



HEALTH AND WELLNESS NEWS FOR U!

Send My Roots Rain...Springtime

“When the sweet showers of April have pierced the dryness of March to its root and soaked every vein in moisture whose quickening force engenders the flower...”Chaucer, Canterbury Tales.

“Blessed is the one whose confidence and trust are in God; he will be like a tree planted by the water sending out its roots toward the stream...” Jeremiah 17:5

- Washed in the word...
- Breathing in deeply the springtime air...
- Tapping the roots of body, mind, and soul...
- Inspired to practice Wellness and life all the way up!!

Lord, send my roots rain.

Pastor David M. Holm, Director of Spiritual Services

Upcoming Community Wellness Activites

River Grand—celebrating Wellness month during April. They will be having a variety of speakers and activities throughout the month to celebrate.

Tealwood Wellness Training: Community Life Coordinators throughout Minnesota will be attending an Arthritis Foundation training at the Woodbury Estates on April 29th. Look for new exercise classes in your community to be starting soon after.

The Colony—will be having a Wellness Fair on May 13th for residents and outside community members.

Birchwood—planning a Wellness Fair for residents, employees, and the outside community on June 24th. Look for more information in the upcoming months.

**If there are Wellness events that you would like to post or if you would like more information on planning an event, please contact Angela at angela.wall@tealwoodcc.com or 612-760-4803.

Tortilla Pizza

Ingredients:

Tortilla bread—2 pieces
Olive oil—2 tsp
Garlic—2 cloves, peeled
Tomato—4 medium
Olive—12, pitted
Walnuts—6 halves
Dried rosemary—1/2 tsp
Dried thyme—1/2 tsp
Dried basil—1 tsp
Parmesan cheese—1 tbsp
Mozzarella or pizza cheese—1 cup shredded
Salt and pepper to taste



Directions:

1. Preheat oven to 350 degrees.
2. Cut tortillas into 6 pieces each.
3. Skin and thinly dice the garlic. Cut the tomatoes into 6 slices each. Slice olives. Cut walnut halves into a few pieces.
4. Brush the tortillas with olive oil and sprinkle over with diced garlic.
5. Top each piece with two slices of tomato, sliced olives and some walnut pieces. Sprinkle over with dried rosemary, thyme, basil and pepper. If using Parmesan cheese, sprinkle it on top. Top each piece with some shredded cheese.
6. Bake for about 10-15 minutes or until the cheese is melted and tortillas and cheese are both slightly golden brown. Check the tortillas frequently after 10 minutes to avoid burning them.
7. Remove tortillas from the oven and wait 1-2 minutes before serving.

“Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health.”

~Paul E. McGhee, Ph.D.



The social dimension of wellness encourages contributing to one's human and physical environment to the common welfare of one's community. Social Wellness emphasizes the interdependence with others and nature. It includes the pursuit of harmony in one's family. As you travel a wellness path, you'll become more aware of your importance in society as well as the impact you have on nature and your community. You'll take an active part in improving our world by encouraging a healthy living environment and initiating better communication with those around you.

As you proceed on your social wellness journey, you'll discover many things: you have the power to make willful choices to enhance personal relationships, important friendships, your community, the environment and ultimately, the world.

Social Wellness Facts and Tips

- Socially isolated people are more susceptible to illness and have a death rate 2-3 times higher than those who are not socially isolated.
- People who maintain their social network and support systems do better under stress.
- Touching, stroking, and hugging can improve health
- Laughter really is good medicine.
- Cholesterol levels go up when human companionship is lacking.
- A strong social network can create a good mood and enhance self-esteem.



So how can I improve my social wellness?

- Practice self disclosure
- Get to know your personal needs and pursue things and people who nurture those needs.
- Contact and make a specific effort to talk to the people who are supportive in your life.
- Join a club or organization that interests you.

Social Wellness Assessment

The social dimension of wellness involves developing, nourishing and encouraging satisfying relationships. Read each statement carefully and respond honestly by using the following scoring.

Almost always = 2 Sometimes/occasionally = 1 Very seldom = 0

1. I contribute time and/or money to social and community projects. _____
 2. I am committed to a lifetime of volunteerism. _____
 3. I exhibit fairness and justice when dealing with people. _____
 4. I have a network of close friends and/or family. _____
 5. I am interested in others, including those from different backgrounds than my own. _____
 6. I am able to balance my own needs with the needs of others. _____
 7. I am able to communicate with and get along with a wide variety of people. _____
 8. I obey the laws and rules of our society. _____
 9. I am a compassionate person and try to help others when I can. _____
 10. I support and help with family, neighborhood, and work social gatherings. _____
- Total for Social Wellness Dimension _____

Score: 15-20 Points Excellent strength in this dimension

Score: 9-14 Points There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score 0 –8 Points This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

