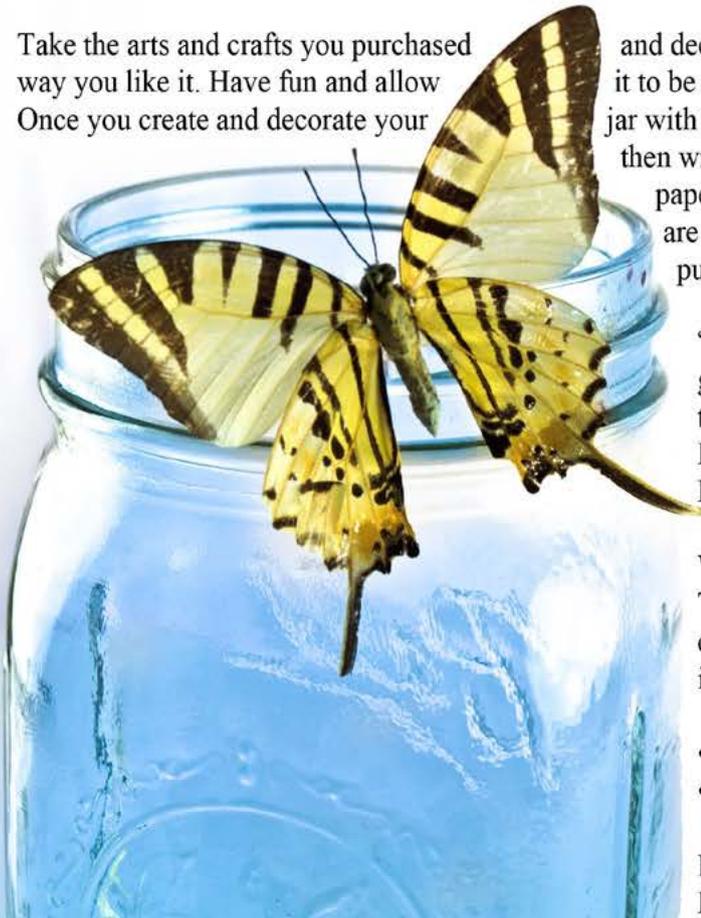
“Thankful Thursday’s” is one way to remind you to put a gratitude note in your jar. If there are additional special days to write something you are grateful for, by all means do it. For example: “I am grateful to be writing this article for Fabulous Over 50 magazine”

Why use a gratitude jar as a holiday tradition?

There are studies that show the benefits of gratitude work for children and adults. People tend to find more of the following in their daily lives.

- Optimism
- Joy
- Calmness
- Generosity
- Happiness
- Compassion

In Gratitude and Happy Holidays,
Rev. Rhonda Schienle



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Finding Your Zen Amongst the Holiday “Madness”

By: Michelle Huczek

Follow Your JOY!

When you go down this rabbit-hole, life feels like a breeze! So how do you do this??? When encountering a situation, an invitation to lunch or a holiday party, or simply picking out your clothes for the day – ASK yourself “Does this bring me joy?” STOP, and LISTEN to what *your* answer is. The only 2 possibilities are “Yes” or “No.” If the answer is “Yes” move forward about your business for the day. If the answer is “No,” then this is your opportunity to take back control of your life. For instance, if you are asked to attend a holiday party and you’ve got this knotty feeling in your stomach, you ask yourself if attending this party will bring you joy, and you get a “No,” then you don’t go. Period. We live in a society today of what I call “people-pleasing syndrome” and it needs to stop. Learning to follow your joy, is how you find your zen-space, and how you start to live more authentically in who you really are. It’s how you find that feeling of freedom. (I have several mentors that have helped me learn this and am grateful for them teaching me each and every day!)

Remember, Everything is a Choice

Did you know you actually *choose* how you feel or react to a situation? It happens so fast and on a subconscious level that it’s merely automatic. Try to take notice next time you get angry about something. Stop, slow down, take a few deep breaths, and really tune into and think about what you are getting angry about. Does it really elicit that response? Or are you in reaction mode instead of having control of your emotions? It’s fascinating when you take a step back and walk yourself through this process. You’ll be surprised.

