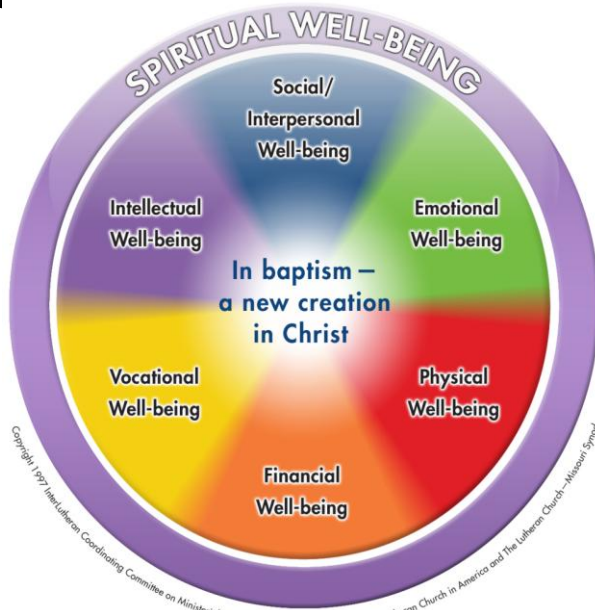


Wellness Beat

-Promote Spiritual Well Being through Social and Interpersonal Interaction- Aug. 2011



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!

Just for Fun- Social Interpersonal Well Being

The Wellness Committee is diligently planning for the following future events:

Look for:

- Potluck Family Picnic on August 28 @ Lafollette Park area #2 in West Allis after the Sunday service. Lunch Prayer at 12:00pm and Games, fellowship and fun for all. Bring a dish to pass. Grills, plates and eating utensils provided.
- Future Fitness Classes or Workshops relating to Spiritual Wellness.

Please contact Crystal Barry 423-0244 or at splcbeat@yahoo.com if interested or suggestions.

Let's Get Moving- Physical Well Being

Glory Riders Continue

For the July 17 ride we had 11 riders! We want to continue these group bike rides and all 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 next ride is:

- Sunday, August 21 at 1 PM on the Oak Leaf Trail starting at Sheridan Park by the intersection of S. Sheridan Dr (just east of S Lake Dr.) and E Layton Ave in South Milwaukee. Park on S. Sheridan Dr.
- The next ride is Sunday, September 11. Since we may want to take a different trail we will have the September location posted in the bulletins, so be sure to check there, or call Darla Leiternann at 414-327-4252, cell 262-308-9861.

Tai Chi Wellness Continues

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

Healthy Connections- Physical Well Being

- Nationwide site for all you bikers. Download nationwide bike trail maps by creating an account, which is free. www.trailink.com
- www.gmap-pedometer.com. This website allows you to easily map your route for running or cycling, find out how many calories you burned, find out how long your route was, save a route, export it to GPX (external link suitable for downloading to GPS).

Committee Members:

Darla Leiternann, Kathy Palmreuter, Terri Stryck, Crystal Barry, Barb Heimsoth, Janet Johnson, Larry Hoffman and Carol Hoffman

Wellness Beat

Let's Get Moving-Physical Well Being

Come Join the Glory Striders

Brigg's & Al's Run/Walk for Children's Hospital
Sept. 17, 2011

Register online at www.alsrun.com. Our team name is Glory Striders, password is: let's go. With enough people signed up by **Aug 17** they will print our shirts with our team name so don't delay. Call Terri at 545-1308 with questions.

Anyone interested in joining Glory Striders on a regular basis, meet us each week at McCarty Park by the basketball courts at 6:30 pm on Tuesday and Thursday. Come and join the fun! Questions: Call Neil and Debbie Ullerich 541-8106 or Barb Heimsoth 545-6618.

God's Gifts- Vocational Well Being

Bradley Center Events and Buy Seasons Continue

Our planning for the upcoming Bradley Center season and Buy Seasons continues. We are looking for:

- ✓ Individuals to help organize volunteers as team leaders.
- ✓ Fun and enthusiastic volunteers. School, Church and Community members are joyfully welcome.

For Buy Seasons, new this year additional dates and times. Contact Felicia Scheuer 414-545-6027 with questions.

For Bradley Center, our goal of 180 volunteers (vs. 94 from last year) will mean a commitment to 2-3 events per person for the entire season of November to April.

Please contact Crystal Barry 414-423-0244 with any questions.

Look for additional sign-ups in the Church Narthex and all school classrooms.

Sunny Side Up-Emotional Well Being

"Happiness is the by-product of an effort to make someone else happy."

— *Gretta Brooker Palmer*



Book Club Corner- Recommended Reading

Reading Suggestions from the Wellness Committee

- "The Shack" by William P. Young. Categorized as theological fiction, this book will keep you captivated as the character "journey" to God.
- "Just Let Me Lie Down" by Kristin van Ogtrop- A funny and witty book of trying to make sense of the journey of motherhood and working.

Find a good book or two you would like to share. Let us know your recommendations @ splcbeat@yahoo.com.

Healthy Connections- Physical Well Being

New Workshops being offered by St. Paul's member Dr. Jeff Durski, a Chiropractic Doctor practicing in the Milwaukee area for the last 22 years

Tuesday Sept. 27 @ 7:30 pm at the ECC

Five Secrets to Permanent Weight Loss:

Learn why diets don't work, why eating fat doesn't make you fat, what hormone is out of control in your body, how to gain energy and vitality, what exercise program you should be on, and much, much more.

