

Parish Nurse News
October 2006

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

From the Editors: Our Goal is to Help People Live WELL where they are!

Calorie Overkill: Answers to last month’s QUIZ

1. **C** Turkey has fewer calories (350) than chicken salad (550), a tuna wrap (600), tomato & fresh mozzarella (700) or a turkey or chicken pannini (700-900).
**Skip the cheese, mayo, or guacamole which piles on the calories & fat.
2. **D** Scrambled eggs (300) + 1 slice toast with butter (130) look trivial next to those in eggs Benedict (700), three slices French toast w/syrup (800), Belgian Waffle w/fruit (800), or 4 pancakes with syrup (900).
**Dodge the eggs’ 400 mg of cholesterol by eating scrambled egg substitute (130).
3. **E** A plate of cheese ravioli (600), eggplant parmigiana (800), lasagna (950), spaghetti & meatballs (1200), fettuccine alfredo (1500). They all have at least ½ days worth of saturated fat.
**Avoid the alfredo which exceeds 2 days allowance of saturated fat!
4. **D** English muffin w/preserves has 200 calories, far less than the bagel (300) + light cream cheese (100), the Danish (350-600), or pecan roll (500-800).
**Why not just grab a fresh fruit cup at 150 calories instead?
5. **B** Asian chicken salad typically has the fewest calories (400) largely because it’s missing the cheese found in the Greek & chicken Caesar (500) or chef & cobb (700).

Did you know? *October 15-November 15 is the absolute best time to get your flu shot.*

75% effective in preventing flu or will reduce the severity of the flu.
Bolster your immune system so in the event of avian flu you are reinforced!
Wash, wash, wash those hands~this can reduce the risk for all of us!

Influenza (viral) is often called a respiratory disease, but it is systemic.
Fever, chills, weakness, loss of appetite & aching head, back, arms & legs.
Stay home until you no longer have a fever.

Complications (bacterial) occur because the body is so weakened by influenza that its defenses against bacteria are low. Bacterial pneumonia is most common.
Anyone “high risk” is particularly at risk for influenza and its complications.
If you have diabetes, chronic lung disease, or are over age 65 you are high risk.



II Timothy 1:7“For God did not give us a spirit of timidity, but a spirit of power, love, and self-discipline.”

Chronic diseases are not prevented by vaccines, nor do they just disappear. To a large degree the major chronic disease killers are an extension of what people do, or not do, as they go about the business of daily living. Tobacco use, lack of physical activity, and poor nutrition are major contributors to heart disease and cancer, our state’s & nation’s leading killers.



S.D.’s health ranking has fallen from 15th to 20th in U.S. from 1990 to 2005.

*Prevalence of obesity is 24%, up from 10.7% in 1990

* 80.9% reported not consuming 5 servings of fruit& vegetables/day

*Limited Activity in previous 30 days, 2nd worst in the Nation

Gal 5:22 “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

WORRY

(Phil 4:6-8)

Robs us of joy, drains us of energy, & stunts our spiritual growth. When we put our cares in God’s hands, He puts peace in our heart. “Be anxious for nothing, but in everything by prayer & supplication with thanksgiving, let your request be known to God: and the peace of God, which surpasses all understanding, will guard your hearts & minds through

Christ Jesus



Quit Smoking!

***Within 12 hours after you have your last cigarette, your body will begin to heal itself.**

***You will reduce the number of coughs, colds & earaches your child will have.**

***You will have more energy to pursue physical activities, breathe easier and save \$\$\$\$.**

***You Can Quit Smoking www.cdc.gov/tobacco/quit/canquit.htm (tips for 5 stages of quitting).**

1 Tsp oil
1 diced onion
5 cloves garlic, chopped
2 zucchini, chopped
1 carrot, chopped
1 summer squash
1 14 oz can diced tomatoes

2 T oregano
2 ½ C low sodium vegetable broth
1 ½ C water

1 16 oz can red kidney beans, drained
1 15 oz can Great Northern Beans, drained
½ cup elbow macaroni

Saute onion & garlic in oil heated in stockpot.
Stir in carrot, zucchini, squash; cook 5 minutes.

Add canned tomatoes, oregano, broth & water.
Bring to a boil, cover, reduce heat.
Simmer for 15 minutes.

Add the beans & macaroni; simmer 15 minutes
uncovered or until pasta is tender.

Top with grated Parmesan cheese before serving.

(Cal: 140 Total Fat: 2g Carbs: 24g Protein: 8g)

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Prayer: Lord, you said that there is only one Lawgiver & Judge, and that anyone who speaks against his brother or judges him speaks against the law & judges it. Help us instead to love you and one another above all things. Thank you, Jesus, for your loving mercy. Amen.