



LIVING WELL. ARTFULLY. CLEVERLY.

Newsletter

Copy
of Past
Edition

August 28, 2024, Edition

Dear Friend,

I'm thrilled to welcome you to the seventh edition of the LWAC newsletter! The number 7 is often considered lucky, and I like to think it brings a touch of serendipity, especially since it's my birthday number. Amid the whirlwind of information that surrounds us, our commitment to living well remains steadfast, though it can be challenging to find clarity.

In this edition, we delve into topics designed to inspire and uplift, offering insights to help you live a more enriched life. I'm particularly excited to share stories of remarkable individuals making a positive impact and to highlight our recent engagement with the hospitality industry, including a feature on Café Art.



As always, we're here to infuse your world with wellness and optimism. Have a wonderful week, and don't hesitate to reach out if there's any way Arthealthnut.com can add a dash of joy to your life!

Enjoy the following in this edition:

- Art Spotlight: You're a Pineapple in Disguise
- Children Living Well: 4 Young innovators making a difference in Lives
- Quote of the Week
- Café Art: Designed for living well
- Wellness on my Mind: The Art of Caring for Aging Parents
- What's Coming

With gratitude,

A handwritten signature in black ink that reads "Kevin".

Kevin Whitehurst
CEO and Founder of [Arthealthnut](https://Arthealthnut.com)

Art Spotlight

Art Spotlight: You're a Pineapple in Disguise

featuring Beau

Inspired by a close friend who is shy about all his accomplishments, the creation of this piece honors our modest champions. Celebrate the power of authenticity and the power of inner strength with "Pineapple in Disguise," a charming tribute to the unexpected heroes among us. In this whimsical painting, **Beau takes center stage as a symbol of resilience and vitality, his unassuming demeanor belying a deep commitment to health and well-being.** "Pineapple in Disguise" offers a playful reminder that **true wealth lies not in what appears on the outside, but in the richness of our inner strengths.** Against a backdrop of vibrant colors and bold patterns, this painting invites viewers to embrace their authentic selves and to celebrate the unique qualities that make each of us truly special. Transform your room into a visually appealing and thought-provoking piece of art!





[Add to Your Collection](#)

Children Living Well

4 Young Innovators Making a Difference in Lives



Spotlight on Ryan Hickman: A Young Entrepreneur with a Mission

At Arthealthnut.com, we celebrate the spirit of innovation, especially when it comes from the youngest among us. Ryan Hickman, a 13-year-old from California, exemplifies how passion and

purpose can lead to significant change. **At just 7, Ryan founded Ryan's Recycling Company, which has recycled over 1.5 million cans and bottles.** His journey began at age 3 when a visit to a recycling center sparked his lifelong commitment to environmental conservation.

What started as a small neighborhood initiative has grown into a movement, with Ryan's story going viral in 2016. His efforts have been recognized internationally, earning him appearances on major media platforms like NBC, CNN, and TIME Magazine. Ryan's achievements extend beyond recycling; he actively engages in environmental education, inspiring others to take action through his presentations at schools and conferences.

In 2021, **Ryan took his mission further by founding Project3R, a nonprofit dedicated to environmental advocacy,** and became a founding partner in Recycle From Home. His work serves as a powerful reminder that age is no barrier to making a significant impact on the world.

Ryan's story aligns perfectly with our mission at Arthealthnut.com, where we believe in art that reflects the efficacy and soul of life. His dedication to recycling and environmental awareness is not just a model for young people but an inspiration for all of us to act with purpose and passion in our lives.

For more information on Ryan Hickman and his journey, visit Ryan's Recycling Company online and learn how you can support his mission to save the planet, one can at a time.

