

Compliments of your
Faith Community Nurse
Sherry McIntyre RN, FCN
894-0902



JANUARY TIP

January is the month that we give wishes of a Happy New Year. What does happy mean? Happiness means having, showing or causing great pleasure or joy. Predictors of happiness include the following characteristics:

- Close social relationships
- Strong marriage
- Family ties and friendships
- Spirituality
- Actively religious
- Good self-esteem
- Feelings of hope
- Feeling that life has meaning
- Positive emotions
- Optimistic outlook
- Good sense of humor
- Even disposition
- Accept change

Happy people tend to have a strong immune system and live longer than unhappy people. Happy people are more creative and offer help to others.

Written by JoAnn C Krauss

Health Blessings

MIND, BODY AND SPIRIT



2016 Year of Health

THIS ISSUE:
2016 Year of Health p.1
January Tip p.1
Hostage?
Responsibility? p.2
BIBLE quiz p.2

The New Year is a good time to look at your life and determine what you need to change or improve. Start the year by considering your health. In the Chinese culture, the New Year is the time dedicated to finish with the old and to start with the new. Their traditions include visiting friends and family to re-establish relationships, cleaning the house to prepare for the coming year, stocking cupboards with household provisions, settling all old debts, and putting forth their best behavior. All these activities are to make the New Year better and healthier.

What are you going to do for your health this year? Are you going to keep all your old habits and ignore healthier ones? Have you considered limiting your meals at fast-food restaurants? Can you develop healthier choices at the grocery? Will you improve your exercise habits by walking or joining a health club? Have you considered the health

benefits of practicing self-care and a well-balanced lifestyle? Any and all of these will guide you to a healthier life. Once you decide to make an improvement, you must first choose what area to change then make the commitment to see the change occur. Many of us take the first step of making the promise to change our behavior or habit but find it difficult to take the actual steps and then follow through on the lifestyle change. To be successful when making the commitment to alter behavior you need to have dedication, strategy, and action. Until you have a plan and begin to follow it, change is only a verbal. Staying committed you can become healthier, prevent disease or minimize complications to your current health. **Focusing on the future and a well-balanced life will help you participate more fully in the love and joy of your family.**

Information from Seasons of Wholeness Vol. VI



“Hostage?”

Isaiah 26:3:

“You will keep in perfect peace him whose mind is steadfast, because he trusts in you.”

What pain or baggage is holding you hostage? Many cultures promote forgiveness as a way to begin the New Year. Research shows that forgiving others makes you healthier by lowering blood pressure, stress, hostility, anxiety, and chronic pain. “Letting go” also gives you a sense of well-being that translates into healthier relationships and less illness. It is not easy but with God’s help you can make a choice to take control and keep the hurt from ruling your emotions or actions. Forgiveness takes time! Give it your energy and by Christmas next year see what changes have been made in your life.

“Responsibility?”

Deuteronomy 11:12

“...a land that the Lord your God cares for. He watches over it through each season of the year!”

Every 6 months or 15,000 miles, a car is taken in for a checkup and regular maintenance so why don’t you do the same for your body? God gave you one body and the responsibility of keeping it healthy and strong. It is up to you to watch over it and pay attention to signs that you need a checkup. If you have a mole changing shape or color or sudden shortness of breath or any other symptoms that are not usual, don’t wait. Call your doctor! The longer you wait, the more advanced a situation or disease will become and the harder it will be to deal with it.

“I cannot do everything, but I can do something.” Edward Everett Hale



JOIN THE LOOSE 16 POUNDS IN 2016 CLUB!!!



Bible Wordsearch

Wordsearch 241
Matt.5:43-6:4
Sermons of Jesus 2

H	E	A	V	E	N	O	D	E	R	O	N	O	H	S	ANNOUNCE	DOING
H	S	G	N	I	O	D	S	I	V	T	R	U	T	H	BEFORE	DONE
D	G	T	P	R	A	Y	G	R	O	I	W	E	U	Y	BROTHERS	ENEMY
S	N	H	R	O	B	H	G	I	E	N	L	C	Y	M	CAREFUL	EVEN
S	I	A	P	E	T	P	O	C	L	H	U	N	R	E	CAUSES	EVIL
N	V	T	H	E	E	U	N	O	O	B	T	U	C	N	FATHER	GOOD
A	I	E	O	R	R	T	F	L	V	E	D	O	A	E	HEAVEN	GIVING
G	G	U	F	Y	C	S	S	L	E	F	O	N	R	A	HONORED	GREET
A	S	E	D	A	S	T	E	E	D	O	O	N	E	B	NEIGHBOR	HAND
P	C	E	U	O	E	K	T	C	R	R	G	A	F	N	PAGANS	HATE
T	E	S	N	P	I	E	N	T	U	E	A	L	U	E	PERFECT	HEARD
N	E	S	M	D	R	I	E	O	E	T	H	W	L	V	RECEIVED	KNOW
S	N	U	G	C	S	S	L	R	W	E	E	T	E	E	REWARD	LOVE
D	R	A	E	H	I	O	V	S	E	O	R	L	A	R	RIGHTEOUS	NEEDY
T	O	S	R	R	E	C	E	I	V	E	D	G	D	F	SECRET	PRAY
															STREETS	RISE
															TRUMPETS	SENDS
															TRUTH	SONS
															PERSECUTE	
															COLLECTORS	

After you find all the hidden words the left over letters spell out a Bible verse reading from the top left to the bottom right

MORE PUZZLES AT: <http://biblewordgames.com> COPYRIGHT 2015 ALL RIGHTS RESERVED

Solution to Bible Incomplete:

For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad. II Corinthians 5:10