

Center for Health

Newsletter

YOUR PATH TO WELL-BEING

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SPOTLIGHT

Healthy Aging—*It's Possible*

Aging happens. The environment, genetics and choices that were made years ago can speed up the process. But there are things that everyone can do now to embrace getting older.

- **Get moving:** Motion is lotion for your body and brain. Look for activities that strengthen your heart and your muscles, like walking, swimming, yoga and tai-chi.
- **Make and keep friends.** Being social helps keep you engaged in the world around you and helps you avoid being isolated.
- **Watch your diet.** Eat fruits, vegetables, beans and lentils for good digestive health. Experiment with herbs and spices (in lieu of salt) if medications have changed how food tastes.
- **Have regular check-ups with your primary care provider.** Make sure to review all medications—both prescribed and over-the-counter.
- **Work on your memory.** Make lists, do crossword puzzles and other games, read, and take time to organize your thoughts and your schedule.

Remember to check with your primary care provider before starting an exercise program or adding new foods to your diet, as they may interfere with your medications.

With age comes wisdom, experience and knowledge, which means we are all a little better every day.

Source: webmd.com/healthy-aging/features/health-highlights-september-healthy-aging-month

Wespath focuses on improving five dimensions of well-being—physical, emotional, spiritual, social and financial—for clergy and laity of The United Methodist Church (UMC) and their families. Among our offerings are: interactive website, well-being programs, trends and research, educational opportunities and related resources.



NATIONAL PREPAREDNESS MONTH

2018 Disasters Don't Plan Ahead.
YOU CAN.

Be Prepared

Life is full of unexpected events. From something minor like bumping your knee to something frightening such as a hurricane, wildfire or other natural disaster. The best course of action is to be prepared. September is **National Preparedness Month**. Use this reminder to set aside time to make or evaluate your emergency plan—including home, work and place of worship.

At ready.gov/september you will find resources, helpful hints and tips, checklists and more to make planning easy. Emergency plans are something that we do not want to use, but they are helpful if or when something happens. Being prepared can change fear to focus in the event of an emergency.

Source: ready.gov, fema.gov



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a general agency of The United Methodist Church



ASK A PROFESSIONAL

David S. Bell

Senior Design Partner, Design Group International;
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When Is the Right Time for an Estate Plan?

Many put off estate planning because they think they don't own enough, they're not old enough, they're busy, they don't know who to ask for help or they just don't want to think about it. Then when something happens to them, their families have to pick up the pieces. So the answer is—any time is the right time.

An estate plan provides a tool to distribute people's assets according to their faithful intent. It may also positively impact personal financial situations and can offer peace of mind throughout one's life.

The primary components to an estate plan:

What	What for?
Letter of Intent	Provides a roadmap to follow immediately after the death of a loved one with information on funeral planning, financial accounts, important documents and online passwords.
Living Will, Health Care Proxy, and Authorization under HIPAA	Provides advance medical directives with life support instructions so someone can make medical decisions when you cannot.
Durable Power of Attorney	Gives permission to handle tasks in the event of incapacity or unavailability—such as paying bills, preparing tax returns, managing investments, and buying or selling property.
Last Will and Testament	Names a specific person as the executor of the estate who will pay final expenses and distribute assets, including bequests, to beneficiaries as dictated.
Revocable Living Trust	A more flexible assignment of who should manage your assets if you are unable, and the timeline for distributions to beneficiaries.

In addition to these documents, one should also make sure insurance company and retirement plan beneficiary designations are correct.



ASK A NURSE

Jo Sanders, BSN, RN

Faith Community Nurse,
Illinois Great Rivers Conference Member

A Prescription for Self-Care

It's a fact—nearly 15 million Americans provide unpaid care to an older adult or someone with a chronic illness. Those who provide this care are considered more likely to have physical and emotional health problems (National Health and Aging Trends Study, 2011).

The reason is simple. Many caregivers sacrifice their own needs to put the needs of others first.

But setting aside time for self-care must be a priority. Giving yourself permission to take breaks and to take care of your own needs should not be seen as selfish; but rather as thoughtful, or even necessary. When on an airplane, you are reminded to put your own oxygen mask on first. Only when you first help yourself can you effectively help others.

Be creative and **intentional** about self-care. When YOUR needs are taken care of, the person you care for will benefit too.



Use these tips to Make Yourself a Priority!

- Seek and accept the support of others
- Take breaks each day
- Spend time with friends
- Get proper rest and nutrition
- Exercise regularly
- Attend to your own healthcare needs
- Keep up with hobbies
- Schedule quiet time
- Identify and acknowledge your feelings

Learn more about caregiving from the National Institute on Aging at nia.nih.gov/health/caregiving.

Used with permission of Family Caregiver Alliance. For more information visit caregiver.org or call 1-800-445-8106.



PERSONAL SUCCESS STORY

Health and Wholeness of Body, Mind and Spirit

Rev. Mary McInnes

In 2010, I hit rock bottom at a weight of 463 pounds. I'm 5' 1". A mantra came to me "Health and wholeness of body, mind and spirit." I chanted this, and recited it in my head. I wasn't even sure what it meant at the time, but it became a springboard to taking charge of my life.