Now that it’s the end of the year and the holiday season is upon us, as I mentioned in the opening of this article – you may be freaking out right now. You had so many plans...Guess what...I must be the bearer of the bad news...you *chose* to put off whatever those plans were that you had such high hopes and intentions for at the beginning of 2016. It’s OK though, because you’re so not in this boat alone. I’ve been there, done that, so many times it’s ridiculous. So, stop beating yourself up about it, and *choose* to take back control of your life. *Choose* to love on yourself, instead of beating yourself up. And *choose* to start living your life for *YOU* in 2017!

Stop Rushing Everywhere

We live in such a fast-paced society today, we forget that *we* have control still. As I described above, if everything is a choice, then take your damn power back and *choose* to slow down! Present moment – or the “here and now” – is the only place we can live, right? The past is already done so replaying it in your mind just drives you crazy and makes you re-live old stories and emotions. The future hasn’t happened yet so what’s the point in worrying and making yourself all worked up and anxious about something that didn’t even happen yet? Silly right? Yep. We’ve all done it though so, don’t worry – it’s not just you.

When you notice you feel “rushed” or the day is just flying by you. STOP where you are (well if you’re driving maybe not in the middle of the road...we don’t want you causing an accident, LOL! Pull over if that is the case.) Close your eyes, and focus on your breath. Inhale through your nose for 3 seconds (or 5 seconds if you count fast like me), hold your breath for a count of 3 (or 5), and exhale slowly out of your mouth for a count of 3 (or if you can exhale slower than that, even better). Do this until you feel like your body, mind, breath, and heartbeat have slowed down to a calm, relaxed pace.

Start your day like this, as soon as you wake up. Give gratitude for your next breath. You got one, somebody else didn’t...how’s that for some perspective? End your day with this as well. And use it everywhere in between the “potential” madness and chaos in your day (remember it’s your choice on how you perceive and respond to situations...right?).

So Follow Your Joy, Remember Everything is a Choice, and Stop Rushing, and you too, can have a Zenfull and Fabulous Holiday Season!



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Fabulous Women

Meet : Mary Bomar Owner; A Perfect Silhouette

When we met Mary Bomar, all put together in a black business suit and heels with just a little bit of wild leopard showing, we thought, **What a FABULOUS lady.** After we talked with Mary we discovered what drives her to find some of the most **FABULOUS** items for us plus size and well equipped women.

When Mary Bomar was 14, she saw a beautiful full-figured women with well-fitting clothes and thought, "When I grow up I hope I look like that." she thought. "It's amazing how those impressions when you're young really stay with you," she said.

After a lifetime of struggling to find undergarments to fit her plus size figure, last year Bomar opened A Perfect Silhouette in downtown DeKalb. The boutique dabbles in fashion and scented body oils, lotions and butters but is main line is lingerie and bras.

"I have always been full-sized girl, teen, women," Bomar said. "The fashion I was finding, especially in the undergarments was really low quality. Sure, I could go pump iron, but it's not about that it's about me feeling good in my skin and finding garments that would work for my body type."

Regardless of size, Bomar believes, every women should be able to find undergarments that fit properly. The right undergarments improves posture, assist with back pain and sometime eliminates it, improves neck stress and not to mention you look fabulous in your clothing and you display it in your very presence. . Now the wrong garment works in the total opposite, pulling and tugging and pinching and rolling, now doesn't that sound delightful. How can you show that you are comfortable in your skin, you can't. We won't even mention the gapping button on shirts. She said the wrong garment can make a women feel less attractive.



"A lot of women are wearing the wrong size because one, they can't find their size, or two, they bought the only size the person fitting them had," Bomar said. "Don't settle. We do so much settling in life. She herself wore the wrong size bra for years, not knowing there was a cup size larger than the largest one commonly carried in mainstream stores.

Feeling good in one's skin isn't just about fit, either. It's also about clothing like nightgowns and robes that are just prettier than what can normally be found in a 3X or 4X size, she said.

I don't remember finding anything this pretty 10 or 15 years ago," Bomar said as she touched a lace bra with pink roses embroidered on it.

