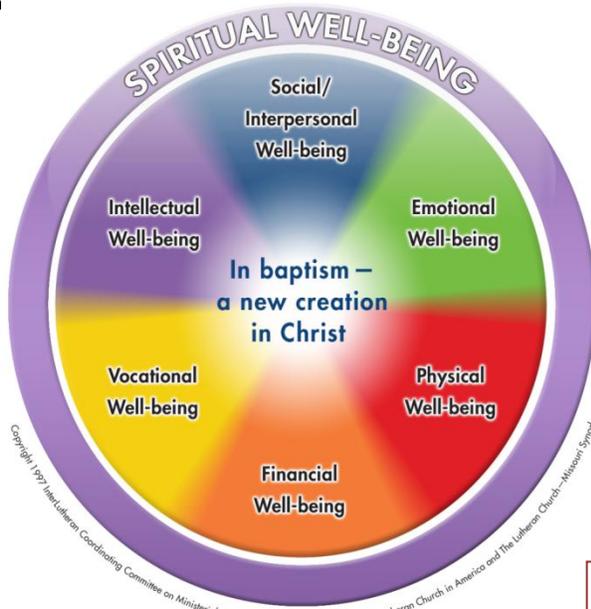




# Wellness Beat

-Promote Spiritual Well Being through Social and Interpersonal Interaction- August 2012



## Our Continuing Story

Using the Wholeness Wheel developed by Inter-Lutheran Coordinating Committee on Ministerial Health and Wellness, we have developed a fun and informational newsletter to provide information and activities relating to your Spiritual Well Being. Look for events and activities each month to help you keep in touch with others as well as in touch with your own spiritual growth. God's Blessings and Enjoy!

## Let's Get Moving- Physical Well Being

### Briggs & Al's Run & Walk

The Wellness Committee is once again signing up to do the annual Briggs & Al's Run & Walk for Children's Hospital on Sept 15 and we want you to join us! Invite your friends and family to do it too.

To register online at [www.alsrun.com](http://www.alsrun.com); select "Register Now", then Join a team", our team name is *Glory Striders*, click "join" and fill out your info. Sign up by Aug 22, so you receive a shirt with our official St. Paul's Glory Strider logo on the back!! Call Terri at 545-1308 if you have questions.

## Let's Get Moving- Physical Well Being

### Attention all St. Paul's bike riders.

Our last bike ride of the season will be Sunday September 30<sup>th</sup> @ 1 pm.

We will meet at Lake Country Recreation Trail in Waukesha

Take I94 West to Hwy T. Exit right to the frontage road then left on Golf Rd to the trail start.

Contact Darla 414-327-4252 or

[jdk3leitem@sbcglobal.net](mailto:jdk3leitem@sbcglobal.net) if you have any questions.

## Praise God Highlights

### Praise God Highlights

- Safe travels for Pastor Bender and five youth on the Riverboat.
- Blessed for 12 years with the talents of Kathy Palmreuter.
- Volunteers helping in so many ways.
- A successful VBS program in June.
- A new school year coming soon.
- A new 6<sup>th</sup> grade teacher, Danielle Jackson.
- Beautiful yard work at both the Lincoln building and the ECC.

If you have something you would add to the Praise God Highlights please email Barb Heimsoth ([barb@splcwa.org](mailto:barb@splcwa.org))

### Committee Members:

Darla Leiternann, Terri Stryck, Crystal Barry, Barb Heimsoth, Janet Johnson, Larry Hoffman, Carol Hoffman, Frank Coogan

### Top 10 Wastes of Money Families Can Avoid

By [The Circle of Moms Editors](#) - Aug 7, 2011

#### Buying Things You Don't Need

This is true for grocery, drugstore, household, big-ticket items, things for your kids -anything and everything. You really have to ask yourself, is this something I (we) REALLY need?

#### Eating Junk Food While Traveling

It is amazing how much money you can waste just by stopping at fast food places and convenience stores. Make sure to pack a cooler with snacks, sandwiches and drinks for the driver and all passengers! If you wait until you are on the road, not only will you pay full price, you will normally pay an inflated price for the convenience.

#### Paying Full Price for Toothpaste

There are plenty of coupons in the Sunday inserts for a variety of toothpaste...every family can find one or many that suits their needs...Smaller sizes combined with coupons will have the biggest savings.

#### Eating Out

Many families are on busy schedules and trying to fit in a sit down meal at the dinner table is hectic. One of the quick answers is to hit the drive through, or order a pizza. These 'quick fixes' add up to major money! A little planning can go a long way and save a lot of money!

#### Skipping Meal-Planning

By creating a meal plan you not only save money at the grocery store, but you save money by not eating out as much. If you already have a plan for dinner that night you are less likely to deviate from it.

#### "Now" Thinking

"Black Eyed Peas talk about being a "Now Generation." We don't have to get things now unless we can afford them! How many people get things now and pay for them later? The only thing is [then] people really pay for them

#### Not Using Coupons

There are so many great high value coupons and ways to 'stack' and 'double' your coupon savings, that it is a waste of money to pay full price for just about anything! You can shop according to the weekly sales and match them up with available coupons to get the most savings power! There are many items that you can get for free or very close to it when you use this method!

