

Compliments of your
Faith Community Nurse
Sherry McIntyre RN, FCN

Health Blessings

MIND, BODY AND SPIRIT



DESIGNER WATERS

There are many designer waters on the market but are they worth the money? Some are fruit-flavored and packed with sugar which you don't need in your diet. Some claim to have vitamins or electrolyte supplements, but most are negligible. If concerned about getting the proper vitamins or supplements, you would be better off eating fruits and vegetables. Bottled water has its place if the local water tastes bad or if you are uncertain of its quality, but it is better to save your money and stick to natural water and a healthy diet.

ELDERLY ARE AT RISK

**“The Lord will guide you continually, giving you water when you are dry and restoring your strength.”
Isaiah 58:11**

The elderly have a high risk for dehydration since the aging process decreases their sense of thirst. They live alone, eat poorly and either forget to drink or have no desire for fluid refreshment. As bodily functions change and chronic conditions like diabetes and kidney disease develop, their ability to conserve water also changes. One side effect of dehydration can be confusion due to changes in fluid volume and chemical imbalances.

THIS ISSUE:

Water _____ p.1
Designer Waters p.1
Elderly at Risk p.1

Parenting Through the
Eyes of Grandparents
_____ p.2
Body Mind & Soul
_____ p.2
BIBLE QUIZ p..2

WATER, WATER EVERYWHERE

“As the deer longs for streams of water, so I long for you, O God. I thirst for God the living God.” Psalms 42:1

How much water did you drink today? Yesterday? When the heat index gets above 100 degrees, you should increase the amount of water you are drinking. Normally you should drink 8-eight ounce glasses of water every day. Water is essential to your health. Your body is made up of 96% water and to keep all systems functioning optimally. It is important to maintain that %. For example, drinking water prevents symptoms such as fatigue, dry skin, headaches and constipation. Severe dehydration can affect blood pressure, circulation, digestion, kidney function and even joints.

In hot weather, you can lose fluids at a rate of a quart or more per hour so drinking water is important to replace what is lost through perspiration, urination, breathing, and other body processes. If you must be in the heat, drinking water will prevent cramping, nausea, and exhaustion. If you exercise, drink a glass of water about 20 minutes before the activity and at least a half glass every 15-20 minutes during the activity. Fruits are 80-95 % water which makes them another source of fluid replacement. Dehydration is often signaled first by hunger or fatigue rather than by thirst, so don't wait to drink your water. **In the same way, don't forget to thirst after God. Our physical need is equal to our spiritual need.**

Source: www.mayoclinic.com



Parenting Through the Eyes of Grandparents

If you had to raise your children over again, what would you do differently?

- I'd build self-esteem first, and the house later.
- I'd finger-paint more, and point the finger less.
- I would do less correcting and more connecting.
- I'd take my eyes off my watch, and watch with my eyes.
- I would care to know less and know to care more.
- I'd take more hikes and fly more kites.
- I'd stop playing serious, and seriously play.
- I would run through more fields and gaze at more stars.
- I'd do more hugging and less tugging.
- I'd see the oak tree in the acorn more often.
- I would be firm less often, and affirm much more.
- I'd model less about the love of power, and more about the power of LOVE!

Anonymous

When it comes to greeting-extending the sign of peace to others those who are not feeling well or even concerned about catching something, should simply nod their head, smile and extend a verbal greeting, or touch the person on the arm instead. Be mindful if someone greets you in this manner they are not being rude, but rather looking out for the welfare of others!

Bible Incomplete: Fill in the missing letters to complete the passage.

F_r_e_u_t_l_a_p_a_b_f_r_t_e_u_g_e_t_e_t_f_h_i_t;_h_t_v_r_o_e_a_
r_c_i_e_h_t_i_g_d_n_i_h_s_o_y,_c_o_d_n_t_t_a_h_h_t_d_n_,w_e_h_r_t_e
_o_d_r_a_.

BODY, MIND, & SOUL

“If you destroy a bridge, be sure you can swim.” ----African proverb

“Write injuries in sand, kindness in marble.” ----French proverb

“You’ve got to do your own growing, no matter how tall your grandfather was.”----Irish Proverb

“Fall seven times. Get up eight.”----Asian Proverb

“Gratitude is the heart’s memory.”----French Proverb

“Be happy while your living, for you’re a long time dead.”----Scottish Proverb

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