Business has evolved since the first day I opened my store, but the core value is still there. A Perfect Silhouette is located at 318 E. Lincoln Hwy. DeKalb, IL and just recently, a second location has been added 1444 N. Farnsworth Aurora, IL

While moving the product is great, what really makes Bomar happy at the end of the day is seeing women leave the store smiling and feeling good about themselves 'It's not just the garment. Something mental happens," she said. "There is nothing like feeling good in your skin, feeling like you're OK whatever size you are.

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Resolution:

Stay Out of Your Comfort Zone



By Dr Kris Sargent, The Gutsy Gal

You know, it's right around the corner – January 1st – the dreaded New Year's Resolution. When thinking about lifestyle goals...Are you in better shape today than January 2016? If the answer is NO, it's only logical you will have to change your strategies, right? How can this year be different? Looking back at 2016, what got in your way? Here are 3 common roadblocks...

1. **Perfectionism:** Cutting up your cauliflower into perfect florets isn't necessary. I have been known to whack a head into quarters and shove it into a baggy on my way out the door. That plus the single-serve hummus will get me through the afternoon snack time. It doesn't have to be perfect! Get over yourself already!
2. **Someone else's agenda:** You allow someone else to impose their values on you. Changing your lifestyle, shedding old habits, may also mean shedding time with certain friends because, like it or not, your mom was right, you become who you hang with. You will not insult anyone when you tell him or her you are making a decision to be healthier. It has nothing to do with them. Besides, you may even inspire someone else to strengthen his or her resolve.
3. **Your self talk/story:** What ARE you saying to yourself? What is your automatic behavior? Have you listened lately? How has that served you in the past? You may think, "I just don't have the willpower" or "My mom is this way therefore so am I" This is just NOT TRUE. The Internet and my office are filled with success stories. Blowing one meal or snack DOES NOT require you to blow the whole day. Going to a party doesn't mean you've blown the whole plan. It just means you need to start making healthier choices the very next time you are faced with a food choice. You can regain blood sugar control and cravings sooner with this approach.

After 25 years in Functional Medicine, guiding thousands of patients through lifestyle transformations, I have learned a few things about making a good decisions for resolution. Try these steps to Emotional Intelligence:

1. Take a few minutes or seconds to really think...What I am about to eat?
2. Do I really want this and why? Am I eating out of some emotional reason? What am I feeling? Name it.
3. Is this a nutritious food? Or, am I wasting calories on junk?
4. How will I feel later if I eat this high-sugar or white flour food? Will I have a headache or will my energy crash?
5. Do I have time to feel that way? How much more could I accomplish if I felt like I was on the top of my game all the time?
6. Find an accountability partner, someone who wants you to succeed and will keep you on that path.
7. Use My Fitness Pal or similar app to log everything

It's NOT going to be comfortable at first. But, in time, this will come naturally and your new habits will replace your old self destructive behavior. Stay uncomfortable and wait until you check yourself in December of 2017!



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7 Tips

For Maintaining Your Weight During the Holidays

By: **Kristin Sauer**; Certified Health Coach

The average American gains 7-10 pounds between Halloween and New Year's. I used to think people who maintained their weight during the holidays were freaks of nature. Now I know better. It is possible to get through the holiday season without gaining weight and it's not as hard as you might think.

Use these seven simple, yet strategic tips, and you won't have to include "control my eating" with your New Year's resolutions. It starts by being mindful.

- 1. Plan ahead.** Mindful eaters decide in advance how they will eat at a restaurant or party. Check restaurant menus online before arriving to identify a yummy, healthy option. At parties, focus on protein and veggies and limit yourself to one small dessert instead of sampling them all.
- 2. Don't arrive hungry.** Have you ever starved yourself all day so you can indulge at a party? Big mistake. Arriving hungry causes you to lose self-control. You'll attack the buffet like a locust. Eat normal, moderate meals on the day of the party.
- 3. Make time for exercise.** There, I said it. The E word. If you already work out, stick to your routine during the busy holiday season! If you're more inclined to recline instead of lacing up your Nikes, then add exercise to your life. Invite holiday guests for a short post-meal walk. A little exercise is better than nothing.
- 4. Create an eating action plan.** Parties and special events rarely take us by surprise, so there's time to create an action plan that puts you in the driver's seat.
 - Focus on appetizers with healthy proteins and fats like shrimp cocktail, nuts, olives, guacamole and veggies—all in moderation.
 - At a family gathering, offer to bring a guilt-free dish—a vegetable tray, salad, or side dish of vegetables (minus heavy sauces or a pound of shredded cheddar).
 - Focus on enjoying your time with family and friends! Relationships are far more important than food!
- 5. Splurge only on special dishes.** When I was overweight, I felt the need to try everything at the table. Since losing 60 pounds and keeping it off for over 5 years, one of my strategies is to pass on dishes I can get anytime—like mashed potatoes or bread. At the holidays, I choose moderate portions of one or two of my favorites and leave the left behind. Do this and you won't need to undo the top button of your pants when you leave the table.
- 6. Drink plenty of water.** Twenty-five percent of the time, we think we're hungry when we're actually dehydrated. Drink a glass of water and aim for drinking half your body weight in ounces.
- 7. Watch out for cocktails.** If you decide to indulge, choose wisely. Go for a vodka and soda with a splash of cranberry juice or bourbon and diet soda. Remember, wine and beer are relatively high in carbs, although not as high as margaritas. Even tonic water is high in sugar!

