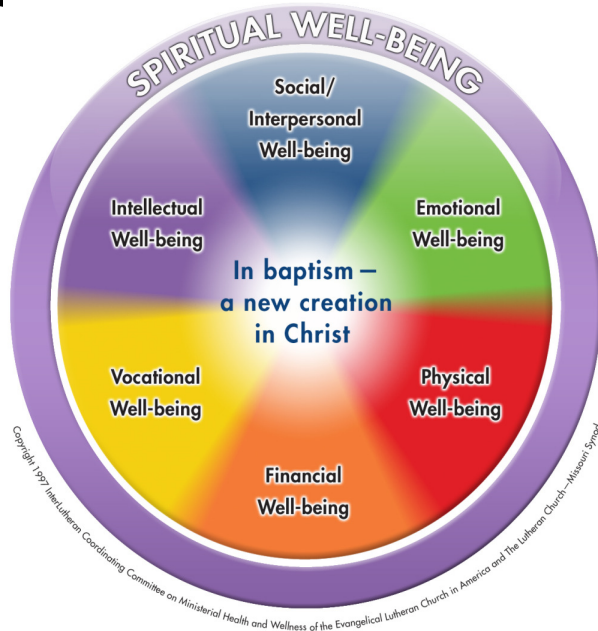


Wellness Beat

-Promote Spiritual Well Being through Social and Interpersonal Interaction- Nov. 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

BETHLEHEM EXPRESS, DECEMBER 17TH

Take an imaginary train ride on the Bethlehem Express. Three time slots have been established to attend. There is the 1:30 p.m., 3:00 p.m., and 6:30 p.m. train ride leaving the station. There will be several model trains set up in the gym where you are to pick up your **RESERVED TICKETS. That's right, you need to call in your reservations for the time you would like to take the train ride.** At the train station (gym) you will have your picture taken and wait for your train to depart. All who attend are to **arrive 45 minutes before the train departs.** You will travel to the Craft Town to make a holiday craft and to the Dining Car where you will enjoy a variety of salads, chili, bread, and dessert followed by a trip to Bethlehem up in church where musical groups will perform. A special treat will be given to all the children who attend. The terrific thing is that it is all **FREE! Invite a neighbor, friend, or relative to attend with you.** Remember that you will need to make reservations ahead of time.

Come for an afternoon of fun and fellowship and sharing of the Christmas Story.

Sunny Side Up-Emotional Well Being

Happiness is the only good.
The time to be happy is now.
The place to be happy is here.
The way to be happy is to make others so.

Al's Run/Walk Update

We had about a dozen people sign up for St. Paul's team-Glory Striders. This was enough for us to have our own logo on the back of our shirts-yeah! Most of us walked, 3 or 5 miles but a few ran too. Many of us met or ran into family and friends once we got downtown. It was a great way to spend a few hours supporting a great cause and getting "St. Paul's Lutheran Church and School" out into the community. Join us next year!

Committee Members:

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

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 started 9/20/11 -10:00AM Tues. at the Fellowship Hall. Start anytime and will be continuous to end of year.

\$14/7weeks- **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

Second session: 6:00PM Mon. from 11/7 to12/19

Checks made payable to Laura Haas.

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



Money Matters- *Financial Well Being*

Stop Living Paycheck to Paycheck

- Make a budget spreadsheet for regular expenses like rent, car, utilities
- Save for irregular expenses like car insurance, car repairs, gifts
- Automate your bills through automatic deductions for regular expenses
- On payday put money in envelopes for gas, food, leisure
- Start thinking about your retirement, travel, house, college goals and planning for them (Babauta)

Tai Chi Wellness Continues

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

The emphasis in Tai Chi is on strength and balance, stemming from slow, methodical movement and rhythmical breathing. It improves circulation, balance, and helps relax and strengthen the nervous system. The stretching movements make the body limber, tone up muscles and help releases tension. Practitioners find that it increases a sense of well-being. Tai Chi can be done either sitting or standing, according to your individual abilities.

We still have room for more so please come and check it out.

Book Club Corner- *Recommended Reading*

Reading and Website Suggestions from the Wellness Committee

- "The Big Brain Puzzle Book" w/over 200 puzzles recommended by the Alzheimer's Association.
- www.terrystickels.com to see the games and books that he has created and written about. He creates crosswords, word searches, Sudoku games, and Frame Games. For both kids and adults.

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

Committee Members:

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

Cook's Corner- *Physical Well Being*

Praise God Highlights

- ❖ A new student, Naomi, has joined our 7th Grade class
- ❖ God continues to be with us as we call a shepherd for our church
- ❖ 50 quilts made by women from our congregation and sent to Lutheran World Relief
- ❖ Many volunteers helping with the Bethlehem Express and Advent by Candlelight
- ❖ Ours and others used stamps have brought in over \$1,300 for missions
- ❖ Choirs who are practicing for the Christmas celebrations
- ❖ Beautiful weather during the church/school picnic and Al's walk
- ❖ Over 40 people exercising in many different activities being offered.
- ❖ God's safety for the service men and women from our church

Let's Get Moving- *Physical Well Being***Chili Shrimp and Coconut Risotto****Ingredients**

