

Center for Health

Newsletter

YOUR PATH TO WELL-BEING

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SPOTLIGHT

Sustainability

What does sustainability mean to you?

By its definition, it means to harvest resources so they are not depleted or permanently damaged. This can be applied to the environment, our money, our family, ourselves. To do our part, we can all adopt a more sustainable way of living that positively impacts these areas. Similar to incorporating the five dimensions of well-being, where making small changes in one area of our life can result in better overall well-being, taking small steps to live sustainably can add up to bigger results for us and the Earth. And the effects are compounded when more people participate. This issue gives practical ideas that you can use to be more sustainable—for the environment and yourself.

The Center for Health focuses on improving five dimensions of well-being—physical, emotional, spiritual, social and financial—for clergy and laity of The United Methodist Church (UMC) and their families. Among the Center for Health's offerings are: interactive website, well-being programs, trends and research, educational opportunities and the UMC Health Ministry Network (UMCHMN) and related resources.

Celebrate Creation

“ Let the clean air blow the cobwebs from your body. Air is medicine. ”

—LILLIAN RUSSELL (1862-1922), quoted in *Reader's Digest*, March 1922

Spring often brings a sense of renewal. Snow melts, flowers bloom, birds return north and warm air and sunshine breathe renewal. These signs of rebirth can serve as reminders that our planet is amazing, and caring for it is our responsibility.

Make a point to celebrate creation on:

Earth Day—April 22: Earth Day was established in 1970 to encourage laws and regulations that protect our environment. It led to the creation of the Environmental Protection Agency.

World Environment Day—June 5: This day is set aside as a chance to reconnect with and celebrate nature. Since 1974, with the support of the United Nations, this day has grown into a global platform for public outreach celebrated in over 100 countries.

How you celebrate is up to you. You can do something for the environment in your neighborhood, town or state; as a group or on your own. The most important thing is to do something good for the earth—and then do it again!

For more Earth Day resources visit umcdiscipleship.org/resources/earth-day-Sunday-resources.





ASK A PROFESSIONAL

Anita Green

Wespath Investment Management Sustainable Investment Strategies

Sustainable Investment

At Wespath, sustainability is at the forefront of our investment principles.

The *Book of Discipline* instructs us to “make a conscious effort to invest in institutions, companies, corporations, or funds with policies and practices that are socially responsible, consistent with the goals outlined in the *Social Principles*.” ¶17

We apply this approach to our participants’ pension funds, but further, we engage with the boards and management of public companies to promote the environmental, corporate and governance issues we believe are important. For example, Wespath approached Walmart in 2008 about the state-sponsored use of child labor to harvest cotton in Uzbekistan. Walmart subsequently directed its suppliers to stop using cotton sourced in Uzbekistan.

We believe our efforts will positively influence corporate financial performance, which in turn supports the long-term sustainability of the funds we manage on behalf of our participants and institutional investors. We also believe it demonstrates how we can be stewards of the many things God has entrusted to our care.

Follow Wespath’s sustainable investing stories on Twitter and Facebook at [#SISInvest](#).



PERSONAL SUCCESS STORY

Connection Was Key to My Weight Loss Success

At a conference meeting, my friend Andy challenged me to get healthy with him by connecting on the MyFitness Pal app. Andy had about 20 pounds to lose. I, on the other hand, was pushing 500 pounds and my health was suffering. I required frequent doctor visits for my Type 2 Diabetes, I was on several medications and was at a point where my weight was affecting my ability to minister.

I downloaded the app, enjoyed connecting with my friend, and by being accountable to checking in every day and tracking my food, lost 80 pounds. To add in exercise, I started riding a bicycle. I average about 5 rides a week; 15 to 30 minutes each ride. The combined efforts increased my weight loss to 170 pounds!

“This works for me. Everyone has to find their own plan. It’s so worth it.”

Pastor John M. Cross
Riverton First UMC

My doctor was encouraging about my progress. Every time I went to see him he would ask about the program and give me an “atta boy” for improving my health measures. I even introduced him to the app. Then one day it happened. I reached the point where I no longer needed several medications as my Type 2 Diabetes was in remission.

The app makes it easy to track my food. It calculates the calories of food I prepare and can even find the nutrients of popular restaurant items. I’ve learned a lot about my body, my triggers, my motivations and my inspirations. One thing I learned is that connection is key to my success. Sharing this journey is what has kept me engaged and motivated. I thrive on seeing others encouraged by my success, and I thrive on their successes as well.

On days when I lose motivation, I can see a comment from a friend on the app and be inspired, or see their progress and share inspiration in return. To encourage others, what I tell people is, “Everyone has to find their own plan. It’s so worth it.”



ASK A NURSE

Jo Sanders, BSN, RN

Faith Community Nurse, Illinois Great Rivers Conference Member

Get “Healthy For Good!”

The food we choose on a daily basis is an important part of our health and well-being. And the choices are many. Every time we turn around there is a new food, recipe or diet to try.

But you do not have to “go on a diet” to change your eating habits. Making a few small changes that you can stick with, can add up to a change in your way of life.

One easy change is to eat more color. According to the **American Heart Association**, there are five food color groups: red/pink, blue/purple, yellow/orange, white/brown and green.

Eat foods from as many of the five color groups as you can each day. This can be obvious in fruits and vegetables, but if you pay attention you’ll find the contrast in other healthy foods such as lean proteins, whole grains, beans and legumes, nuts and seeds, low fat dairy and healthy fats. These foods contain fiber, vitamins, minerals and other nutrients that give us vitality and that can prevent heart disease, diabetes, cancer and other illnesses.