Say you overdo it. It happens. Don't beat yourself up and don't wait until Monday or worse—New Year's—to get back on track. Remember, you're only one meal away from getting back on track! And practicing these simple strategies will help you maintain a healthy weight, during the holiday season.



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Sandy Oprondek's American Dream Story

Sandra L. Oprondek was born in Douglas, Michigan on Thanksgiving Day. Her parents moved to Chicago when she was very young. They lived near Midway airport where she used to love seeing all the planes landing, one right after the other, imagining where people were traveling.

After graduating Kelly High School in the '70s, she married and had 2 sons and 1 daughter. After a divorce, she found herself on her own, with all of her children under the age of 3. To make ends meet and pay for child care, she worked as a waitress and bartender—long shifts with many hours.

Frustrated of working tirelessly and not being able to spend the holidays with her family, she decided to

get a job with Kelly Services Temp Agency. After

“She felt her parents’ downfall was not in the failure to have enough set aside for retirement, but in their poor health”

working for a month at an advertising company, she got transferred to an investment firm and was hired as a full-time assistant in 1980. By 1984; after moving up the corporate ladder in a male dominated industry, she passed the securities exam and made a career of helping others build a financial future.

All of her life, Sandy’s parents had a dream of living a leisurely retirement. Their dream included living without worry, taking many vacations, and leaving

their children some sort of legacy. Now, Sandy was in a position to help them. Unfortunately, life took them in a different direction. After years of painstaking effort fighting degenerative diseases, her parents inevitably lost their battle. Their hard-earned resources and savings were

depleted and their dream never came to fruition. She felt her parents’ downfall was not in the failure to have enough set aside for retirement, but in their poor health.

She began to see this dilemma become more commonplace, especially within her peer group. She just couldn’t make sense

“Thank you, Sandy Oprondek, for introducing me to USANA and most importantly the Smart Start Kick Start Program. I was really struggling with my weight and getting healthy with my busy lifestyle and business. You showed me the Smart Start Program and how easy it was to do. In 1 week I lost 7 lbs and felt so much better. It was exactly what I needed to jump start my healthy lifestyle and get back on track. Thank you Sandy for not only introducing me to a great product but also checking in on me to make sure I am continuing with what makes me happy and healthy!”

Lisa Levin,
Co-Opvertising
Network

of it. How could a country so rich in resources, information and aptitude be so out of control in regard to their own health? She decided to research this phenomenon. Why are there so many inaccuracies and such misinformation being fed by to us television commercials and big industry?

After 20 successful years as a Financial Advisor, showing people how to make their dreams a reality, she reached a point where she wanted to do something different, and yet something that would

make a difference in others' lives.

During this quest was when she was introduced to USANA Health Sciences. Her passion changed from helping others build a nest egg, to helping them achieve their dreams by staying healthy. Believing that health is your most important asset, she has educated herself on making simple lifestyle changes that can benefit family and friends as they grow older. She educates others about the triad of health; eating better, exercise and taking

quality supplements, which she feels will help everyone live a healthier, happier life. She has an amazing personal story of triumph that she believes is directly due to learning about USANA.

