



HEALTH AND WELLNESS

NEWS FOR YOU!

FEBRUARY 2010

Ten Daily Stress Reduction Tips

Keep your brain in shape

- **Snack on almonds and blueberries instead of a candy bar.** As they lower blood sugar, healthy snacks can improve cognition. In this case, the omega-3s in the almonds and the antioxidants in the blueberries can keep your brain functioning correctly.
- **Ballroom dance like the stars.** Dancing is a brain-power activity. How so? Learning new moves activates brain motor centers that form new neural connections. Dancing also calms the brain's stress response.
- **Take your dog-or yourself-for a walk.** Walking for just 20 minutes a day can lower blood sugar. That helps stoke blood flow to the brain, so you think more clearly.
- **Leave your comfort zone.** Getting good at Sudoku? Time to move on. Brain teasers don't form new neural connections once you've mastered them. So try something that's opposite your natural skills: If you like numbers, learn to draw. If you love language, try logic puzzles..
- **Have a chat.** Instead of popping in another movie rental, pick up the phone. Talking with someone else not only gets you out of your rut-lack of activity can decrease brain-cell formation-but the socializing can also reduce potentially memory sapping depression.

Source: www.aarp.org

1. Be present with whatever you are doing and whoever you are with.
2. Add something beautiful to your life on a daily basis.
3. Do some enjoyable activities whenever possible.
4. Walk, work, and eat at a relaxed pace.
5. Take a short break after meals to relax.
6. If possible, go outside at least once per day and notice the simple things such as the weather, scenery, etc.
7. During the day, whenever you remember, notice the tension in your body (jaw, neck, shoulders). Breathe deeply and gently stretch and relax any tense area.
8. If you notice your mind racing or worrying about the past or future, take a minute to breathe deeply and gently focus on something in the moment such as your breath, scenery, birds.
9. Wear comfortable and loose clothing when possible. Take off your shoes when you can.
10. Avoid holding in feelings day after day, but instead, find a safe place to feel, express and embrace them.

Source: *Center for Spirituality and Healing, University of Minnesota*

Easy, No Bake Chocolate Crunch

Ingredients

- 1 cup Wheat Chex cereal
- 1 cup pretzel sticks
- 1/4 cup salted roasted almonds
- 3 tablespoons bittersweet chocolate chips, melted

Directions

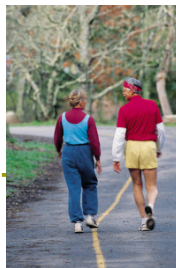
Combine Chex, pretzels and almonds in a medium bowl. Drizzle with melted chocolate; stir to combine. Spread the mixture on wax paper-lined baking sheet and refrigerate until the chocolate is set, about 30 minutes.

Nutrition Info:

Per Serving—218 calories, 8g fat, 5g protein, 3g fiber, 0mg cholesterol

Source: eatingwell.com

Five Tips for New Exercisers



- Start easy. This helps you build strength so your body adjusts as you ramp up your workout.
- Breathe deeply and evenly throughout your workout to keep yourself focused on good form. Breathing evenly reminds you not to overdo it.
- Take breaks. Allow your muscles to recover before starting another set.
- Guzzle water to replenish what you lose to sweating.
- Track your exercise goals and progress in a journal.

February Facts

- Ground Hog Day—February 2nd
- Princess Elizabeth became Queen Elizabeth II of Great Britain, February 6, 1952
- Thomas Edison, American inventor, born February 11, 1847
- Astronaut John Glenn, became first American to orbit the Earth, February 20, 1962
- George Washington, First American President, born, February 22, 1732
- The 3rd Monday in February is President's Day. It is considered a Federal holiday for Washington's birthday but all president's are celebrated on this day.

Wellness and the Wisdom Circle

Where Shall Wisdom Be Found?

The beginning of wisdom is the fear of the Lord.

Get wisdom, get insight. Do not forget, nor turn away from the words of my mouth.

Proverbs 1 and 4

What is Wisdom?

Where shall wisdom be found? This is a profound question that has haunted me for 40 years. It now rises out of a personal need, reflecting a quest for sagacity (becoming a sage) that might solace and clarify the traumas of aging, of recovery from serious illness, and of the grief at the loss of beloved friends.

Wisdom involves mastering the craft of living. A **wisdom circle** now gathers at the Colony in Eden Prairie. The circle is comprised of about 25 sages average age, 85 years!!

We gather to reflect on the question, Where shall wisdom be found? Our formula for coming together is simple: prayer, wisdom texts from the Old and the New Testaments, sharing life experiences, and probing the meaning of wisdom and how to recognize it when we see it.

Sitting at the Feet of Elders

Andy Rooney, the popular sage, who comments weekly on the television blockbuster *60 Minutes* reports that sitting at the feet of elders is on his top ten list of recommended practices.

The **wisdom circle** of elders is part of a pilot project in our new wellness initiative. **Inspire University** is in session at the Colony. At a recent Thursday, the **Wisdom Circle** tackled a reading from Psalm 1 describing a wise life. "They are like trees planted by streams of water which yield their fruit in its season and their leaves do not wither. In all that they do, they prosper." We also reflected on two critical questions from Jesus' parable of the Good Samaritan in Luke's gospel:

- What must I do to inherit eternal life?
- Who is my neighbor?

The Generations Rise and Pass Away

Wellness is achieved when the wisdom of the elder generation is transmitted to succeeding generations. Soon a circle of youth will join the **Wisdom Circle** and then our community will be complete. The idea is to create a circle that shares values, insights, asks probing questions, and shares a vibrant faith witness. The whole idea is to inspire the younger generation with the incomparable gifts of the **Wisdom Circle**.

I am inspired by the persons gathered around the fireplace on Thursdays twice a month. It is high time we draw upon the assets and the gifts of this greatest generation. The **Wisdom Circle** has its own leadership team. I am assisting with the teaching.

Please stay tuned....Soon I hope to share some first-hand accounts of the new **Legacy Circle** as well.

Where shall wisdom be found in your life?

Pastor David M. Holm, Director of Spiritual Services



Did you know? Fun Presidential Facts

- George Washington was the only American President to be unanimously elected.
- John Adams was the first president to reside in the White House, moving in November 1800 while the paint was still wet.
- James Madison was the shortest and lightest president at 5 feet 4 inches and 100 pounds.
- Andrew Jackson, 7th president was the 1st American president to experience and survive an assassination attempt. The would be assassin drew and misfired two pistols.
- William Henry Harrison served the shortest term. On March 4th, he gave a 105 minute speech and did not wear an overcoat or hat. He developed pneumonia and died at the White House exactly one month after giving the speech.
- James Buchanan, 15th president, was the only president who never married.
- John Adams and Thomas Jefferson both died on July 4th, 1826.
- Ulysses S. Grant established Yellowstone as the nations first national park on March 1, 1872.
- William McKinley, 25th president, was the fist president to ride in an automobile.
- Herbert Hoover donated his salary to charity from 1929-1933.
- Franklin D. Roosevelt was elected four times 1933-1945. He was the first president whose mother was eligible to vote for him.
- Teddy Bear was named for Theodore Roosevelt because he refused to shoot a bear cub while hunting.
- Jimmy Carter was the first president born in a hospital.