

Parish Nurse News
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**John 3:2 “Beloved, I pray that in all respects, You may prosper & Be in good health,
Just as your Soul prospers.”**

Why are 2:3 Americans either overweight or obese? One surefire contributor is restaurant food. If you doubt it, check the nutrition facts on the Web sites of your favorite chain restaurants. Many restaurants you visit will provide a nutritional analysis IF you ask.

Solution? Restaurant menus should list not just prices, but calories and ideally key ingredients. Maybe you think that you are a fair judge of the nutritional analysis of most restaurant items.

- (1) Which sandwich has fewer than 500 calories?
(a) chicken salad (b) tuna wrap (c) turkey (d) tomato & fresh mozzarella (e) turkey panini
- (2) Which breakfast has about ½ the calories of the others?
(a) 4 pancakes w/syrup (b) Belgian waffle w/fruit topping (c) scrambled eggs w/buttered toast
- (3) Which Italian dish has fewer than 800 calories?
(a) fettuccine alfredo (b) eggplant parmigiana (c) lasagna (d) spag/meatballs (e) cheese ravioli
- (4) Which breakfast has fewer than 300 calories?
(a) bagel w/light cream cheese (b) scone (c) pecan roll (d) English muffin w/preserves
- (5) Which salad has fewer calories than the others?
(a) Greek (b) Asian chicken (c) chef (d) chicken Caesar (e) cobb



Which meals found in the Scripture readings? Acts 2:42 + Matthew 6:16

WHAT DOES DEPRESSION LOOK LIKE?

- ❖ A persistent feeling of sadness or emptiness
- ❖ Lost interest in hobbies or activities that you formerly enjoyed
- ❖ Feeling worthless or hopeless
- ❖ Inability to sleep or sleeping too much
- ❖ Loss of energy or motivation
- ❖ Not eating or eating too much
- ❖ Trouble thinking, concentrating, and making decisions
- ❖ Feeling anxious, restless, or irritable
- ❖ Thinking about dying or killing yourself

Savvy Facts: Seniors have the highest suicide rate of *any* age group in the US. Only 10% of older Americans with depression seek help, mainly because they either don't know that they have it, think they can handle it themselves or they're too ashamed to admit it.
Recognition is the 1st step in treating depression, **seeking help** is the 2nd.

How you can help: Find an inconspicuous way to offer resources to one you suspect is depressed:
*Screening for Mental Health: Sponsors the National Depression Screening Day on October 5 at more than 8000 sites nationwide~FREE. Visit www.mentalhealthscreening.org
* Booklets, fact sheets & other information about depression: Call 866-615-6464

The #1 rule for an athlete of any sport at any age is : Don't Play Injured!

Kids often put on a brave face, making it hard to judge the extent of an injury. Head & nerve injuries may cause little pain at first. A concussion can occur without losing consciousness, dizziness, or double vision & can result in permanent brain damage if untreated. A mild headache or onset of fatigue during a "timeout" following the tackle is enough to warrant being evaluated by a physician before returning to the game. Insist on it!

I Samuel 17: 17-18 Now Jesse said to his son David, "Take this ephah of roasted *grain* and then 10 loaves of bread for your brothers and hurry to their camp. Take along these 10 cheeses to the commander of their unit. See how your brothers are and bring back some assurance from them."

Seasoned Rice



1 C chicken broth
1 T garlic powder
½ tsp black pepper
½ C instant brown rice
1 T olive oil

Cal/cup: 180
fat: 8 grams
Sat. fat: 1 gram

Sodium: 240 mg
Carbs: 23 grams
Protein: 5 grams
Fiber: 1 gram

(Optional: sliced mushrooms, slivered almonds, or parmesan cheese)

Brown rice has twice as much fiber as white rice and a nice dose of phytochemicals & nutrients like magnesium/zinc. Cooking Directions: Combine broth or water, herbs or spices in a medium saucepan. Bring to a boil, stir in the rice, reduce the heat, and cover. Simmer 10 minutes or until the rice is cooked through.

Healthy Spirit: Healthy Body

A landslide of scientific studies demonstrates a "positive association between being religious or spiritual & improved health, both in response to acute events and in chronic disease." What was once considered "hocus pocus" is now proved scientific fact. Among the studies:



Subjects who attended religious services weekly & prayed or studied scripture daily enjoyed 40% reduced risk of elevated diastolic (top number) BP compared with those who did not regularly engage in religious activities.

Spirituality bolsters health by encouraging forgiveness. Holding grudges & refusing to forgive & forget past wrongs can spark high BP and increase stress hormone levels. By promoting a spirit of forgiveness, spirituality also promotes physical healing.

Spirituality improves cardiovascular health by lowering anxiety levels.

Extent of religious involvement predicted increased psychological well-being and decreased depression among female victims of domestic violence.

Spirituality has been shown to promote healthy lifestyle choices & increase our feelings of belonging—all which are associated with lower mortality.

Individuals "low in spirituality" face a higher failure rate when it comes to treatment for substance abuse. But exposure to a program that emphasizes spirituality lowers that risk.

James 5:26 Pray for one another.

The Five-Finger Prayer

- Thumb/"Thumbkin"~ Pray for those closest to you, your loved ones (Phillippians 1:3-5)
- Index Finger/"Pointer" ~ Pray for those who teach; Bible teachers, preachers and those who teach kids (Thess 5:25)
- Middle Finger/"Tall man"~Pray for those in authority--national & local leaders; supervisors at work (I Tim 2:1-2)
- Fourth Finger/"Weakest of all~Pray for those in trouble or who are suffering (James 5:13-16)
- Little Finger/Reminds us of our smallness & God's greatness. Ask Him to supply your needs (Philippians 4:6, 19)

Lord, help us commit our whole being to Jesus-body, mind, emotions, and will-so we may have a life that is wholesome, attractive, uplifting to others and fulfilling to ourselves. Help us uproot any sinful ways before they become habits. May be the beauty of Jesus' character be what others see in us. Amen.

