



# 2015 Newsletter

## Freedom-Joy-Hope

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### Greetings and blessings!

What an incredibly blessed year 2014 was. It was truly a year of freedom, joy and hope. Victory in Christ was won. I pray this finds you well and looking forward to the many blessings that will be coming your way. Please allow me to share a few of the many blessings I experienced with my family in 2014.

**Jim and Tanya:** My son and daughter-in-law designed their beautiful new condo in Manchester, Connecticut and moved in a year ago. Jim has his private man cave (he states all men want a cave to retreat to). Gosh, I think women do, too! The cave also serves as his office. Tanya has the kitchen of her dreams with lots of room and cupboards. At 2,600 sq. feet, it was large enough that I asked for a floor plan to guide me when I arrived! They have a beautiful back lot facing the woods. Jim told me wild turkeys would often trot through their back yard. I never saw one wild turkey, even after I went into the woods to find them! Jim continues to stay active in many sports to include triathlons. Tanya has tried running but admits she really does not enjoy it, or any exercise that makes her sweat. She continues to work at a law firm for three lawyers.



**Megan:** My granddaughter is 20 and attends Manchester Community College. Although her social life sometimes gets in the way of academics, she is doing fairly well in her studies. Overall, it is a blessing to see her with a group of good friends and enjoying social activities!

**Alan:** My son has had another rewarding year at Schafer Chevrolet in Pinconning. He is grateful he works for a good Christian family who respects the value of hard work and commitment. He continues to complete his bachelor's degree in business and human resources. He is enjoying the academic challenge of college and broadening his horizons. He laughs and says "I'm the oldest one in the class." I say you are never too old to keep learning! He is also seriously addressing his health, weight, and eating habits. His goal is to be the healthiest he can be for his kids and family.

Alan put in place a great family rule over a year ago. Whenever they eat as a family, at home or in a restaurant, all cell phones must be turned off and



placed in the center of the table. Everyone talks and interacts (actual eye contact is made) and it has brought the family closer. No one touches their phone at meal times. Breaking bread together is an enjoyable social time. What a joy it is to eat a meal with them. It puts into perspective that a phone call can be returned later and the people who are in front of you are important and valuable!

**Lori:** My daughter-in-law switched her job from Independent Bank to Team One Credit Union, finding it a more compelling place to work where the business respects family as well as a strong work ethic. She has many opportunities for advancement and also college assistance from Team One for her career path. She is also enrolled in college on a business/financial path. Her health is great and the cancer has been in remission for several years now. We give thanks daily for a second chance in life for this beautiful woman!

**Collin:** My oldest grandson is 17 and finishing his senior year. He will graduate in June. He will then attend Delta College and Northwood for the 3 + 1 program in Skilled/Building trades. He fell in love with construction while building homes for Habitat for Humanity during a senior school project. In the meantime, he has been working at Bob Evans since early summer (2014), learning about working with the public. He is an extremely hard worker and sees the rewards of a strong work ethic.

He purchased his first car – a 2005 Monte Carlo. He is so proud of himself. When Collin is not working or in school he can be found on the basketball court. He is so committed to this sport. He comes home from school, does his homework, then heads to the Dow Bay Area Family Y and practices five straight hours, arriving home starved and dripping with sweat.



**Corey:** My youngest grandson is 16 and finishing his sophomore year. He is very involved in basketball, baseball and football, all for his high school. Sports have been very rewarding for Corey as he loves anything involving physical fitness. He also wants to go into the building trades. He has been building things since he was a young boy. He has built make-shift ramps for skateboarding and a variety of things that involve creating something with wood. He loves to use his imagination building things. Corey is a very caring soul and cares what others think and feel.

**Lexie:** My grand dog can hardly wait for me to show up every day so we can take our walks. I am not sure who enjoys it more, but we are both staying healthy being active outside in the fresh air, no matter what the weather is! Yep, that's right: rain, sleet, snow or hail we are walking.

**Myself:** Big decisions were made in 2014 and adding Christian Life Coaching was a huge success. For the benefits of Christian Life Coaching, see my website at [www.drsherrybaker.com/](http://www.drsherrybaker.com/). Clients also love the skype and phone sessions we now offer when roads are bad or they are recovering from an illness. 2014 was also a year of more professional training and workshops. I love learning and improving my skills!

I was able to have enjoyable experiences with friends and family throughout the year. I traveled by train to Montana to visit my intern Terri Martinez. We had a wonderful time visiting Glacier National Park, hiking, and discovering new healthy places to eat. She kept saying, "We could work together here!" I hated to leave; I miss her so much. I also flew to Connecticut and stayed with my son and family for a week. We drove into Rhode Island and stayed there for three days. It was a wonderful adventure. I also enjoyed my first draft horse show in East Lansing with my sister Mary. We plan on making it a tradition to see one horse show every year.

So, dear friends and clients, it wasn't all work and no play. I made God-filled business decisions and took more time off from work. Please be good to yourself and take some time to refill and reflect. It does us so much good!

Peace and blessings to you!

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