

Center for Health

Newsletter

YOUR PATH TO WELL-BEING

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In This Issue

Brain Boost	1
Better Every Day	1
Gardening—Good for the Whole Family	2
'Taking Care of Me' Helps Others—A Success Story	2
Spring Into Action Outdoors!.....	3
Five Steps to Being a Good Leader	3
Easy Healthy Recipe.....	3
Construct a Healthy Plate	4
Resources	4
Print and Share Bulletins	4

Brain Boost

Henry David Thoreau had it right when he penned “Methinks that the moment my legs begin to move, my thoughts begin to flow.” One of the best ways to clear your head and help you concentrate is to take a walk. When you walk you increase your heart rate, which in turn increases blood flow throughout your body—including the brain. So the next time you need a brain boost, lace up your shoes and get moving. Your body and brain will thank you!

“Methinks that the moment
my legs begin to move,
my thoughts begin to flow.”

— Henry David Thoreau



SPOTLIGHT

Better Every Day

There is an abundance of information at your fingertips on exercise, nutrition, managing stress, connecting with family and friends, and being active in the community.

Each is important, and each helps improve your well-being in the five dimensions supported by the Center for Health. But how do you do it all and maintain balance? Instead of tackling it all at once, focus on making one change or doing one thing better every day. By taking on one small positive change each day, you will start to see a difference.

This is what a week of small changes might look like:

SUN	MON	TUE	WED	THU	FRI	SAT
Pack gym clothes for the week. Put them where you will see them.	Take 10 deep breaths in the morning and again in the afternoon.	Bring a piece of fruit to work instead of a sugary snack.	Call or write a note to a friend or loved one.	Go for a walk at lunch.	Review your budget, and adjust your spending and savings as needed.	Volunteer at your church.

Doing one small thing **Better Every Day** can result in long-lasting change!

The Center for Health focuses on improving five dimensions of well-being—physical, emotional, spiritual, social and financial—for clergy and laity of The United Methodist Church (UMC) and their families. Among the Center for Health's offerings are well-being programs, an interactive website, trends and research, educational opportunities and connections to the UMC Health Ministry Network (UMCHMN) and related resources.



ASK A PROFESSIONAL

Mary Jaminski

Community Garden Program Coordinator—City of Evanston, Illinois

Gardening—Good for the Whole Family



Spring has sprung, and vegetable gardens are on the minds of many. The joy of digging in the dirt and nurturing flowers and vegetables can bring people together.

Q: WHAT DO I NEED TO START A GARDEN?

Planting a garden can be as simple as a few large containers to a raised bed or small patch in the ground. Any amount of effort can reap rewards. Access to water, six hours or more of good sunlight, and nutrient-rich, contaminate-free soil are all you need to get started.

Q: HOW CAN I GET MY FAMILY INVOLVED?

Planning what to plant can involve the whole family. When family members choose what to grow, they are invested in the results—promoting healthy cooking and better choices.

Everyone in the family—from new to experienced gardeners—can be successful.

Q: WHICH SEEDS OR PLANTS ARE EASY TO GROW?

Fast growers in most climates include carrots, radishes and a variety of green beans. For instant gratification, plant tomato, green peppers and cucumber seedlings.

Q: WHAT ARE THE BENEFITS OF GARDENING?

Vegetable gardens need daily attention. Being outdoors for 30 minutes can give people time together. Relaxing and neutral space can also offset a stressful day.

Gardening can add low-impact exercise to the day. Carrying a watering can, digging and planting add another dimension to strength training and stretching.

Watering and pulling weeds can be therapeutic—just try it!

PERSONAL SUCCESS STORY

'Taking Care of Me' Helps Others—A Success Story

How do I have time to take care of myself when I have to care for so many others? Like many people, I care for everyone else first—my kids, my husband, my church, even my dog! Last year, I found that the more I poured into them, the more I fell apart. And not just physically—I was becoming more judgmental and less patient.

Things turned around when I realized that taking time for myself was the best way to help those I love. To fulfill a wellness goal, I joined an exercise group and worked with an online health coach. The transformation has been amazing. Even though my assistant loves to make fun of me for hobbling around the office after “leg day at the gym,” my mood is better, I have more energy for my kids, and I have a new awareness for helping others achieve the best life God has for them—which includes being in good physical shape to enjoy that life!

Sometimes all you need is that little encouragement. A simple change in mantra changed my outlook: “*Out of my abundance I can pour into others.*” Thank you Center for Health for helping me realize that I'm worth it.



“...taking time for myself was the best way to help those I love.”

Katie N.

Clergy, Missouri Annual Conference



ASK A NURSE

Jo Sanders

BSN, RN, Faith Community Nurse—Illinois Great Rivers Conference member

Spring Into Action Outdoors!

Whether you hike, bike, boat, swim or garden, here are some useful tips for health and safety.

Mosquitoes and ticks can spread diseases including Rocky Mountain spotted fever, Lyme disease, West Nile virus and Zika virus. Too much sun can cause painful sunburn, skin cancer and eye injuries.

TIPS TO STAY WELL IN THE WOODS OR IN YOUR OWN BACKYARD

- Wear long-sleeved shirts, pants and hats to protect from sun and bug bites.
- Seek shade between 10 a.m. and 4 p.m.
- Protect your eyes by wearing sunglasses that block both UVA and UVB rays.
- Use a sunscreen with a sun protection factor (SPF) of 15 or higher. Reapply at least every two hours or more often if swimming or sweating.
- Avoid walking through high grass and brush. Do a “tick check” when returning from outdoor activities in high-risk areas. Remove ticks promptly.



