

# To Your Health

Inspiring Health of Body, Mind, and Spirit

July - September 2017

## It's Summer - Radiate Joy!

In this issue...

Rooted in Christ. . . . .	1
At the Lake. . . . .	1
Beat Summer Heat. . . . .	1
Spiritual Practice. . . . .	2
Standing Tall. . . . .	2
School Ready. . . . .	3
Dates To Remember. . . . .	4
The Best Medicine. . . . .	4

### Rooted in Christ

One of my favorite summer things is the abundance of God's fresh fruits. I say prayers of thanksgiving for living in a place where it is easy to get fresh strawberries, raspberries and blueberries. Not to mention the peaches and later, apples. God provides these riches for us not only so we can enjoy their juicy flavors but to enhance our health. We know that colorful fruits and vegetables provide essential vitamins and nutrients. How lucky we are.

God also blesses us with fruits of the spirit. What about the fruits of our words and deeds? Do they stem from "good trees" giving evidence to being rooted in Christ? By our fruits we are known to others.

When you pick berries or purchase them from the store or

farmer's market, do you inspect them carefully? Do you check to see if they are ripe or are they spoiled or infested with insects? We would probably agree this is a good practice. We might consider this same practice when speaking and acting. Are we careful about what we say and do? Do we reflect Jesus, the true vine? By our fruits we can know ourselves and radiate Christ to others.

Have a "fruit-filled" summer!

*"May God form us anew in the image of Christ so that we may radiate joy and peace, now and always. Amen."*

### At the Lake

I loved family vacations at the lake. Swimming in the brisk water and fishing until the sun disappeared. Is your family up for a weekend on the lake? Camping, fishing, boating and canoeing are longtime favorites. Be sure that you and your family have a memorable time by considering some safety tips.

Protect your feet. When outside and at the beach be sure to wear shoes, flip flops or water shoes to protect your feet from glass and other hazards.

Keep an eye on the kids. Always supervise children when

playing near water and follow water safety guidelines. Ensure kids wear required flotation devices.

Make sure a life preserver or other secure equipment is easy to access in case of an emergency. When heading out on the water make sure everyone wears a U.S. Coast Guard approved life jacket.

Check the depth of the water to make sure there are no underwater dangers before jumping or diving in.

Water and alcohol are a poor mix. Refrain from swimming, boating or use of other water craft if you have been drinking. Make sure you have a designated boat driver who has not been drinking.

If you pack food be sure to have enough ice to keep foods at the proper temperature.

*Loving our own, Jesus says is no big deal, He asks what is unusual about that? Love your enemies too and "pray for those who persecute you". Baptism and Eucharist are about diving into this world changing love. Let's take the plunge! Be children of God. Let us, in Christ be perfect in compassion, "just as our heavenly Father is perfect".*

### Beat Summer Heat

For some, summer is a time we long for all year. For others, the hot days are misery. There are a few ways to stay healthy this summer.

Keep water on hand at all times to avoid dehydration. Avoid peak heat hours. Exercise, play and garden outside before or after the peak heat hours of the day (10:00-2:00).

Save your skin. Wear sunscreen. Apply it 30 minutes before going outside for best results. Pick a sunscreen that is 30 SPF (sun protection factor) or higher. It will protect you against 97% of the sun's damaging rays. Use it generously and reapply every two hours or after swimming or perspiring. Wear extra layers of clothing if spending an extended time in the sun. Look for shade or set up an umbrella to escape the sun.

Protect your lips. Use a lipbalm or lipstick with an SPF of 30 or more.

Protect your eyes. Wear sunglasses or a wide brimmed hat to keep out the strong summer sun.

Use fans. Be sure to turn on your ceiling fans, try a pedestal fan, or even a desk fan if you are tied to your computer during the day. Air conditioning is the safest environment for those at risk during hot days. Do a good turn and check on your elderly neighbors to make sure they are doing ok in the heat.

Spritz yourself. Keep a spray bottle in the refrigerator, and when the going gets hot, give yourself a good squirt.

Give your appliances a break. Skip the drying cycle on the dishwasher and leave the door

open to let the dishes dry. Try grilling outside instead of heating up the oven.