For the last 24 years, Sandy has lived in Homer Glen with her husband, Jeff. They have 2 children together, a daughter and a son. The mother of 5, grandmother of 10 and great grandmother of 1 is doing everything thing she can to stay healthy, keep her family healthy, and live



the life of their dreams! She loves being an entrepreneur, who is sharing health, as well as building a legacy/business to provide residual income now and in the future.

"Hi Sandy,

I am so grateful for you and your knowledge on nutritional supplements! I really appreciate your recommendations recently on USANA's new products. Because I have gotten good results from your Pure Rest and Visionex products, I was looking forward to trying the new ones. In general, I always thought I felt good, e.g., pain free, eat healthy & some daily exercise. I have been taking the new products USANA CellSentials – Vita-Antioxidant and Core Minerals for about two weeks and I have concluded that I had forgotten what "good" felt like. I stated to take notice of the CellSentials – Vita-Antioxidant and Core Minerals products about a week ago. This morning, my energy level is awesome, my clarity of thought feels like someone has gone in and polished off my cells and all of the cylinders are fired up! When you get results from products that are helping your body it is one thing, but when you get results that you can actually feel, it is awesome!

Thank-you, Sandy!"

**Marty DuBois,
RN, MBA**

**Sandy Oprondek
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Thriving

After Gastric Bypass

By: MaryZiola-Vega

Mary had her Roux-en-Y gastric bypass procedure about 10 years ago. So much has changed since then. We've learned an incredible amount more in the fields of psychology and nutrition to make today's candidates much more likely to find success. But for Mary, she had to have numerous (ten) follow up surgeries, she suffered from hair loss, teeth degradation, and skin discoloration.

The journey was far from simple, but she's here today and full of energy and ambition. Her goals are not met, but the drive she exudes is totally contagious.

Most of her issues post-op were due to nutrient deficiencies. When you bypass is a large portion of the stomach and the beginning of the small intestines, you are sacrificing enormous steps in digestion. When that undigested food hits the rest of its path it is unable to be absorbed. It sometimes comes out in the same form in went in.

Mary Ziola-Vega:

Life Before and After Gastric Bypass

Chat with Mary LIVE about her journey to a healthy lifestyle

Thursdays at
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The consequences of this can be deadly. You can eat all day and you're literally starving to d

eath. Alternate methods of nutrient delivery are then necessary. As I mentioned before, Mary had several operations to help remedy this, but even then she still wasn't feeling her best.

Supplements that Work

It wasn't until she discovered Thrive that she had full control over her life again. Thrive supplements offer quality nutrients that are able to be absorbed via skin or by oral intake. They filled all of Mary's nutritional gaps and her glowing aura, energy levels, and lab work are all proof that they work. Find out more about Thrive and sign up for a free customer account to see all the wonderful products.

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Keeping Your *Passion Alive*

In the Midst of the Hustle & Bustle of the Holiday Season

By: The Enlightened Goddess

With all the demands that are put on us during the holiday season we sometimes lose focus on what really matters. Plan to take the time to pamper yourself and your special man. With our focus on shopping for loved ones, making the dinner plans and plus just keeping on all our other household chores. It can be overwhelming and exhausting and not very sexy.

Why not try scheduling a date night in the midst of all that chaos. Take a bit of time out for you and your special man and go for a romantic date night. Put some spark back into your love life and give him a special present before Christmas Day. Make it an adventure for the both of you. Pick a special place away from kids and loved ones. Is it in a cabin tucked away in the woods or a night of dinner and dancing on the town like you did in your 20's or even a hotel room in the next town over will do in a pinch. Then go out and buy yourself a new Negligée and maybe something simple like a new toy to spice things up for the date/ weekend. Send him a special invitation or a text with a sexy picture attached just to give him a hint of what is in store. Spend a few days dreaming about how you would like the date to go. Imagine the way he touched you years ago, those sweet stolen kisses in the dark. The way he would rub lotion or oil on your back and legs when his touch would just send you into another world. Bring up those feelings inside of you. They are still there and it is healthy for you to

rekindle those long forgotten feelings.

We are made to be sexual beings without it our species would have died off long ago. Celebrate the woman goddess within you set her free to play and feel like you did in your youth. Besides half the fun is the anticipation because women need to build up the mood to the event. So if you get your creative juices flowing ladies it makes for a better experience for your special man.