- 2 tablespoons olive oil
- 1 pound large shrimp, shelled and deveined
- 2 cloves garlic, minced
- 1 teaspoon kosher salt
- 2 tablespoons chili paste
- 1 14-ounce can coconut milk
- 4 cups cooked jasmine rice
- 1 cup bean sprouts
- 1 scallion, thinly sliced
- 1 tablespoon fresh lime juice
- Fresh basil leaves for garnish

Directions

1. Heat the oil in a sauté pan over medium heat.
2. Add the shrimp, garlic, and salt and cook until the shrimp is pink and just cooked through, about 5 minutes.
3. Remove the shrimp and set aside.
4. Add the chili paste and coconut milk to the pan and bring to a boil.
5. Reduce heat and simmer, stirring occasionally, until thickened and reduced by half, about 5 minutes.
6. Add the rice, bean sprouts, scallion, Lime- juice, and shrimp and cook until heated through, 3 to 4 minutes. Serve garnished with basil leaves.

(Chun, 2002)

10 Ways to Add Years to Your Life

Eat Right- A healthy diet is all about variety and moderation.

Stay at a Healthy Weight- Maintaining a healthy weight will reduce your risk of chronic disease and help you to feel better so that your quality of life will be greatly improved.

Make Activity a Must- Incorporating activity into most if not all days of the week is a must for adding years to your life.

Flex Your Mental Muscles- participate in information-processing activities, such as listening to the radio, reading newspapers, playing puzzle games, and visiting museums.

Ditch the Habit- The single most important step that you can take to enhance the length and quality of your life is to quit smoking.

Stop Stressing- Not only can stress make your heart work overtime, it can literally make you age faster.

Get Your Rest- Catching enough zzzs can tack years onto your life.

Slather on the SPF- The CDC has found that UV rays from the sun are the leading environmental cause of skin cancer.

Screen for the Big Three-A routine cancer screen can identify certain cancers *before* symptoms occur, when your chances of beating the disease are greatest. The "big three" to screen for regularly include breast, cervical, and colorectal cancers

Be a Social Butterfly- Maintaining strong, supportive relationships can be beneficial to both mental and emotional health. Need another reason to beef up your social circuit? The NIA has found that social engagement can significantly reduce cognitive decline and dementia.

(Olson)

Committee Members:

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

God's Gifts- Vocational Well Being

How are you using your God given talents? St. Paul's has some great opportunities. Here are just a few:

Bethlehem Express Dec. 17

Take an imaginary train ride on the Bethlehem Express. Help is still needed to make this a success. Contact the School office for details.

Bradley Center Concessions

St. Paul's has a wonderful opportunity to earn donations by volunteering to operate concessions at the Bradley Center. Our commitment to work 24 events has a potential to earn approximately \$13,000 for St. Paul's. By working just 2 events by many alleviates the need to have 4-5 events by the few. Please contact Crystal 423-0244 mbarry1@wi.rr.com if you can work any of the following:

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Check-In</u>
Mon	Nov-28	MU vs Jacksonville	7:00PM	5:00PM
Thurs	15-Dec	Trans-Siberian Orchestra	8:00PM	6:00PM
Thurs	22-Dec	MU vs UW-Milwaukee	8:00PM	6:00PM
Tues	27-Dec	Bucks vs OK City	7:00PM	5:00PM
Tues	10-Jan	Bucks vs San Antonio	7:00PM	5:00PM
Wed	11-Jan	MU vs St. John	6:00PM	3:30PM
Wed	18-Jan	Bucks vs Golden State	7:00PM	5:00PM
Tues	24-Jan	MU vs USF	7:00PM	4:30PM
Tues	31-Jan	MU vs Seton Hall	7:00PM	4:30PM
Tues	7-Feb	Bucks vs Boston	7:00PM	5:00PM
Sun	12-Feb	Admirals vs Peoria	4:00PM	2:00PM
Wed	22-Feb	MU vs Rutgers	7:00PM	4:30PM
Tues	28-Feb	Bucks vs Memphis	7:00PM	5:00PM
Sat	3-Mar	MU vs Georgetown	1:00PM	10:30AM
Fri	9-Mar	Bucks vs Houston	7:30PM	5:30PM
Thurs	22-Mar	Bucks vs Miami	7:00PM	5:00PM
Sat	31-Mar	Bucks vs Minnesota	7:30PM	5:30PM
Wed	11-Apr	Bucks vs New York	7:00PM	5:00PM

Birthday Baskets for the Shut-ins

The Stewardship Committee and The Each One Is Precious Team need your help. St. Paul's currently has over 45 shut-ins who can no longer come to church and enjoy sitting in the pew and worshipping, receiving the Lord's Supper. Sign out a basket and fill it with some of the items on the list and either deliver it to the shut-in yourself or return it to the church office for delivery. Contact the Church office for details.

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

Babauta, L. (n.d.). *zenhabits.net*.



Chun, K. (2002, Sept). *Chili Shrimp and Coconut Risotto*. Retrieved from www.realsimple.com.

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>

Olson, M. L. (n.d.). *10 Ways to Add Years to Your Life*. Retrieved from www.EverydayHealth.com.

The Wellness Committee is in the planning process for future events.

Look for:

-  Bowling in February
-  Jeff Durski Wellness Workshops

Please contact us if you have any suggestions for social events or have an event you would like to promote.

splcbeat@yahoo.com.

Committee Members:

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