Eat light. There's a reason we crave salads in the summer. They're easier to digest than heavier foods that leave you feeling sluggish in the high heat. Some foods have higher amounts of water such as watermelon and other fresh fruits and veggies.

Put up sun blockers. Keep your house cooler by closing blinds and drapes to block out the sun.

*“Yours the day and yours the night; you set the moon and sun in place. You fixed all the limits of the earth; summer and winter you made.”*

Psalm 74:16-17

## Seven Spiritual Practices

Cultivating our faith life is an important part of wellness. Here are a few ways to gain new perspective of yourself, others and God every day.

1. Try praying at different times during the day. You may notice that you pray differently at different times of the day.

2. Laughter and rejoicing need to be a part of anyone's faith life. Think of something funny that has happened, and thank God for giving us humor in our lives.

3. Loving yourself is the first step in “Love your neighbor as yourself”. Spend a few minutes writing about what it means to love yourself. Remember God loves you!

4. Meditation or listening is a part of our faith life that we often neglect. Consider taking five

minutes to sit quietly and breathe. Try to quiet your inner voice and just listen.

4. Go for a prayerful walk and remember that all of creation belongs to God, though it can be easy to forget that. The air you breathe and the ground you walk on belong to God.

6. Pray a movement prayer. Sketch out your arms. Touch your toes. Stretch your neck. Feel the brilliance in God's creation and the way your body is put together.

7. Thankfulness comes in a variety of forms. Each day make a list of everything that you encounter for which you are thankful. At the end of the day, incorporate the list into a prayer.

*“And do not get drunk on wine, in which lies debauchery, but be filled with the Spirit, addressing one another (in) psalms and hymns and spiritual songs, singing and playing to the Lord in your hearts, giving thanks always and for everything in the name of our Lord Jesus Christ to God the Father.”*

Ephesians 5:18-21

## Standing Tall

Ergonomics is a science that helps determine how individuals will perform best, be most comfortable while working, and reduce injuries that may result, especially from repetitive motions. Whether your job involves sitting or standing for the majority of the day, ergonomics can help prevent health problems such as obesity, metabolic syndrome, carpal tunnel,

and pain in the back, neck, and shoulders.

Here are a few simple tips anyone can put into practice.

**If you have a sitting job:**

Sit straight. Make sure your chair gives you the proper lumbar support. You should be able to sit comfortably, with your back supported, while placing your feet flat on the ground or on a footrest.

Relax wrists and arms.

When typing on a computer, your arms should be close to your body and flat on your desk or the armrests on your chair. Keep your wrists straight or supported by a wrist rest.

Center the screen. The position of your computer is important, too. Keep it centered and directly in front of you, about an arm's length away. The top of the screen should be just below eye level.

Get moving. Take frequent breaks to stretch, walk around the office, and rest your eyes. A little movement goes a long way!

**If you have a standing job:**

Be aligned. If you are using a standing desk, keep your legs, torso, neck, and head in a straight line.

Keep your feet happy. Wear comfortable shoes with the proper support. Standing all day takes a toll on the feet and the rest of the body!

Don't reach. Keep all frequently used items close by. Stretching to pick up your phone, stapler or pen could cause pain in the back, neck and shoulders.

Change it up. If there are tasks you can do while seated, use

the opportunity to sit and rest. It is important to alternate between standing and sitting throughout the day.

***“For freedom Christ set us free; so stand firm and do not submit again to the yoke of slavery”***

Galatians 5:1

## School-ready

As a parent, you do everything you can to protect your children's health. The Tdap vaccine can help protect not only your child's health but also the health of those around them, like babies who are too young to be vaccinated.

The Tdap shot protects against three diseases: tetanus, diphtheria, and pertussis or whooping cough. Whooping cough is the most common of those diseases and spreads very easily through coughing and sneezing. It can cause a bad cough that makes someone gasp for air after coughing fits. This cough can last for many weeks, which can make preteens and teens miss school and other activities. Though not very common, whooping cough can also lead to complications like cracked ribs and pneumonia, even among healthy preteens and teens.