Unfortunately time slips away from us so fast now. We wonder where the last 10-20 years went because we are caught up in raising our kids and working to put a roof over our heads. It's just as important to stop and honor and love that man who has stood besides you all these years. Besides men love when the woman takes the initiative and plans something special just for them. You will be surprised if you take steps toward putting the spark back into your love life your man will bend over backwards to pamper and please you. Who knows that might get the Honey Do List done a bit faster.

I wish you an abundance of joy this holiday season and hope there will be a big smile on your beautiful face the next time I see you.

Blessings of love and light,

The Enlightened Goddess





Learning the **Millionaire Mindset**

Discovering What It Takes to **Secure Your Financial Future in 2017**

From an interview with Millionaire Maker: Loral Langemeier
By: Theresa Kemper

Even though the year is winding down, now is the perfect time to think about your financial future. As you sit around the fire with a warm mug of cocoa, you can start preparing yourself for success.

We recently sat down with New York Times Bestseller Loral Langemeier, wealth builder and success coach. During our meeting, she gave us some secrets to success and explained that it is possible to thrive even in a tough economy.

It's Never Too Late to Be Financially Fabulous

One of the biggest concerns for women over 50 is money. While “boomer women” is a very broad term, we all want a financially secure future. It doesn't matter if you are single, are a grandmother, or a busy professional; we all want that sense of security, and it can be surprisingly easy to get there if you have the drive.

Start with a Vision

As you plan your holiday festivities, start creating a vision for your life. Think about everything you want out of life, sparing no detail. One of the secrets to success is being able to envision an exact goal, and then finding innovative ways to obtain what you want.

As you start thinking about your goals, leave no stone unturned and be as detailed as possible. For example, are you living in your ideal home or are you wanting to relocate when you retire? If so, what impacts would that have on your health and family? Being financially well starts with knowing exactly what you want and preparing for changes.

Get Ahold of Your Money

Some of the most financially successful people say let your money work for you. While we don't all have the funds to make big investment decisions, we can start making some positive changes right away.

Many women over 50 have started their own business or provide freelance services. If you are self-employed and intend on staying in the same line of work, there is no reason why you shouldn't get incorporated. This step may seem big at first, but the benefits easily outweigh the costs.

Do You Want to Make Money or Not?

In addition to focusing on your business structure, you should also focus on what you are doing. Many women fall into the trap of treating their career like a hobby. If your “hobby” is making more than \$20,000 per year and is something you are passionate about, you might want to consider a more formal business model.

You should also start gaining control over your expenses as a business. Even if you aren't ready to take things to the next level, you may be able to save money by increasing your business expenses. For example, offering samples as gifts or using products in creative ways can be a tax deduction.

Regardless of whether or not you are self-employed, you should start investing in your future. Paying even a small amount into your 401k can make a huge difference when you retire. If you are self-employed you can add a full \$56,000 into a Self-Directed 401k account this year, great! It's never too late to start investing.

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Moral Langemeier offers several different tools that can help you learn the financial strategies you need to succeed. Whether you want to go at your own pace by reading one of her five bestselling books or dive right in by attending her bootcamp, she will make sure you have the information you need to feel empowered and financially well.

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Survival tips for the Holiday Season!

By: JoAnn Michalik

Let's talk about Grief, the Holidays and how to get through them with a Happy face. For some people, it will be hard enough to get up and make it through each day. Add on the feelings of loneliness, anxiety, anger and depression. You would love to take a break from all these over the holidays, but Grief does not take Holiday breaks. An important first step is to recognize that the holidays will be tough, especially if it's the first one. Be realistic with yourself and don't fight the added emotions. Learn to say "No".

1. **Surprised by your Emotional Ambushes:** Just the thought of Christmas the holidays, your traditions, the tree, the cards, holiday gatherings can sometimes hit you when you least expect it. The emotions and tears flood in. These tears are a gift from God because sometimes we don't have the words and the tears come. Take charge and say I'm crying because I have suffered a devastating loss. Take out your handkerchief and don't apologize. Have a plan and decide what you are going to attend and not.



