

THE SOURCE

A VERO NEWSLETTER



FRONT DESK TRIVIA

- 1 I have preformed on a cruise ship!
- 2 I was the lead role in our musical my junior year of high school.
- 3 I use the word hotdish instead of casserole!
- 4 I've swam with a grey whale in the open ocean.
- 5 I played the piano for 12 years!
- 6 I sang on stage with Nickelback.
- 7 I have two Goldendoodles; Ollie and Rebel!
- 8 I won 2nd place in best choreography for my state dance routine.

ANSWERS

- | | |
|------------|------------|
| 1. Jenna | 2. Ashley |
| 3. Shalane | 4. Whitley |
| 5. Sheri | 6. Sierra |
| 7. Maggi! | 8. Briana |

What we're grateful for

November is one of our favorite months at Vero. Not only do we get to watch football, see the colors of the leaves change, and order all the pumpkin spice lattes we like, but we also get to reflect upon just how grateful we are to have a home in this community.

So, what are we grateful for this year? We couldn't have asked for a better 2022! We've moved into our new building in West Des Moines. We've grown our team members, and continue to love serving together. Most of all, we've heard countless stories of pain relief, healing, and hope found in our office! It is an absolute honor to serve and help you feel your very best each week. We are forever grateful, thank you for being part of such an awesome year!

This month, look forward to one of our favorite Vero traditions. To show our gratitude for the joy and positivity you bring to our office, we're giving each family represented at Vero a pumpkin pie. Don't miss out! We'll hand them out November 21 - 23 and will be closed on November 24 and 25 for the holiday. On behalf of the entire Vero Family, Happy Thanksgiving!


HEALTHY FOR HOLIDAYS

As the holiday season is fast approaching, sometimes it brings us more than joy!

This is a common time that our bodies may become drained, leading to illness.

Here's some tips to stay healthy this fall:


 Incorporate more Vitamin C into your diet

 Eat mindfully

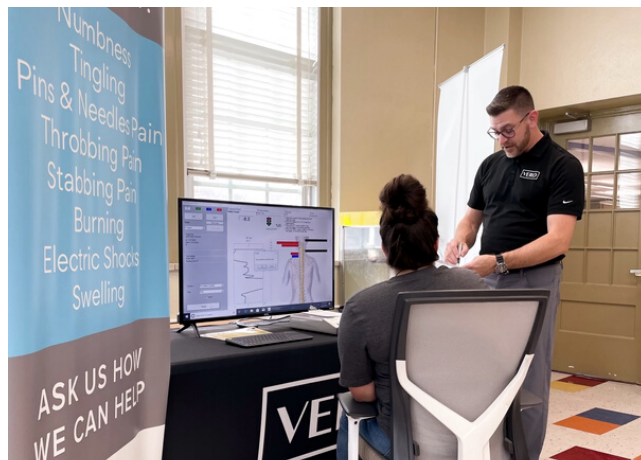
 Keep your workout schedule

 Stay hydrated

 Make time for self-care

 Get adjusted

Remember to enjoy your holiday season but listen to your body and to keep your health as a priority!



SUPPORTING OUR TEACHERS

It has been such a difficult year, especially for the teachers in our community, we can't imagine all of the stress they face on a daily basis! We wanted to give back to them by going into the Des Moines schools to provide lunches and offer Free Stress Screenings!

We love feeling like we are able to give back to those serving in our community! If you know of any teachers that would appreciate a visit to their school, let us know so we can set up a free stress scan and lunch on us!



MEET KYLIE

I am from Sioux City, Iowa! I chose my field because of my organizational and attention to detail skills to excel in my role. I have been living in Des Moines for 3 years now. In my free time, I enjoy spending time with Ziggy (my dog) and reading! This year I have read over 100 books!

As a Back Office and Finance Specialist, you'll find Kylie auditing accounts, running your benefits, and working on transactions! Be sure to say hello on your next visit!

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