



# Wellness Beat

-Promote Spiritual Well Being through Social and Interpersonal Interaction-

May 2010

## Our Story

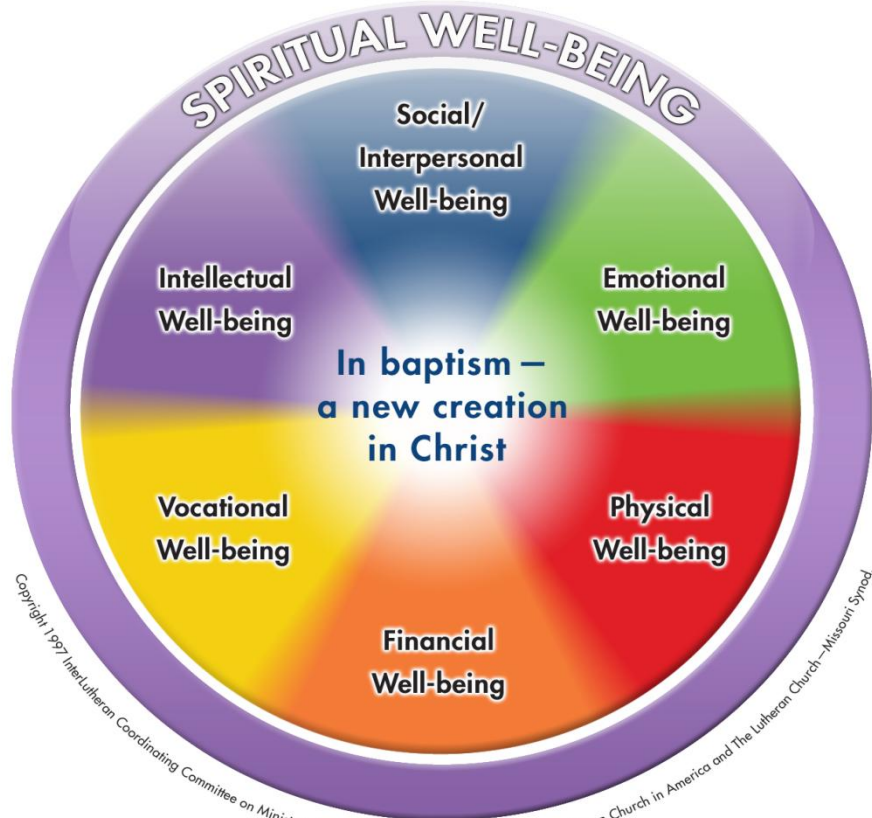
This Journey began with a simple concept- how can we become better acquainted with our fellow Brothers and Sisters in Christ?

As we continued, it became clear, not only can we become closer as a family in God, we could also benefit through our physical and social interactions.

Using the Wholeness Wheel developed by InterLutheran Coordinating Committee on Ministerial Health and Wellness, we have tried to develop a fun and informational newsletter to provide information and activities relating to your Spiritual Well Being.

Look for events and activities each month to help you keep in touch with others as well as in touch with your own spiritual growth.

God Blessings and Enjoy!



## Let's Get Moving- Physical Well Being

**Wellness Kick-off- Springtime Stroll- Help promote St. Paul's Wellness Ministry while promoting your health. Come join us on Saturday May 22 @ 9:00am and Sunday May 23 @ 1:00pm. Meet at St. Paul's Grant Street Campus for a Spring Walk to McCarty Park. Come for the exercise, the company or just to hear the birds sing. Rain or shine so come dressed comfortably. All ages welcome. E-mail us at [splcbeat@yahoo.com](mailto:splcbeat@yahoo.com) or you can call Crystal @ 423-0244, Anita @ 545-3861 or Darla- @ 327-4252.**

## Sunny Side Up- Emotional Well Being

When a man is gloomy,  
everything seems to go wrong:  
when he is cheerful, everything  
seems to go right.  
Proverbs 15:15

**Just for Fun- Social Interpersonal Well Being**

Join us each Tuesday and Thursday for our new St. Paul's Walking Club. Pick which times work for you. We will meet at the Grant Street Campus at 2:00 pm or at McCarty Park basketball hoops at 6:30 pm. Look for either Anita Hoeg, Crystal Barry or Barb Heimsoth and just start walking.

**Money Matters- Financial Well Being**

**6 Ways to cut your grocery bills:**

**Track your food budget- Aim to spend \$125/wk for family of 4.**

**Make a list and stick to it**

**Join a food co-op- become a member.**

**Cut your meat in recipes-sub 12 oz for 1 lb.**

**Buy more fruits & veggies-**

**Befriend managers-they can tell you what time of day food is marked down.**

(Lesly Alderman, 2010)

**Brain Power- Intellectual Well Being**

Under construction. Look for future events such as book clubs, classes and recommended reading. Ideas are welcome

**God's Gifts- Vocational Well Being**

How are you using your God given talents? Do you have a special hobby, job or have a special knack for something. We are looking for leaders to share anything from scrap-booking to exercise classes. The sky's the limit.

**Cook's Corner- Physical Well Being****Salmon with Brown Butter, Almonds and Green Beans**

4 Tblsp unsalted butter

1 ½ lbs skinless salmon filet cut in 4 pieces

Kosher salt and black pepper

1 lb green beans, trimmed and cut crosswise

½ cup sliced almonds

2 Tblsp capers

Heat 1 tblsp butter in large nonstick skillet over medium heat. Season the salmon with ½ teaspoon salt and ¼ tspn pepper. Cook until opaque 3-5 minutes each side. Transfer to plates

In another skillet in ½ inch water and ¼ tspn salt, cook green beans by covering and steaming for 4-5 minutes. Transfer to plates.

Wipe out green bean skillet and heat remaining 3 tblsp butter over medium heat. Add almonds and cook stirring frequently until lightly brown. Stir in capers. Spoon over fish and green beans

Per serving: 396 calories; 25 g fat; 120mg cholesterol; 506 mg sodium; 36 g protein; 9 g carbohydrates; 2 g sugar; 4 g fiber; 3 mg iron 77 mg calcium. (Merker, 2010)

**We're Listening**

***Do you have any ideas for the Wellness Beat or an event you want to promote? Would you like to become involved?***

***Contact us via e-mail at***

***[spicbeat@yahoo.com](mailto:spicbeat@yahoo.com).***

***Help us save the environment by subscribing to Wellness Beat by sending your request.***

***Let us know how we're doing.***

**Healthy Connections- Physical Well Being**

Websites and links to a healthier you.

[www.sparkpeople.com](http://www.sparkpeople.com) –Helps you track your food and exercise.

[www.mapmyrun.com](http://www.mapmyrun.com) –map our your daily run/walk

[www.caloriecounter.com](http://www.caloriecounter.com) –track you calorie intake

**Sources and Credits**

InterLutheran Coordinating Committee on Ministerial Health and Wellness of the Evangelical Lutheran Church in America and the Lutheran Church—Missouri Synod. (1997). *Ministerial Health and Wellness*. Retrieved from <http://www.elca.org/Growing-In-Faith/Vocation/Rostered-Leadership/Leadership-Support/Health/Wholeness-Wheel.aspx>

Lesly Alderman, S. B. (2010). How to Save \$5000 this Year. *Real Simple* , 108.

Merker, K. (2010, March). Put the Knife Down. *Real Simple* , 187 & 217.

Committee Members:

Anita Hoeg, Darla Leiternann, Kathy Palmreuter, Terri Stryck, Molly Muther, Barb Heimsoth, Crystal Barry, Jodi Klement