



# INSPIRE U WELLNESS

MARCH 2010

## HEALTH AND WELLNESS NEWS FOR U!

INSPIRE U WELLNESS

Pastor David Holm - Director of Spiritual Services

“In the beginning God’s spirit brooded like a bird above the watery abyss...”Genesis 1:1

Hooray! Hurrah! Hallelujah! Our new name is **Inspire U Wellness**. Let’s see; Inspire=spirit=breath=life! Wellness is all about awakening the aliveness and power of your life, and to speak of a person’s spirit (or soul) is to speak of the power of life that is in him or her.

When the spirit of a person is unusually strong the life unusually alive he can breathe it out into other lives, become literally in-spiring. Spirit is highly contagious. When someone is very excited, very happy, very sad, you can catch it from him as easily as measles or a yawn. In the Olympics, Apolo Ohno and Lindsey Vonn have inspired me. How about you?

Imagine what can happen with our teams, residents, and families if we all catch the spirit of wellness and are inspired to practice wellness...body, mind, and soul in our daily lives.

When I look at the Wellness Wheel it provides a quick reminder of where my daily life is with the six dimensions.



I have been personally inspired everywhere by the incredible response we are seeing among residents, staff teams, families, and the communities we serve. In the weeks and months ahead along with Angela Wall, Wellness Coordinator, I plan to share news of Wisdom/Legacy Circles, creative chaplaincy, end-of-life ministry, Wellness Fairs in the spring and the team events, all to **Inspire U**.

“God formed Adam out of dirt from the ground and blew into his nostrils the breath of life. The man came alive—a living soul.” Genesis 2:3

Enjoy a quick, tasty snack that is only 400 calories with plenty of fiber mixed in.

- Toss 6 cups microwave light butter popcorn with 2 tablespoons grated parmesan while popcorn is still warm
- Sprinkle with 2 tablespoon cashew pieces
- Add 2 tablespoons raisins right before you eat the mix so the snack doesn't get soggy.
- If you want, enjoy with a 12 oz bottle of light beer
- Total calories: 400



## Intellectual Wellness

Intellectual Wellness is one of the 6 Dimensions of Wellness that we have been talking about. Essentially, Intellectual Wellness is focused on learning. Any activity that helps you explore the world around you, learn more about yourself, or expands your mind in anyway supports healthy Intellectual Wellness. This can be accomplished in a number of ways. Reading, learning new skills, taking part in hobbies, being creative, and appreciating art are all ways to support your Intellectual Wellness. In fact, whenever you are learning something new about any of the other 6 dimensions of wellness, you are supporting your Intellectual Wellness.

Many people might hear the term “Intellectual Wellness” and think that it would be dull or boring. Reading is a great way to learn new things, but if you are not into reading, there are other things you can do to support your Intellectual Wellness. You can include positive media sources, like radio programs, news, and TV that promotes a Dimension of Wellness. You can exercise your mind by creating your own art, picking up some new skills from a community college course or learning a new hobby. Intellectual Wellness helps you live a more fulfilling life as you feel stimulate and engaged with the world around you—if you are learning something new, you are focusing on your Intellectual Wellness!



## RELAXATION EXERCISE

Is there a part of your day that you may feel some extra stress? Try this relaxation exercise; it only takes a few minutes and can be done anywhere. One way to relax is to imagine/feel the tension moving out of your muscles and down your body so that all the tension finally runs through your feet and into the ground.

Sit with a straight back, but do not overdo it so that the back becomes tense. Concentrate on focusing your awareness/attention on specific muscles of your body. Starting with your head, feel the tension drain downward out of your face. Move your awareness down the neck – imagine that you can push the tension downward and that the muscles relax and soften. Continue down the body, especially work on the shoulders and stomach muscles. Keep moving the tension downward until you reach your feet. At this point imagine all the accumulated tension is forced out of your feet and into the floor. Now bring your awareness to the center of your chest. Imagine that there is a vast sea of peace in the center of your chest. Spend a few minutes enjoying the tranquility within yourself.

Key points of exercise

- \* Get rid of the tension within the body.
- \* Be aware of the tension - and the tranquility - within yourself.

Purpose of exercise

- \* Relaxing helps us to 'center' and to feel that we are in the present moment

***Nine-tenths of wisdom is appreciation. Go find somebody's hand and squeeze it, while there is time.***

***-Dale Dauten***



## ***Wellness Tip***

Healthy recipes, exercise and less stress can all add up to better health for you and your loved ones. Set an example. Plan on trying a new healthy recipe every week, exercising regularly and taking time to relax.

# Are you at Risk for Poor Nutritional Health?

The warning signs of poor nutritional health in older adults are often overlooked. Use this checklist to determine if you are at risk.

Read the statements below. Circle the numbers in the “Yes” column for those that apply and then total the “yes” scores.

- |  | YES      |
|--|----------|
| • I have an illness or condition that made me change the kind and/or amount of food I eat. | 2 points |
| • I eat fewer than two meals per day.  | 3 points |
| • I eat few fruits, vegetables or milk products.   | 2 points |
| • I have three or more drinks of beer, liquor or wine almost every day.                    | 2 points |
| • I have tooth or mouth problems that make it hard for me to eat.                          | 2 points |
| • I don't always have enough money to buy the food I need.                                 | 4 points |
| • I eat alone most of the time.  | 1 point  |
| • I take three or more different prescribed or OTC drugs a day.                            | 1 point  |
| • Without wanting to, I have lost or gained 10 pounds in the last six months.              | 2 points |
| • I am not always physically able to shop, cook and/or feed myself.                        | 2 points |

**Total your Nutritional Score**.....

Results:

0-2: Good! Recheck your nutrition score in six months.

3-5: You are at moderate risk for nutritional deficiencies. See what can be done to improve your eating habits and lifestyle. Recheck your nutrition score in three months.

6 or more: You are at high risk for nutritional deficiencies. Bring this checklist the next time you see your doctor, dietician or other qualified health or social services professional.



Remember the warning signs suggest risk but do not represent a diagnosis of any condition. Always ask your doctor if you have concerns about your nutritional health.

Source: The Nutrition Screening Initiative, the ADA and the National Council on Aging.