



It's how we get and stay healthy! Give us a shout at northendwellnesscoalition@gmail.com.

MEET THE PERSON BEHIND THE MARKET

Healthy Living at Georgie's



By the time Zoe Koch became manager of Georgie's Farm Market, healthy living was already part of her story.

Zoe began thinking seriously about her health in her late teens. After struggling with her mental health from a young age, she discovered that eating well and being physically active could make a real difference in how she felt.

Her favorite ways to stay active include yoga, hiking, biking, rock climbing and snowboarding. She also believes strongly in the simple power of getting outside, moving your body and being intentional about how you spend your time.

That philosophy fits naturally with Georgie's Farm Market.

Zoe is excited about being part of a neighborhood where fresh, affordable food isn't always easy to find. She sees

Georgie's as more than a place to buy groceries. She wants it to be a welcoming place where people can find good food and connection.

"Be intentional," is advice she offers to others. Pay attention to what you eat. Get outside. Move. And, perhaps most importantly, interact with other people.

That last part may be especially important at Georgie's.

Zoe hopes the market becomes a place where people feel seen, heard, known and valued—a place where you can stop for groceries but also stay for a conversation, a cup of coffee or simply a friendly hello.

In other words, Zoe's vision for healthy living sounds a lot like the NEWC vision:

Good Food. Good Health. Good Friends.

And we're mighty glad she's here.

STAY ACTIVE

Change Your Definition of "Working Out"

What if "working out" didn't mean going to a gym?

What if it meant walking with a friend, playing pickleball, riding your bike, dancing, doing yoga or joining a neighborhood walk?

At NEWC, we're big believers that being active should be something you enjoy, not something you have to endure.

Try a walk. Try Tai Chi. Dance. Ride. Stretch. Play.

And watch for our weekly We Walk notices. It's a simple way to get moving while spending time with neighbors.

Who needs a gym when you have neighbors? Come play!



BE HAPPY

WELCOME TO THE CRESTON HALL OF NAME!



There's something wonderful about a place where people know your name.

That's exactly what we're hoping to create at Georgie's.

Stop in for a cup of coffee. Sit a spell. Play a game of checkers. Talk with a neighbor. Or simply say hello.

You might come for the groceries; but stay for the conversation.

Georgie's is meant to be more than a market. It's a place to connect—to be part of something and to know that somebody is glad you walked through the door.

At Georgie's, you matter. Come on in. We're saving a place for you.

Starting October 1, Georgie's Farm Market will be open:

Wednesday to Friday:

11am to 7pm

Saturday:

9am to 1pm

So when the farmers' markets begin winding down for the season, follow the farmers to Georgie's!

COMMUNITY CONNECTIONS

Art Bash—Come Celebrate With Your Neighbors!

Here's a party worth putting on your calendar.

Friday, October 9 from 6–9 p.m.

Kingma's Market Greenhouse
2225 Plainfield Avenue NE

Come enjoy an evening of art, food, laughter and neighbors.

It's a chance to get out, meet someone new, reconnect with someone you know and celebrate the creativity that's right here in our community. Because community connection isn't just something nice to have.

It's good for our health.

GR City Commissioner, Lisa Knight, shares happenings in the 2nd Ward. Visit friendsoflisaknight.com/newsletter for more info.



THE LONGEVITY ZONE



AARP[®]

Happiness Starts with a U

Here's a surprising fact about getting older: Happiness follows a U-shaped curve.

For many people, happiness declines during the middle years of life, reaches a low point around midlife—and then begins to rise again.

By our 50s and beyond, happiness often begins increasing. For some people, it can eventually reach levels that are as high as—or higher than—those experienced earlier in life.

So, if you're somewhere in the middle of that U, hang in there.

Happiness really does start with a U.

Adapted from Jennifer Feuerstein-DiVita; Jonathan Rauch, author of *The Happiness Curve*

Improve Your Balance—Right at Home

By Dr. Andrew Williams, Ivy Rehab

Good balance helps us stay independent and confident. And you don't need a gym to work on it.

Try these simple exercises:

- Sit-to-stands: Stand up from a sturdy chair and sit back down.
- Heel raises: Hold a counter and slowly rise onto your toes.
- Weight shifts: Holding a sturdy surface, gently shift your weight from one foot to the other.
- Marching: Hold the counter and slowly march in place.
- Side steps: Take small steps sideways along a counter.
- Heel-to-toe standing: Place one foot directly in front of the other.
- Supported single-leg balance: Hold a sturdy surface and lift one foot briefly.

Try balance exercises 3–5 days a week.

Use sturdy support, clear the area around you and wear supportive shoes. If you feel dizzy or unsafe, stop.

And if you've had a fall or are experiencing significant unsteadiness, talk with your health-care provider or a physical therapist.

A little practice today can help you stay steadier tomorrow.



The Good News About Growing Old(er)

Let's hear it for experience!

As we grow older, we don't simply accumulate birthdays. We accumulate knowledge, perspective and experience—and those things can change the way we handle life's challenges.

Research suggests that older adults often draw on greater expertise and perspective when solving problems. We may see more than one possible solution and become better at finding compromises.

There's good news emotionally, too.

Anger tends to decline through the 70s. Stress and negative emotions can lessen. And happiness can increase.

So, perhaps growing older isn't simply about losing things.

It's also about gaining things that take time to acquire.

Perspective. Patience. Wisdom. Experience.

That's worth celebrating.

Source: Smithsonian Magazine, 2023.



Make Your Own Day!

Want to give your day a little boost?

Say hello to six people.

That's it.

A nod. A wave. A fist bump. Or simply a friendly "hello."

Six small greetings can create surprising benefits. Saying hello isn't just good for our social lives. Regular positive interactions with other people can contribute to our physical, financial, career and community well-being.

And there's another bonus: when we know our neighbors, we're more likely to get out of the house, walk, move around and participate in our community.

So, don't wait for somebody else to make your day.

Make your own.

Start with six hellos.