#### Being a Brand Snob

Do not rely on certain brands. Do not only buy a brand you think your family loves...Different brands will have sales and coupons at different times. This means that even the most expensive brand may be free or close to it at a certain time....Once you start getting the brands that are on sale or have coupons, you will really save a LOT MORE MONEY!

#### Your Family's Personal Money Waster

The biggest money waster a family can avoid resides right inside each of our heads. Changing your habits, planning ahead and vowing to work together as a family will make all the difference. Everyone is different and must find their shortcomings and resolutions...You have to find out what's costing you, and take steps to change your habits.



### Let's Get Moving- *Physical Well Being*

Laura Haas, St. Paul's member and certified instructor, continuing classes:

***Come check out the first class for free***

**Healthy Joints:** Help improve movement in all the joints and muscle strength. This class is for all but especially helpful to those suffering from arthritis and fibromyalgia. This class will be a full 50 minutes of movement.

Tuesdays@ 10:00 am @ the Fellowship Hall

Please contact Laura Haas at 541-7656 with any questions.

"Action may not always bring happiness;  
but there is no happiness without action"  
- Benjamin Disraeli -

### Tai Chi Wellness Continues

Tai Chi Wellness Classes are still being held on Monday and Thursday at 9 am.

Come and check it out.

### Committee Members:

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Janet Johnson, Larry Hoffman, Carol Hoffman, Frank Coogan

Cook's Corner- *Physical Well Being***10 Best After-School Snacks**By Beth W. Orenstein

Here are 10 great healthy snack recipes that help boost kids' nutrition:

1. **Frozen bananas.** Cut a banana in half and put each half on a Popsicle stick. Roll the halves in yogurt and then coat with a crispy rice cereal or granola and freeze. Your child can enjoy them frozen or slightly thawed.
2. **Quick pizza.** Drizzle tomato sauce and sprinkle low-fat mozzarella cheese on a whole-grain English muffin half. Sprinkle with seasonings, such as oregano and garlic. Heat in the toaster oven until the cheese melts.
3. **Yogurt treats.** Make yogurt parfaits by layering fruit, like strawberries and blueberries, and low-fat yogurt in a parfait glass. Top with granola.
4. **Snack mix.** Make a mix of ready-to-eat cereal, dried fruit, and nuts or seeds. Place in a sandwich bag and you have an on-the-go snack.
5. **Snack kabob.** Cut up cubes of low-fat cheese and place them with grapes on mini pretzel sticks.
6. **All-time favorite.** Kids may enjoy "ants on a log," which are celery sticks spread with peanut butter or low-fat cream cheese and topped with raisins.
7. **Mexican treat.** Take a corn tortilla and sprinkle with low-fat, grated Monterey Jack cheese. Fold it in half and then microwave for 20 seconds. Top with mild salsa.
8. **Potpourri.** Arrange pita chips, baby carrots, and apple slices on a plate. Serve with hummus, low-fat ranch dressing, or low-fat yogurt as a dip.
9. **Smoothies.** Blend low-fat milk or yogurt with a banana or strawberries and some ice for a low-fat milkshake.
10. **Popcorn.** Air-pop some of your own kernels or choose a low-fat brand of popcorn to pop in the microwave. Serve with a glass of milk.

One final note: When kids have a snack after school, they should eat at the kitchen table and not in front of the TV or computer. "That way they pay attention to what they're eating," says Bethany Thayer, MS, RD, manager of Wellness and Program Strategies at the Center for Health Promotion and Disease Prevention of the Henry Ford Health System in Detroit, "and mindful eating keeps kids from overeating".

(Orenstein)

God's Gifts- *Vocational Well Being*

How are you using your God given talents?  
St. Paul's has some great opportunities.  
Contact the church or school office for details.

Let's Get Moving- *Physical Well Being*

Join the Glory Striders on Tuesdays and Thursdays at 6:00 p.m. next to the basketball courts of McCarty Park. We walk roughly one mile around the park grounds every Tuesday and Thursday evening at 6:00 pm (weather permitting). Keeping pace is not a worry as you can walk as fast or as slow as you want. Everyone is welcome! Contact Neil and Debbie Ullerich 541-8106 or Barb Heimsoth 545-6618 with any questions.

Just for Fun- *Social Interpersonal Well Being*

Look for re-scheduled date for outdoor game night and

## Family Movie Night

The dates and times to be announced in the Church Bulletin

You can also follow St. Paul's West Allis on Facebook for any upcoming events

## We're Listening

Please contact us if you:

- ✚ Would like to participate
- ✚ Have any suggestions for social events
- ✚ Have items relating to health for both mind and body
- ✚ Have an event you would like to promote

[splcbeat@yahoo.com](mailto:splcbeat@yahoo.com)

## Sources and Credits

<http://www.elca.org/Growing-In-Faith/Vocat>, I. C.—M. (n.d.).  
Orenstein, B. W. (n.d.).  
<http://www.everydayhealth.com/back-to-school/ten-best-after-school-snacks.aspx>. Retrieved from everydayhealth .

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