Tuesday Oct. 25 @7:30 pm@ the ECC

Solutions to Stress Related Health Problems:

This workshop educates workshop attendees about the symptoms of stress, what causes stress, why the adrenal glands are your stress glands, how to lower blood pressure naturally, and what you can do to be more resilient to the harmful effects of stress.

There is no charge for the workshops, but for planning purposes, please see attached registration.

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Praise God Highlights

- To Neil and Debbie Ullerich for leading the faithful walking group each Tuesday and Thursday.
- The many volunteers, families and children that helped to make this year's Vacation Bible School a great success.
- Pastor Emeritus Thomas P. Hinz for his 60 years of ministry.
- 30 people who attended the Brewer outing in July and enjoyed great food, fellowship and a win!
- The glorious weather and great people joining us on the various bike rides this summer.
- Wonderful summer vacations that have us rested and ready for another great school year.
- Four St. Paul's School and Church families that will be host families for Chinese students coming to Martin Luther this school
- To Sharon Stehmeier for her help in organizing church picnic games and generously donating prizes.

Let's Get Moving- *Physical Well Being*

Laura Haas, St. Paul's member and certified instructor, will be continuing with her 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.

Session starts 9/20/11 -10:00AM Tues. at the Fellowship Hall

\$14/7weeks- start anytime and will be continuous to end of year.

Control Your Health: The beginning 15 minutes will be a discussion on the nutrition and healthy living. This will be followed by 35 minutes of varied exercises, including shaping up core muscles.

\$14/7weeks session at the ECC

First session: 6:00 PM Wed. from 9/21 to 11/2

Second session: 6:00PM Mon. from 11/7 to 12/19

Checks made payable to Laura Haas

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

Cook's Corner- *Physical Well Being*

10 Healthy Lunch Ideas for Kids

- A natural **peanut butter sandwich** topped with sliced apples, bananas, raisins, or shredded carrots on 100 percent whole-wheat bread
- Strips of **grilled chicken breast** with avocado, tomato, and peppers in a whole-wheat wrap
- **Whole-wheat pasta** salads with cubed lean ham or turkey
- A **quesadilla** made with reduced-fat cheese on a whole-wheat tortilla
- Individual packets of high-fiber, **whole-grain crackers with hummus** or reduced-fat cheese
- An assortment of colorful **cut-up veggies** paired with reduced-sugar ranch dressing for dipping
- Reduced-fat **cheese** sticks
- Single-sized portions of **unsweetened applesauce** or fruit chunks packed in natural juice
- Sliced apples, pears, or other **fruit** for dipping in low-fat vanilla or lemon yogurt
- **Trail mix** made with whole-grain cereals, whole-wheat pretzels, and dried fruit.

(Bloomquist, 2011)

We're Listening

Contact us via e-mail at splcbeat@yahoo.com, if you have any ideas, input or would like connections for volunteer opportunities.

Sources and Credits

Bloomquist, B. M. (2011). 10 Healthy Lunch Ideas for Kids. *Everyday Health, Inc.*

InterLutheran Coordinating Committee on Ministerial Health and Wellness of the Evangelical Lutheran Church in America and the Lutheran Church—Missouri Synod. (1997). *Ministerial Health and Wellness*. Retrieved from <http://www.elca.org/Growing-In-Faith/Vocation/Rostered-Leadership/Leadership-Support/Health/Wholeness-Wheel.aspx>

Money Matters- *Financial Well Being*

HowStuffWorks.com is an online resource that provides easy-to-understand explanations of complex concepts, terminology and mechanisms, including photographs, diagrams, videos and animations, and articles.

AllExperts.com is a free question-and-answer service on the internet. The site has thousands of volunteers, including lawyers, doctors, engineers and scientists, who respond to questions.

CreditCards.com -Debit or credit? There are times when a credit card is a better choice than debit. Use this guide from the consumer protection website to know when credit is best.

Committee Members:

Darla Leiternann, Kathy Palmreuter, Terri Stryck, Crystal Barry, Barb Heimsoth, Janet Johnson, Larry Hoffman and Carol Hoffman

Dr. Jeff Durski Wellness Workshops

PRESENTER: Dr. Jeff Durski has been practicing in the great Milwaukee area for 22 years. He received his Doctor of chiropractic degree from Palmer, Davenport, IA. He has received advanced training in clinical neurology and is board eligible as a chiropractic neurologist. In 1995 he became a Diplomat in a treatment method known as Gonstead. Dr. Durski has a passion for helping people through natural non-drug means. The information provided in these workshops is not meant to be a cure, diagnosis or treatment for any diseases or conditions.

Tuesday Sept. 27 @ 7:30 pm at the ECC

Five Secrets to Permanent Weight Loss:

Learn why diets don't work, why eating fat doesn't make you fat, what hormone is out of control in your body, how to gain energy and vitality, what exercise program you should be on, and much, much more.

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There is no charge for the workshops but for planning purposes, please fill out the bottom registration form and send it to the church office. Attention: Wellness Workshop.

Contact Crystal Barry with any questions. 414-423-0244

Return to Church office. Attention Wellness Workshop

Name _____

Phone number _____

Five Secrets to Permanent Weight Loss: Yes No

Solutions to Stress Related Health Problems Yes No

Committee Members:
Darla Leitermann, Kathy Palmreuter, Terri Stryck, Crystal Barry, Barb Heimsoth,
Janet Johnson, Larry Hoffman and Carol Hoffman