- Use an insect repellent. Consider buying permethrin-treated clothing and gear (boots, pants, socks and tents) or treat your clothes and gear yourself.
- Keep outdoor areas free of standing water to prevent mosquitoes from breeding.

For up-to-date information about your health and well-being, explore www.cdc.gov.

WELL-BEING TIPS FOR LEADERS

Five Steps to Being a Good Leader

Leadership is demonstrated at many levels—from being a Sunday school teacher, conference leader or committee chair. Be conscious of the example you set; a leader influences people.

Here are five skills that make up a good leader for any size group:

- **STEP 1: UNDERSTAND YOUR IMPACT**—Treat others the way you want to be treated and demonstrate by example. Your behavior impacts those around you.
- **STEP 2: CLARIFY EXPECTATIONS**—Manage expectations to avoid surprising others. Let them know how they can be part of the process.
- **STEP 3: PROVIDE FEEDBACK FREQUENTLY**—People want to know how they are doing. What gets recognized gets repeated.
- **STEP 4: COACH WHEN NECESSARY**—Be an active listener. Listen to concerns, be empathetic and provide suggestions on how to improve.
- **STEP 5: KNOW YOUR STRENGTHS AND WEAKNESSES**—Be self-aware and work to improve your effectiveness. Solicit information on how your leadership affects those around you.

Adapted from: *So you think you're a good manager? Think again.* www.td.org

Easy Healthy Recipe

BROCCOLI-CHEDDAR FRITTATA

Serves 6. Preparation time: 10 minutes; cook time: 20-25 minutes.

INGREDIENTS

- 1 ½ cups chopped broccoli
- ¼ cup water
- 8 eggs
- ¼ cup nonfat or low-fat milk
- 2 teaspoons prepared mustard
- 1 teaspoon Mrs. Dash or your favorite low-sodium seasoning blend
- ¼ teaspoon pepper
- ¾ cup (3 ounces) shredded reduced-fat cheddar cheese
- 1 tablespoon chopped green onion
- Nonstick cooking spray

DIRECTIONS

1. Combine broccoli and water in nonstick skillet. Cook over medium heat until tender, stirring occasionally, about 10 minutes; drain well.
2. Beat eggs, milk, mustard, salt and pepper in large bowl until blended. Add broccoli, cheese and green onion; mix well.
3. Coat same skillet with cooking spray, heat over medium heat until hot. Pour in egg mixture; reduce heat; cook over low to medium heat until eggs are completely set and no visible liquid egg remains, 8-10 minutes. Cut into wedges.

CHEF'S NOTES

After removing from heat, frittata can be broiled (6 inches from heat) until eggs are completely set and no visible liquid egg remains, 2 to 3 minutes.

Nutrition Facts

Amount per Serving*

Calories: 147	Dietary fiber: 1 g
Calories from fat: 72	Sugars: 1 g
Total fat: 9 g	Protein: 13 g
Saturated fat: 4.2 g	Vitamin A: 18%
Trans fat: 0 g	Vitamin C: 29%
Cholesterol: 258 mg	Calcium: 15%
Sodium: 213 mg	Iron: 7%
Total Carbohydrate: 3 g	

* Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Adapted from: www.choosemyplate.gov



Construct a Healthy Plate

Success Tips for You and Your Congregation



Make your food plate healthy—and make your well-being a little better every day!

Be sure to include foods rich in antioxidants on your healthy plate. Antioxidant-rich foods like berries, grains, salmon and green vegetables can help lower your blood pressure.

Portion size matters when striving for healthy eating. It is also important to include foods on your plate from each food group that can increase your energy level and improve your well-being.

Some guidelines for constructing a healthy plate include:

- Half your plate should be fruits and veggies.
- One quarter of your plate should be whole grains.
- One quarter of your plate should be protein like chicken or fish.
- Focus on variety, portion size and nutrition.
- Drink milk or water as your beverage of choice.

Begin with small steps and keep increasing to achieve healthy eating habits. Here are some success tips for you and your congregation:

- Let those around you know you are eating healthier and invite them to join you.
- Encourage healthy options at pot lucks and meetings.
- Put healthy options toward the beginning of the buffet.
- Be physically active and lead by example.

Print and Share Bulletins

See this issue's bulletins for great resources to share with your congregations. Print and stuff in weekly worship booklets or other church newsletters, use as a small group handout or forward to church groups you think could benefit from the topic. We support you in your efforts to create a more vital church.

BULLETIN #1:

Gardening—
It's Good for You



BULLETIN #2:

It's Warming Up Outside—
Picnic Food Safety



Five Dimensions of Well-Being

Resources

The Center for Health offers a host of resources at wespath.org/center-for-health/



CFH articles related to each of the five dimensions of well-being



Congregational resources—including the UMC Health Ministry Network



Financial well-being—Wespath selection of articles about retirement, financial planning, family events and other topics



Newsletters and Bulletins found at wespath.org/CFH/newsletter



Healthy You...Healthy UMC brochure



Well-Being Tools webinar series, May 2017 – September 2017

External Resources



American Heart Association



National Institute of Mental Health



Centers for Disease Control and Prevention: Healthy Living resources

Let Us Know

If you have questions or comments, please contact us anytime at: wellnessteam@wespath.org

The journey to well-being lasts a lifetime. Sometimes the path is smooth and other times, there are bumps in the road and work to be done to restore balance. With patience, persistence and support from the Center for Health—you can do it!

Disclaimer

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