At that weight you can't just jump out of bed and run a 5k. I had to start with baby steps. I began working with a counselor and a trainer. The focus became synchronizing seven areas of life: nutrition, exercise, self-care, spiritual care, finances and career, relationships and self-development.

“ I kept chanting 'Health and wholeness of body, mind and spirit,' and it was finally true for me. ”

Rev. Mary McInnes
Detroit Conference

The first thing I tackled was sleep. When I started sleeping eight hours a night, I lost 20 pounds. The next step was to cut out fast food. I lost 40 more pounds. I then started walking. When I say baby steps, I mean it—two minutes was the best I could do for a start, but it added up. Next I cut out processed food. I lost another 80 pounds.

When I got a new appointment, I gained some of the weight back—change is hard! I decided to have gastric bypass surgery. I lost an additional 200 pounds. While this seems like a magic cure, it wasn't just the surgery. I worked to discover that I'm addicted to sugar. Every day I revisit my emotional attachment to food and set exercise goals. Otherwise I will gain the weight back (the surgery effects wear off). I also check on my seven areas of focus. While they are never in perfect harmony, I continually strive for balance, and thank John Wesley for the guidance that I don't have to be perfect.

I cried recently when riding a bike because I never thought it was something I could do. I kept chanting "Health and wholeness of body, mind and spirit," and it was finally true for me.

Easy Healthy Recipe

OVERNIGHT OATS

Overnight Oats are a quick and easy way to have a healthy breakfast waiting for you to start your busy day.

INGREDIENTS

- ½ cup low-fat milk
(or less for thicker oatmeal)
- ¼ cup Greek yogurt, fat-free
- 2 teaspoons honey
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla extract
- ½ cup uncooked rolled oats
- ¼ cup berries, fresh or frozen

DIRECTIONS

1. Combine milk, Greek yogurt, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in berries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.



NUTRITION (PER SERVING)

Calories	311
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	7 mg
Sodium	86 mg
Total Carbohydrate	53 g
Dietary Fiber	9 g
Total Sugars	21 g
Protein	17 g

Source: USDA Center for Nutrition Policy and Promotion

WELL-BEING TIPS FOR LEADERS

Leading a Multigenerational Workforce

Baby Boomers, Gen Xers, Millennials are all part of today's workforce. Each brings unique talents, skills, communication, wants and needs. Following are six suggestions to help maximize your multigenerational workforce.

1. Address the fact that you are of different generations.
2. Research generational work styles and communication preferences.
3. Be flexible in regards to work and communication styles.
4. Play to your staff's strengths—use their unique abilities to facilitate teamwork.
5. Utilize the different viewpoints of the multigenerational team to craft the best possible outcomes.



Fit Over 40

If you are exercising regularly and you are over 40, congratulations! It is very important for anyone over 40 to consciously add physical activity to daily life. If you are over 40 and not exercising regularly, don't worry—start today.

To gain motivation, think about what your doctor, family or congregation would say. Their suggestion would likely be to take time to do what makes you happy and healthy. Regular exercise improves physical measures like blood pressure and glucose levels, helps reduce stress and boosts your mood.



To get started, set a goal to walk or exercise for as little as one minute. If you don't like it after a minute, stop. Try again the following day. If after a couple days you don't continue for longer than a minute, select a different activity. Consider strength training, stretching or yoga, going for a hike or just marching in place.

Aim for at least three days per week of exercises like walking, jogging, biking, strength training (like calisthenics), weight machines or band workouts. Stretch after each workout. For more information, see our [Physical Activity toolkit](#).



Tips for Success:

- Warm-up to prepare the body for exercise
- Stretch after—be mindful of your breathing, and appreciate that you completed your workout
- Use calendar reminders to ensure physical activity becomes a habit
- Keep things in perspective
- Be consistent
- Vary the type of activity and the intensity for long-term results
- Mix up your routine to keep it interesting

Always consult your physician before starting an exercise program.

Print and Share Bulletins

See this issue's bulletins for great resources to share with your congregation. Print and stuff in weekly worship booklets or other church newsletters, use as a small group handout or forward to church groups you think could benefit from the well-being topic. We support you in your effort to create a more vital church.

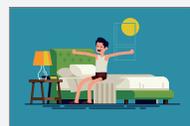
BULLETIN #1:

A Treasured Night's Sleep



BULLETIN #2:

All Day Energy



Resources

A host of resources are available at wespath.org/center-for-health/

 **Articles** related to each of the five dimensions of well-being

 **Congregational resources**

 **Hark!** Wespath's financial well-being newsletter—learn more about timely retirement, taxes and financial planning and other topics

 **Newsletters and Bulletins**

 **Healthy You...Healthy UMC** brochure

 **Well-Being Toolkits**

External Resources

 **Department of Homeland Security—Preparedness**

 **Centers for Disease Control and Prevention—Healthy living resources**

 **Alzheimer's/Dementia: Ministry with the Forgotten—Help those with Alzheimer's and their caregivers**



Five Dimensions of Well-Being

Let Us Know

If you have questions or comments, please contact us anytime at: welnessteam@wespath.org

The journey to well-being lasts a lifetime. Sometimes the path is smooth and other times, there are bumps in the road and work to be done to restore balance. With patience, persistence and support from the Center for Health—you can do it!

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