The American Heart Association offers these tips:

- Shop your local farmers market to find a rainbow of fruits and veggies
- Add a little color to every meal and snack
- Start small and add more color as time goes by
- Eat healthier one plate at a time

Learn more about the American Heart Association’s “Healthy for Good” movement at healthyforgood.heart.org.



Easy Healthy Recipe

ZUCCHINI, POMEGRANATE AVOCADO SALSA

INGREDIENTS

- 2 zucchini, diced
- 1 tablespoon olive oil
- 1 teaspoon minced tarragon
- ¼ teaspoon salt
- ½ teaspoon pepper
- ¼ cup red onion, diced
- 1 avocado, diced
- ½ cup pomegranate seeds
- Juice of half a lime
- 1 tablespoon chopped jalapeño (optional)

DIRECTIONS

Preheat oven to 425 degrees. Toss zucchini with oil, oregano and a sprinkle of salt. Spread zucchini in a single layer on a rimmed baking sheet. Roast, tossing once, until tender and golden brown, about 15 minutes. Cool completely. Combine with remaining ingredients and stir gently. Refrigerate 30 minutes (up to 2 hours). (Makes: 5 servings)

NUTRITION (PER SERVING)

Calories:	114.4	
Total Fat:	8.2 g	(Saturated Fat: 1.1 g; Polyunsaturated Fat: 0.9 g; Monounsaturated Fat: 5.4 g)
Cholesterol:	0.0 mg	Sodium: 355.6 mg
Potassium:	514.2 mg	Protein: 1.6 g
Total Carbohydrates:	10.8 g	
(Dietary Fiber: 4.2 g; Sugars: 4.5 g)		

WELL-BEING TIPS FOR LEADERS

Volunteering Can Be Mutually Beneficial

Volunteering can be as beneficial to the person doing it as the people being served. It can be a stress reliever, a resiliency builder, a skill enhancer and even career developer. For example, someone could become an experienced crisis counselor while volunteering for a women’s shelter. Following are some more ways volunteering can help your well-being:

COUNTERACT THE EFFECTS OF STRESS

Helping others can counteract the effects of stress, anger and anxiety.

COMBAT DEPRESSION

Regular contact with others can help combat depression.

IMPROVE PHYSICAL WELL-BEING

A study of senior volunteers* shows that volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure and have better thinking skills.

ENHANCE SKILLS

- Teamwork
 - Communication
 - Problem solving
 - Project planning
 - Task management
 - Organization
- These are all skills that can be honed.

“When it comes to volunteering, an open mind, a willing spirit and a positive attitude are the only requirements.”

*Harvard Health Publications

Sustainable Well-Being

Taking steps to improve personal well-being and being kind to the earth often go hand in hand. Many actions that are earth-friendly are also good for you.



Ride a bike—Bike riding strengthens your heart, lungs, muscles and brain. It also conserves resources and saves you money.

Buy locally-sourced food—Food comes from all over the world, exposing us to all sorts of wonderful choices. But purchasing locally-sourced

items cuts down on fuel usage that is used for shipping. It also supports the local supplier and economy, can be fresher, taste better and be packed with vitamins and other nutrients that could be lost in transit.

Observe meatless Monday (or another day of the week) – Beef, chicken, pork and other meats provide protein and other nutrients that you can also get from many vegetables, whole grains, beans and lentils. Meat production uses a lot of natural resources such as water while producing methane gasses which can harm the environment. By going meatless one day of the week, you can help the environment and save money.

Grow plants in your home—Plants use carbon dioxide to grow and release oxygen which we need to live. Many plants can help in other ways. For example, scents from chamomile and lavender can aid sleep. You don't need to spend a lot of money on plants either. Talk to a friend with a green thumb – they may be able to start some plants for you.

Drink water and use a refillable glass—Sodas and other processed drinks contain chemicals and are housed in plastic bottles. While you can recycle many plastics, they are not biodegradable. Over half of our body is made up of water, drinking plenty of it every day is good for us—use your refillable glass and save resources, including money.

Take the stairs—Taking the stairs builds a stronger heart and leg muscles, it also saves on electricity. It might just save you some time too.

For more information on ways to recycle, environmental friendly cleaning supplies, water use, saving fuel while driving and more go to epa.gov/environmental-topics/greener-living.

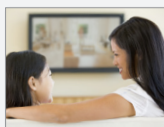
Print and Share Bulletins

See this issue's bulletins for great resources to share with your congregations. Print and stuff in weekly worship booklets or other church newsletters, use as a small group handout or forward to church groups you think could benefit from the well-being topic. We support you in your efforts to create a more vital church.

BULLETIN #1:
Celebrate Earth Day



BULLETIN #2:
Screen Time Guidelines



Resources

The Center for Health offers a host of resources at wespath.org/center-for-health/



CFH articles related to each of the five dimensions of well-being



Congregational resources including **UMC Health Ministry Network**



Financial Well-Being—Wespath selection of articles about retirement, financial planning, family events and other topics



Newsletters and Bulletins



Healthy You...Healthy UMC brochure



Well-Being Toolkits

External Resources



Environmental Protection Agency—Greener Living Tips



Centers for Disease Control and Prevention—Healthy Living resources



Five Dimensions of Well-Being

Let Us Know

If you have questions or comments, please contact us anytime at: wellnessteam@wespath.org

The journey to well-being lasts a lifetime.

Sometimes the path is smooth and other times, there are bumps in the road and work to be done to restore balance. With patience, persistence and support from the Center for Health—you can do it!

Disclaimer

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