[Ryan's Recycling](#)

Spotlight on Bellen Woodard: Redefining Art with Inclusivity

At Arthealthnut.com, we celebrate the profound impact that art can have on our lives. Bellen Woodard, the 12-year-old founder of "The More Than Peach Project," exemplifies this by reshaping how we view and use art supplies. **At just 8 years old, Bellen noticed that her classmates referred to the peach crayon as "skin color," which sparked her mission to promote inclusivity in art.**

Bellen's project began as a simple yet powerful idea: to offer a multicultural crayon palette where each color is recognized as a "skin color." This initiative quickly gained momentum, spreading from her school in Leesburg to classrooms and communities worldwide. Today, her More Than Peach crayons are not just tools for coloring—they're symbols of inclusivity and representation, reflecting the diversity of skin tones that make up our world.

Beyond crayons, Bellen is a beacon of inspiration. Her message of "compassionate change" has resonated across the globe, leading her to speak at conferences, engage with global leaders like Simone Biles and Mae Jemison, and become a published author. **Her children's book, *More Than Peach*, further amplifies her mission to ensure everyone feels seen and valued.**



**Bellen's
More than Peach[®]
Project**
Be You Brilliant.

Bellen's journey reminds us that art is more than just creative expression—it's a medium for social change. At Arthealthnut.com, we believe in art that reflects the soul of life, and Bellen's work exemplifies this by using art to promote a more inclusive world.

For more information about Bellen Woodard and her incredible journey, visit her More Than Peach project online and discover how you can support her mission.

[More than Peach Inclusive Art Brand](#) | [Classroom Leadership](#) | [by Bellen](#)

Spotlight on Heman Bekele: Innovating for a Healthier Future

At Arthealthnut.com, we celebrate creativity that impacts the world in meaningful ways. Heman Bekele, a 14-year-old from Annandale, Virginia, embodies this spirit with his remarkable invention—a soap designed to treat skin cancer. Heman's passion for biology and technology led him to create this innovative solution, which earned him the title of "America's Top Young Scientist" in 2023.

Heman's journey began with a simple yet powerful idea: a compound-based soap that costs just \$0.50 to produce, aimed at treating melanoma. His invention not only addresses a critical health issue but also reflects a deep commitment to making healthcare accessible to all. Heman's vision extends beyond his invention; he plans to establish a nonprofit to distribute this life-saving soap to communities in need over the next five years.



His achievement in the 3M Young Scientist Challenge underscores the incredible potential of young minds to drive positive change. Heman's story is a testament to the power of innovation and dedication, inspiring us all to contribute to a healthier, more compassionate world.

At Arthealthnut.com, we believe in art and innovation that reflects the efficacy and soul of life. Heman Bekele's journey is a shining example of this belief, reminding us that age is no barrier to making a significant impact on the world.

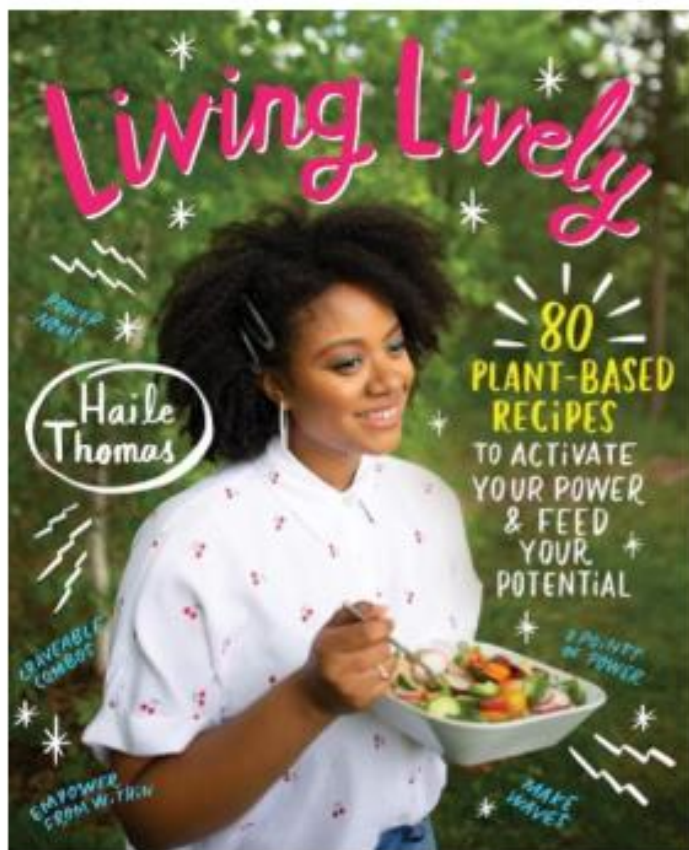
For more on Heman and his groundbreaking work, stay tuned to our newsletter and explore how we can all be part of a brighter future.