2. **Face the Holidays in Your way and Your time:** Keep in mind other family members will also be feeling the pain of the loved one, but maybe have different emotions. They may want to keep the same traditions going. They may feel they may want to change some traditions now. They will say to you" you should be doing this or you should stop doing that. Don't be afraid to tell them, that advice is not helping me, it is making me feel worse. All Grief is unique, so the holidays will be different, but let me get through them my way!
3. **Cherish the Memories:** Warm and happy memories spent with your loved one will always be a part of your holiday season. Right now, these memories bring up strong emotions that are hard to control. Over the years as you begin to heal these memories will become precious and we will never forget them. Just maybe need to start new memories. Just talking about your loved one each holiday will bring back many memories of them. Realize you cannot duplicate past holidays, decide what you think is best for you this year, and maybe change it the next if you feel it did not work.
4. **You're never Alone:** Feelings of loneliness over the holidays are often magnified. Loneliness is an emotion you must first recognize, accept that is it part of your life right now and then discover ways o ease the lonely times. You may feel you are just not connected to anything or anybody as everyone else was out with holiday parties and celebrations. You may feel you have nothing to celebrate this year. Try to be around people who are affirming to your feelings and nurture you.
5. **How to handle Holiday Events and Invitations:** Other people do not know what to expect from you or say during the holiday season. Should they invite you to the party, or insist you come, or just leave you alone. Not only do others not know what is best for you, you're not sure yourself! You will probably be torn between the desire to be at the party to please the person who invited you, but uncertain if you can handle the emotions. It's OK to laugh and enjoy yourself. In the midst of sorrow, there is Joy!

JoAnn Michalik
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Taking stock of how much your family loves and needs each other can be the best part of the holidays. This year promise yourself that you will get around to writing down your treasured recipes and traditions.

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A gift of finalroadmap.com makes perfect sense. The more you consider it the more you will see that it is a truly thoughtful, caring gift. Giving a loved one the means (or the gentle push) to ‘start the conversation’ could be one of the most important gifts you ever bestow.

Talking to a parent, spouse, significant other or any cherished friend or family member about their end of life wishes can only lead to peace of mind for the recipient and their family and friends.





Prepping Your Business for the Holidays: Freelancers Help You Get It Done

BY: Theresa Kemper

The holidays are right around the corner. Now, more than ever, we want to spend time away from the office, even if that office is at home. We want to take the time to decorate our homes, cook and spend quality time with our families. The problem is that while your away, you can't shut down your business.

While most brick and mortar businesses are closed on major holidays, the truth is that there is always someone around who keeps the gears running. The Internet doesn't sleep or take a break, and businesses need to look alive and well, even at 5 a.m. on Christmas morning.

To keep your business thriving over the holidays, you have a few options. You can sacrifice some of your time, or hire a freelancer to pick up the slack. Freelancers, unlike paid employees, don't need extra holiday pay and are readily available to help. This isn't because they don't have families, it is because they have a very flexible schedule. By hiring a freelancer to help your business over the holidays, you are doing yourself and them a favor.

Stay Off Social Media for the Holidays

Did you know that experienced social media professionals often work freelance jobs? While you may assume it costs an arm and a leg for someone to take over your social media for a few days, it is relatively cheap all things considered. These freelancers can write your tweets, check your accounts a few times a day and respond to customer inquiries while you are away.

Promote Your Holiday Services with Content

While the holidays are often the busiest time for some industries, there is always room for growth.

Launching a content marketing campaign this December is easier than you think, especially if you outsource the writing. Freelance content writers can produce well-researched content for your blog and schedule it so that you don't have to worry about it. Many freelancers are even well-versed in search engine optimization and can give you a few pointers.

Bring in the New Year with New Marketing

Many business owners make their New Year's resolutions early. Whether you want to increase sales or rebrand yourself, you shouldn't wait till January 1st to get started. Time is money, and the sooner you perfect your content and social media marketing strategy, the better off you'll be. Now, is the perfect time to talk to a freelancer about launching your content marketing campaign. Even if you don't want to start until after January, you can give them extra time to prepare – resulting in better content.

Pick Up Marketing Tasks Over the Holidays

Finding a freelancer willing to work on the holidays is very easy. Even though the Internet not sleeping might be a drawback for businesses, it is great when you need someone at an odd time or the last minute. There are plenty of services available to help you get started. At freelanceliving.net, you can take advantage of the wide range of services to help you get what you need done this season.

