



# 2016 Newsletter

## Faith-Gratitude-Blessings

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### Blessings for our New Year!

Lord, at the beginning of this New Year, we humbly ask for your blessings. We commit to love better, to forgive more, to speak words of encouragement and to share goodness. Let us be channels of peace that bring love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

**Jim:** My oldest son and daughter-in-law are enjoying their condo in Connecticut. They have found many favorite vegan restaurants they enjoy as the New England states continue to increase the number of healthier vegetarian menu options. Jim stays extremely active with tri-Athlons and mountain biking. Last fall he was one of the few selected to swim the Alcatraz Sharkfest Swim, a 1.5 mile swim from Alcatraz to Fisherman's Wharf. What an honor to be with top athletes from all over the United States!



**Tanya:** Jim's wife Tanya works out one to two days a week and maintains a very slender figure. Go figure! I sure couldn't do that. She continues to work at a small law firm where she is a valuable part of the staff there. This year she plans to learn how to crochet and play the piano. Tanya enjoys cooking delicious vegan meals for her family, spending time with her husband and daughter, reading and relaxing.

**Megan:** My granddaughter is 21 and has left the community college for medical training at Branford Hall Career Institute. She is doing very well in her classes and especially



likes those regarding human anatomy and physiology. Megan has always been drawn to the medical field ever since she was a young girl. She has a close-knit circle of friends with whom she loves to spend time watching movies or shopping. They enjoy the nearby Six Flags Amusement Park during the summer.

**Alan:** My youngest son has had another rewarding year as the Fixed Operations Manager at Schafer Chevrolet in Pinconning. He is proud to be a part of their Christian business that values family, commitment, and hard work. He is finishing his Associates Degree at Delta College and plans on graduating fall/winter semester of this year. He will then continue his bachelor's degree at Saginaw Valley State University. He loves learning!



Alan experienced some changes over the last year. He attended Medical Weight Loss and shed 50 unwanted pounds! By focusing on vegetables and fruits as his staple foods, he is continuing this healthy eating combined with physical exercise. He loves experimenting with different recipes. The family invested in a very nice camper last summer and has many camping trips planned to enjoy time away and to build relaxing campfires.

The family rule still holds: at meal times the TV is off, no technology is allowed, and eating at the table provides time for meaningful conversations. We absolutely know that when we sit down, the focus is on family and not technology.

**Lori:** Alan's wife works at Team One Credit Union and has been there two years now. She loves her job and the people she works with. Lori is a very dedicated employee that takes great pride in everything she does. By the grace of God she is eight years cancer free. What an incredible blessing for our family! She continues to work out at the Bay Area Family Y to stay physically fit. Her favorite pastimes are reading, family and relaxing.

**Collin:** We have been blessed with this amazing mature 18 year old (turns 19 in February). August 1, 2015 he began working full time at Schafer Chevrolet in Pinconning and was just promoted as the Body Shop Coordinator. He loves his job and said he never dreads going to work. He is able to ride to and from work with his father daily. What a great blessing that is. He also attends Delta College; father and son ride to and from classes together. He has his eyes on a bachelor's degree.

The amazing thing about Collin is since he graduated from high school last year he is completely financially self-sufficient, paying all his own expenses, buying all his own clothing, and paying for college classes and books. He is excellent with money. He purchased his own vehicle and continues to make responsible choices. He enjoys basketball, working out and time with his friends and family.



**Corey:** What a ball of energy this athlete is! Corey is 17 and pulling a 3.5 GPA this semester. He is now driving and has his own vehicle. He also plans on attending college after he graduates in 2017. This strong young man is extremely active in sports, basketball, football and track. He is an amazing athlete. Corey continues to mature as an adult and learn new skills along the way. There is a big difference this year in his confidence level, communication skills, accountability and trust.

**Lexie:** My beautiful, faithful grand dog continues to walk with grandma every day. I couldn't ask for a more enthusiastic walking partner. She turns 13 this year but remains in good health. She loves spending the night at Grandma's house!



**Myself:** My physician keeps telling me I am growing up well! Walking and working out at the gym are important parts of my day. It keeps me healthy. I have a wonderful circle of friends I enjoy and a brand new church family at Bethel Lutheran Church. I took more time off in 2015 giving myself refreshing refueling breaks. I can't very well advise clients to take care of themselves if I am not doing it!

**Business:** 2015 saw the close of my substance abuse group and the anger management group. I still see clients with those challenges, but they tell me they get much more out of the privacy of one-on-one sessions. My clients continue to love phone sessions, Skyping and FaceTime when they can't make the drive. I have an incredible Christian staff that has my back daily. We are a great team. Everything runs smoothly like a well-oiled wheel. Our goal as a team is to be the hands, feet and heart of Christ reaching out to those who are struggling with kindness, compassion, and skilled help.

Remember healthy living is about a good attitude. Foster healthy habits of clean foods, mostly vegetables. Eliminate flour, sugar and processed foods; drink half of your body weight in ounces of water daily, and move, move, move! Keep your body moving, worship, pray, attend church with family and write down a minimum of three gratitudes daily. If you will commit to this *simple* formula your physician will tell you, too, that you are growing up well!

May your year be blessed. I pray that you will face challenges with courage and continue to grow closer to God.

A handwritten signature in black ink that reads "Dr. Sherry Baker". The signature is fluid and cursive.

Dr. Sherry Baker

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