[Heman Bekele Is TIME's 2024 Kid of the Year: TIME's Kid of the Year List | TIME](#)

Spotlight on Haile Thomas: A Beacon of Holistic Wellness

At Arthealthnut.com, we celebrate individuals who embody the power of wellness and creativity. Haile Thomas, a trailblazer in the world of holistic health, has redefined youth empowerment through her dedication to **plant-based nutrition and mental well-being**.

Starting her journey at just 12 years old, Haile became the youngest Certified Integrative Nutrition Health Coach. Her passion, ignited by her father's reversal of type-2 diabetes, led her to launch HAPPY, a movement focused on holistic wellness in underserved communities. By 19, Haile authored *Living Lively*, a self-help cookbook that became a guiding light for many.



At 20, she opened Matcha Thomas, a serene space where wellness meets comfort, inviting customers to slow down and nourish themselves. Beyond her physical ventures, Haile's influence spreads through her significant online presence and powerful speaking engagements, including TEDx and the White House Kids State Dinner.

Haile's journey is a testament to the power of connection and self-care, reminding us all that nurturing our inner worlds is key to creating a better, more compassionate world. Through her work, she continues to inspire multitudes to embrace holistic health, making wellness accessible and inviting for all.

For more on Haile Thomas and her inspiring journey, explore her ventures and writings, and join us in celebrating this remarkable young innovator who is truly making a difference.

hailevthomas.com

Quote of the Week

There are only four kinds of people in this world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers. Caregiving is universal.

—Rosalyn Carter
Former First Lady of the United States

Café Art: Designed for living well



If you follow us on social media, you have seen several posts featuring cafes. The artwork has always appealed to the hospitality industry, mainly because of its wellness appeal and the vibrant colors. I want to share some of the images that show the intriguing pop to cafes and other places.

These captivating pieces of art are perfect for cafes, where ambiance plays a crucial role in enhancing the customer experience. The vibrant colors and compelling themes invite viewers to pause and reflect, turning an ordinary coffee break into a moment of inspiration. Each artwork tells a unique story, from the celebration of cultural diversity to the embrace of global responsibility, making them not just decorations, but conversation starters. Perfect for cafes that want to offer more than just a meal, these artworks create a space where art and life beautifully intertwine.





Wellness on my Mind

The Art of Caring for Aging Parents

What You Need to Know



Introduction

As we navigate an era where the population of seniors is larger than ever, the dynamics of family, quality of life, and overall wellbeing are increasingly complex. At Arthealthnut.com, we understand that caring for aging parents is both a profound responsibility and a journey filled with challenges and rewards. This article is designed to provide you with valuable insights, resources, and encouragement to help you make informed decisions and offer the best care possible. Whether you're already in the role of a caregiver or preparing for it, our aim is to support you in this important chapter of life.

The Family Caregiver: A Vital Role

In today's world, caregiving often extends beyond hospitals and clinics, with adult children frequently stepping in to care for their aging parents. According to the latest data from the American Association of Retired Persons (AARP), there are approximately 38 million family caregivers in the United States alone. This staggering number highlights the growing importance of family caregivers in our healthcare system.

A family caregiver is someone who provides care for a loved one facing health challenges, often without formal training or compensation. This role is not limited to blood relatives; it can also be taken on by friends, neighbors, or anyone with a deep personal connection. Whether you're assisting with a new diagnosis or supporting daily tasks, your contribution is invaluable.

Types of Family Caregivers

Family caregivers come in various forms, each with a unique relationship to the care recipient. Some of the most common types include:

Spouse Caregivers: Providing daily care and emotional support to a partner.

