



# INSPIRE U WELLNESS

## HEALTH AND WELLNESS NEWS FOR U!

July 2010

### Summer Health Tips for everyone!

- Keep hydrated. Everyone should have plenty of water especially seniors, at least 4-8 glasses even though you may not feel thirsty. Also, eating fresh fruits and vegetables can hydrate the body.
- Avoid too much sun. Use sunblock with at least SPF of 30 or higher.
- Wear cool clothes. Cool, light colored and loose clothing will help maintain normal body temperature.
- Ice cream! Everyone deserves a cool treat like ice cream, popsicles, or any other frozen treat to stay cool
- If you ever observe signs of heat exhaustion or dehydration such as weakness, nausea, no or heavy sweating, or rapid pulse, move immediately the affected person to the nearest shade or cool area and provided ventilation and hydrants like cool juice or water. Call for medical assistance as soon as it is necessary.

Source: [www.comfortkeepers.com](http://www.comfortkeepers.com)

## Fun Fourth Facts

- Independence Day was first celebrated in Philadelphia on July 8, 1776.
- Betsy Ross, according to legend, sewed the first American flag in May or June 1776, as commissioned by the Congressional Committee
- The Liberty Bell sounded from the tower of Independence Hall on July 8, 1776, summoning citizens to gather for the first public reading of the Declaration of Independence by Colonel John Nixon.
- The word 'patriotism' comes from the Latin patria, which means 'homeland' or 'fatherland.'
- Before cars ruled the roadway, the Fourth of July was traditionally the most miserable day of the year for horses, tormented by all the noise and by the boys and girls who threw firecrackers at them.
- Both Thomas Jefferson and John Adams died on Independence Day, July 4, 1826.



### Ingredients

- 1 can (20oz) Dole Crushed Pineapple, in juice, undrained
- 1 pkg (1.5 oz) Jell-o vanilla Flavor Ft Free Sugar Free Instant Pudding
- 1 cup thawed Cool Whip Lite Whipped Topping
- 1 pkg (10 oz) round angel food cake
- Fresh Fruit to garnish—strawberries and blueberries

### Directions

Mix pineapple and dry pudding mix in medium bowl with whisk until well blended. Stir in Cool Whip.

Cover cake with pudding mixture.

Refrigerate for 1 hour. Top with berries just before serving.

From: Kraft Foods

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## **Birchwood Community Wellness Fair!**

What a perfect day we had on June 24th to celebrate Wellness! The Birchwood Wellness Fair was held outside from 2:00-6:00pm for all residents, employees, as well as the Forest Lake community.

We had plenty of great food, live entertainment, door prizes and great information from all of the vendors who turned out to make this a success.

Many employees and residents turned out to learn about the 6 dimensions of wellness as well as pick up a few treats! Thank you to all that attended as well as the hard work of the Birchwood Wellness Committee and vendors!

The following vendors represented each dimension of wellness:

Timeless Elements Massage, Ploeger Chiropractic, Oak Springs Chiropractic, St. Peters Church, Faith Church Forest Lake Community Education, Family Pathways, Humane Society of MN, Parkinson's Foundation, Quit Plan, Alzheimer's Foundation, Arthritis Foundation, Forest Lake Library, Century College, Mindscapes Unlimited Hypnosis Coaching Center, Reinhart Foods.

# Emotional Wellness

Being emotionally well is more than just handling stress. It also involves being attentive to your thoughts, feelings, and behaviors, whether positive or negative.



**Emotional Wellness** implies the ability to:

- Be aware of and accept our feelings, rather than deny them
- Have an optimistic approach to life
- Express feelings freely and manage feelings effectively
- Express emotions appropriately
- Adjust to change
- Cope with stress in a healthy way
- Enjoy life despite its occasional disappointments and frustrations

If you are a person engaged in the process of emotional wellness, you are willing and able to:

- Arrive at personal choices and decisions based upon the synthesis of feelings, thoughts, philosophies, and behavior.
- Live and work independently while realizing the importance of seeking and appreciating the support and assistance of others.
- Form interdependent relationships with others based upon a foundation of mutual commitment, trust and respect.

Take on challenges, take risks, and recognize conflict as being potentially healthy. Manage your life in personally rewarding ways, and taking responsibility for your actions.

## The Path to Emotional Wellness

- Awareness of thoughts and feelings
- Using a positive attitude
- Seeking support and expressing emotions in a suitable manner
- Learning time management skills
- Setting priorities
- Accepting mistakes and learning from them

## *In the Spirit of '76*



I remember being in Philadelphia for the bi-centennial celebration (1776-1976) and being swept up in the spirit of the moment. It was marvelous celebration of life and liberty. **Inspire U Wellness** shares a similar spirit to bring resiliency and vitality to mind, body, and soul. We have discovered a wonderful willingness to bring this new day to our caring communities.

We continue to listen and learn, succeed and fail but always with the intention of risking innovative approaches to wellness. In the spirit of this new day I am excited to share two new approaches to spiritual direction through chaplaincy:

- Pastor Don Urbach, a retired pastor, is bringing a pastoral presence to Grand Meadow of Glencoe that provides both consistency and continuity. We are blessed at Grand Meadow with wonderful support from local churches, their clergy and volunteers. His ministry, built on a few hours a week provides visitation, worship with communion once a month on Sunday, and the promise of ne life-long learning events.
- At The Legacy of St Michael, Robert Hayes has served as Marketing Director . (Grand Opening was May 23rd) We discovered early that this talented young man had extensive gifts and background in ministry. Beginning July 1, Chaplain Robert Hayes will devote himself to a position that weds marketing and ministry. Here is an opportunity to create new relationships with the faith communities.

Please "stay tuned" as we continue to be inspired by the journey. God is always three days ahead of us as we live this divine odyssey.

I pray for all of you

**Summer Blessings, Pastor David Holm, Director of Spiritual Services**