Regardless of what it is that you are looking to have done for your business, you can trust in the dedicated professionals at FreelanceLiving.net to get it done for you. No job is too big or too small. With years of experience in the field, you can trust in the team of dedicated professionals to get it done for you the right way.

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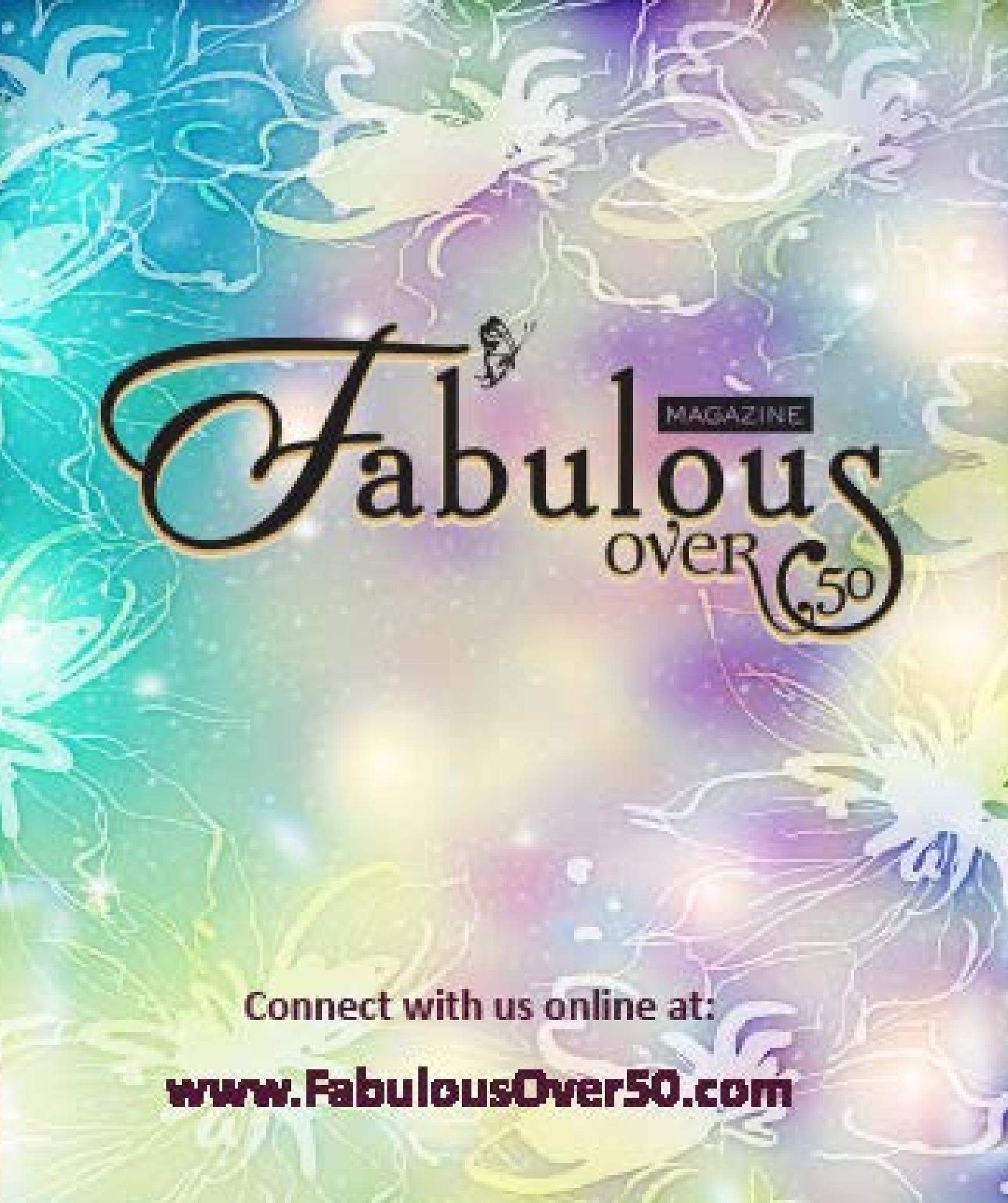
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