Whooping cough can be deadly for babies, especially those who are too young to have protection built up. The majority of reported whooping cough deaths are in babies younger than 3 months old. Often babies get whooping cough from their older brothers or sisters, like preteens or teens, or other people in the family. Tdap vaccination is recommended for preteens at ages 11-12. All preteens

should get one Tdap shot when they are 11 or 12 years old. If your teen is 13 years old up through 18 years old and hasn't gotten the vaccine yet, talk to their doctor about getting it for them right away. Babies and little kids get shots called DTaP to protect them from diphtheria, tetanus, and whooping cough. But as kids get older, the protection from the DTaP shots starts to wear off. This can put your preteen or teen at risk for serious illness.

The Tdap vaccine is a booster shot that helps protect your preteen or teen from the same diseases that DTaP shots protect little kids from. Whooping cough vaccines work. Even though whooping cough shots don't provide lifelong protection, on time vaccination can still help protect preteens from whooping cough. As a result of whooping cough vaccines, we no longer see 200,000 cases of whooping cough each year.

Getting vaccinated is the best way to prevent whooping cough and its complications. Those who get a whooping cough shot and still get whooping cough are much more likely to have a mild illness compared to those who never received the vaccine. Vaccinated preteens and teens will have fewer coughing fits, shorter illness, and are less likely to crack a rib or develop pneumonia, among other benefits.

***“The LORD will guard you from all evil, will always guard your life.”***

Psalm 121:7

## Dates To Remember

July 4 - Independence Day  
 August 15 - Assumption  
 September 4 - Labor Day  
 September 22 - First Day of  
 Autumn

## The Best Medicine

### THE BEST WAY TO PRAY

A priest, a minister and a guru sat discussing the best positions for prayer, while a telephone repairman worked nearby.

"Kneeling is definitely the best way to pray," the priest said. "No," said the minister. "I get the best results standing with my hands outstretched to Heaven." "You're both wrong," the guru said. "The most effective prayer position is lying down on the floor."

The repairman could contain himself no longer. "Hey, fellas," he interrupted. "The best prayin' I ever did was when I was hangin' upside down from a telephone pole."

### THE TWENTY AND THE ONE

A well-worn one-dollar bill and a similarly distressed twenty-dollar bill arrived at a Federal Reserve Bank to be retired. As they moved along the conveyor belt to be burned, they struck up a conversation.

The twenty-dollar bill reminisced about its travels all over the country. "I've had a pretty good life," the twenty proclaimed. "Why I've been to Las Vegas and Atlantic City, the finest restaurants in New York,

performances on Broadway, and even a cruise to the Caribbean." "Wow!" said the one-dollar bill. "You've really had an exciting life!" "So, tell me," says the twenty, "where have you been throughout your lifetime?" The one dollar bill replies, "Oh, I've been to the Methodist Church, the Baptist Church, the Lutheran Church ...". The twenty-dollar bill interrupts, "What's a church?"

### THE USHER

An elderly woman walked into the local country church. The friendly usher greeted her at the door and helped her up the flight of steps. "Where would you like to sit?" he asked politely. "The front row, please," she answered. "You really don't want to do that," the usher said. "The pastor is really boring." "Do you happen to know who I am?" the woman inquired. "No," he said. "I'm the pastor's mother," she replied indignantly. "Do you know who I am?" he asked. "No," she said. "Good," he answered.

*"Go, eat your bread with joy and drink your wine with a merry heart, because it is now that God favors your works."*

Ecclesiastes 9:7

## Finding Calcutta

When anyone begged to join her work, or asked how to imitate the example of her life,

Saint Mother Teresa urged them, "Find your own Calcutta." Meaning: Instead of grabbing onto the mission that she'd made famous, people should find their own causes. Just as she'd experienced a "call within a call" that guided her to a particular kind of work, we should discover what causes moved us to action, and where our energy and skills could be useful. What is your Calcutta?

### Sources in this newsletter:

Church Health Reader, Winter 2017  
 Give Us This Day, June 2017

## Warm Hellos

Whether you're at home or the office, you can change the atmosphere by giving people a warm hello or good-bye. This brief courtesy helps people to feel acknowledged and welcomed, every time they walk in or out the door.

### To Your Health

A newsletter dedicated to healthy tips to nourish the body, mind and spirit.

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