



Body:
Foods for the heart

Mind:
Using your 5 senses
to improve your memory

Spirit:
Prayer &
Scripture



Body: 10 best foods for your heart



- 1) Spinach and other dark, leafy greens
 - High in **folic acid** (reduces heart attack risk) **potassium** (controls blood pressure) and **fiber** (helps lower cholesterol)
- 2) Fish and shellfish
 - Fatty fish like salmon and mackerel are excellent sources of Omega-3 fatty acids, which may prevent blood platelets from sticking together
- 3) Dried beans and peas
 - Packed with potassium, protein and cholesterol-lowering fiber
- 4) Watermelon and cantaloupe
 - Full of antioxidants, potassium, and fiber
- 5) Soy protein
 - Can help lower cholesterol
- 6) Oatmeal and barley
 - Soluble fiber helps rid your body of cholesterol and helps control blood sugar levels
- 7) Garlic and onions
 - Garlic can help lower cholesterol and keep blood platelets from sticking together. Onions do too, but not as much
- 8) Sweet Potatoes
 - High in vitamin A and potassium
- 9) Avocados
 - High in fiber and monounsaturated fats
- 10) Nonfat milk
 - Good source of calcium, potassium, and nonfat protein.

Elementary Math

An easy lesson in fractions may be one way to teach kids about good nutrition. A healthy plate should include:

- 1/2 fruits and vegetables
- 1/4 whole grains like brown rice or whole-wheat pasta
- 1/4 lean protein like chicken, fish, or turkey

“You only need two tools, WD-40 and duct tape. If it doesn't move and should, use WD-40; if it moves and shouldn't, use the tape.”

Unknown

Mind: Using your five senses to improve your memory

Both people with memory problems and those with no memory problems can see benefit from stimulating their senses with exercises like these:

- **Put spices like cloves, cinnamon, or vanilla extract in a cup**, covered with foil punched with holes and guess what the smell is
- **Hold an aroma under your nose** and see what memory or association comes to mind. Smell is the most powerful way to bring back memories
- **Try a food that is new to you.** New tastes also stimulate the brain.
- **Put a bunch of different coins in a cup.** Without looking, pick up one at a time and try to guess which one you are holding.
- **Draw or paint something, just for fun.** Art activates the nonverbal and emotional parts of our brain.
- **Combine two senses:** Listen to the rain and smell flowers or some other pleasant scent. Listen to the rain and tap your fingers.



Burn Awareness

For minor burns, apply cool-not cold-water for a few minutes.

Using ice can make the burn worse. Avoid creams, ointments, or salves. Use an antimicrobial soap to clean the burn, and cover it with a clean, dry cloth.

See a doctor immediately for burns that are:

- On the face, hands, feet, genital area, or a major joint
- Bigger than a person's palm
- White, leathery, grey or painless
- Caused by electricity or fire

Micah-7:8

Do not rejoice over me, my enemy; when I fall I will arise; when I sit in darkness, the Lord will be a light to me.

II Timothy 2:15

Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the world of truth.

Benefits of Walking

- 1) Can prevent or delay the impact of several chronic diseases
- 2) You can do it at any age.
- 3) It's inexpensive and easy
- 4) It comes naturally, you can do it in connection with other activities



Prayer for the spirit:

God, who reigns now and forever, Holy is your name O Christ, your presence with me gives me joy. Have mercy on me, O God, according to Thy steadfast love O Lord, wash me, and I shall be whiter than snow. Amen