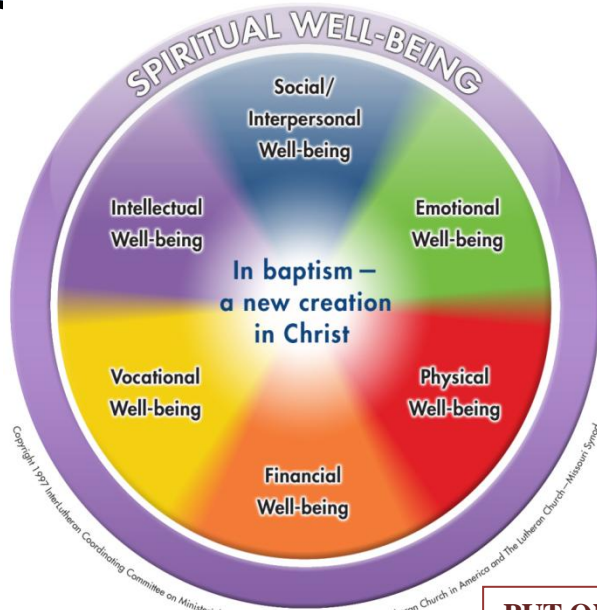


Wellness Beat

-Promote Spiritual Well Being through Social and Interpersonal Interaction- May 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

PUT ON YOUR TENNIS - The Glory Striders will be starting up for the 2012 season on Tuesday, May 8th meeting 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.

Money Matters- Financial Well Being

Easy Ways to Clean Your Home

Take It One Room at a Time

Tackling one room at a time can help you clean faster by improving your focus and preventing you from feeling overwhelmed.

The Kitchen

"Clean your messes up as they happen," says Allison Perkins, a professional organizer, relocation specialist, and founder of [Reclaim](#) in Raleigh, N.C.

Keep your dusters, sponges, disinfectants and other cleaning supplies in a portable caddy within easy reach. Once daily, wipe down counters, sinks, and appliances, take out the trash, and sweep the floor. Make it part of your daily routine to avoid buildup.

The Living Room

Put things back where they belong instead of letting them collect in one room. Every time a family member leaves a room, he or she must put one item back in its rightful place.

The Bathroom

Clean this room like you would the kitchen: do a little bit each day, like wiping down the sink, toilet seat, and shower after each use.

The Bedroom

"Make your bed every day," advises [Lisa Krohn](#), a personal organizer and life coach in New York City. Put away clean laundry immediately. Stash dirty clothes in the hamper instead of on the floor.

Recruit the Family

It's best to get everyone involved.

Check It Off

Use a checklist. "Keeping track of what you have done and what needs to be done will keep you on track," Perkins says. (Stewart, 2012)

Committee Members:

Darla Leitermann, Kathy Palmreuter, Terri Stryck, Crystal Barry, Barb Heimsoth, Janet Johnson, Larry Hoffman, Carol Hoffman, Frank Coogan

Easy Mexican Tortilla Soup with Roasted Chicken

Ingredients

1/4 cup olive oil
1 yellow onion, thinly sliced
6-8 cloves garlic, minced
1/2 tsp ground cumin
kosher salt and freshly ground pepper
4 cups chicken broth, low sodium
1-3 cups shredded chicken
1 28 oz can fire roasted diced tomatoes
1/4 cup lime juice, freshly squeezed
1/2 cup cilantro leaves, finely chopped
6-8 6-inch corn tortillas, cut in half, then into 1/4" strips
1 avocado, cubed
1/2 cup shredded Monterey Jack cheese

Preparation

In a large stockpot over a medium-low flame, heat 2 tablespoons of the olive oil. Add the onions and sauté them until they are soft, about 10 minutes. Add the garlic, cumin, 1/4 teaspoon salt, and a generous grinding of pepper, and sauté the mixture another minute.

Add the chicken broth, raise the flame to high, and bring it to a simmer. Add the shredded chicken, tomatoes, lime juice, and cilantro. Season to taste with more salt and freshly ground pepper if needed. Remove the stockpot from the heat and cover.

Meanwhile, in a large skillet over medium heat, heat the remaining 2 tablespoons of olive oil. Add the tortilla strips and allow them to brown, stirring occasionally, about 5 minutes. Sprinkle them with salt.

To serve, ladle soup into bowls, top with cubed avocado, shredded cheese, and a handful of tortilla strips.
(Haas, 2011)



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

Control Your Health: This class consists of 45 minutes of varied exercises, including shaping up core muscles. \$2.00 per class

Mondays 5:30 pm to 6:15 pm @ the ECC

Checks made payable to Laura Haas.

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

Happiness consists in activity. It is a running steam, not a stagnant pool
- John Mason Good -

Mark your calendar! This year's annual Briggs & Al's Run/Walk for Children's Hospital will take place on Sept 15. Invite your family and friends to join the St Paul's Glory Striders Team. Watch for sign up information in the bulletin in early June.

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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Praise God Highlights

- Pastor Bender accepting the call to be our senior pastor
- Twenty youth confirmed on May 20th.
- The many who came to worship as we celebrated Christ's resurrection on Easter Sunday.
- Ellen Van Dyke and Bob Woller and their service to our Lord by teaching for 25 years.
- Forty bowlers participated in the SOS bowling event and helped raise over \$700.
- With 21 events and 81 volunteers we were able to earn over \$8,500 from working the Bradley Center Events.
- All the dedicated volunteers, including those who spend their afternoons at the ECC to watch the desk and answer the door.
- The hard-working volunteers who kept our sidewalks snow-free and those who beautify our grounds
- Miss Karen, who has served our lower grade teachers for many years by helping with so many tasks
- Students, teachers and Kohl's volunteers who cleaned our neighborhood
- Over 30 people enjoyed the first movie night

Praise God!

God's Gifts- Vocational Well Being

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

Let's Get Moving- Physical Well Being

Attention all St. Paul's bike riders.

We want to continue group bike rides this summer and all ages are welcome. So let's get together and take a ride. It is good for our bodies, minds and souls! You can ride as long, or as short as you like. The first ride is Sunday, June 24 at 1 PM on the Hank Aaron Trail (meeting location will be posted in Bulletins or call or email Darla @jdk3leitem@sbcglobal.net)

Mark these other dates on your calendar:
Sunday, 6/24 - 1 PM - Location Hank Aaron Trail (meeting location TBA).
Sunday, 7/15 - 1 PM - Location TBD
Sunday, 8/5 - 1 PM - Location TBD
Sunday, 9/30 - 1 PM - Location TBD Since we may want to take different trails on each ride, look for locations in your weekly Bulletins, or email, or call Darla Leitemann at [414-327-4252](tel:414-327-4252).

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

Sources and Credits

Works Cited

Haas, A. (2011, Nov 28). *Easy Mexican Tortilla Soup with Roasted Chicken*. Retrieved from Circle of Moms.

[http://www.elca.org/Growing-In-Faith/Vocat, I. C.—M. \(n.d.\)](http://www.elca.org/Growing-In-Faith/Vocat, I. C.—M. (n.d.))

Stewart, K. (2012). *8 Easy Ways to Clean Your Home*. Retrieved from Everyday Health.

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