Child Caregivers: Adult children balancing their own family and career responsibilities while caring for a parent.

Parent Caregivers: Parents care for children with chronic illnesses or disabilities, dedicating their time and energy to their child's wellbeing.

Relative Caregivers: Extended family members, such as aunts or uncles, stepping in to care for a loved one.

Friend or Neighbor Caregivers: Compassionate individuals who choose to support someone in their community or social circle.

Each scenario is unique, encompassing a wide range of responsibilities and emotional experiences, but all share a common thread: the deep commitment to the wellbeing of a loved one.

The Responsibilities of Family Caregivers

Family caregivers often take on diverse and multifaceted responsibilities, including:

Supporting Daily Tasks: Assisting with eating, dressing, bathing, and other daily activities.

Medication Management: Ensuring the correct medications are taken on time.

Scheduling Appointments: Managing calendars for medical visits, therapy sessions, and other health-related activities.

Arranging Transportation: Providing or organizing transport for appointments, shopping, and other needs.

Running Errands: Shopping for groceries, picking up prescriptions, and handling other necessary tasks.

Providing Emotional Support: Being a listening ear, offering encouragement, and being present during challenging times.

These tasks go beyond physical support, extending to emotional and practical assistance, reflecting the holistic nature of caregiving.

Resources to Support Family Caregivers

Caring for an aging parent is a significant responsibility, but you don't have to do it alone. There are numerous resources available to help you navigate this journey:

Support Groups: Connect with others in similar situations to share experiences, seek advice, and find communal support.

Task-Management Apps: Utilize apps for scheduling, medication reminders, and task organization to manage responsibilities effectively.

Educational Resources: Websites, books, and online courses can provide valuable information on caregiving techniques and health management.

One particularly noteworthy resource is CaringBridge, a no-cost online platform that facilitates health updates and task coordination among a loved one's care team. It's an essential tool for managing the complexities of caregiving, offering both practical and emotional support.

Family Dynamics and Decision-Making

When it comes to making care decisions for aging parents, family dynamics play a critical role. Family meetings are a valuable tool for discussing care options, sharing feelings, and making decisions collaboratively. However, these meetings can be challenging due to the different roles and relationships each family member has with the aging parent.

To navigate these discussions effectively, consider the following tips:

Plan an Agenda: Outline the topics that need to be addressed, such as medical updates, care options, and financial considerations.

Choose a Neutral Location: Hold the meeting in a setting where everyone feels comfortable and welcome.

Include All Voices: Ensure everyone can express their opinions and concerns.

Consider a Third-Party Facilitator: If family dynamics are complex, a neutral third party, such as a social worker or clergyman, can help guide the discussion.

Remember, the goal is not to resolve all family issues but to ensure everyone is on the same page when it comes to caring for the parent. Regular follow-up meetings are essential as your parents' condition evolves and new decisions need to be made.

Conclusion

Caring for aging parents is an art, requiring compassion, patience, and a commitment to their wellbeing. At Arthealthnut.com, we believe in supporting you through this journey with optimism and resources that empower you to provide the best care possible. By staying informed, connected, and proactive, you can navigate this chapter with grace and confidence, ensuring that your loved ones receive the care they deserve.

[Caring for Your Aging Parents: A Seven-Step Guide | Kiplinger](#)

[Why Care About Caregivers \(aarp.org\)](#)

[Categories \(caringbridge.org\)](#)

What's Coming!

As we continue to engage with art lovers and the wellness community, we are always intrigued by the response to our website, our brand, and all our collections. One of our core values is **"Evolving Gratification Experience:** Our commitment involves enhancing product quality and gratification practices in sync with evolving customer needs and global changes." The experience motivates us to continue to look at our brand and our products. The new collection is in final stages, and it combines some vintage Kevin, abstract, and silhouettes. The new collection is called "Vibrant Life". **The Vibrant Life Collection** will be available in late September. The 2025 Calendar will be available in early September. Along with these new products, we are making some new updates to the logo and the website. Stay tuned for more updates. Enjoy the rest of the summer!

We invite you to join us on our social media platforms

