



April, 2017



## It's the Month of Easter! Rejoice!

Happy Easter! He is risen! He is risen indeed! Hallelujah!

What is your favorite Lenten hymn? Mine is *Were You There?* I love the verses so simply written that detail the passion of Christ with the last verse culminating in His rising from the dead. Recently I heard an instrumental version of this song. We were encouraged to use the hymnal to follow the verses, but I knew them by heart. The middle of the song was cacophony reaching a crescendo which suddenly became an all-glorious sound befitting the remembrance of Jesus' resurrection from the dead. It was a WOW experience! I hope you have that WOW experience this season as you feel the full impact of Jesus being alive and with us. Hallelujah! He is risen!



## Walking Works Wonders

Walking may be the simplest and cheapest form of exercise, but it surely packs a wallop of health benefits. For myself my arthritis has really kicked in lately. I have the spirit to want to walk, but the pain in my back, feet, and legs say differently. But I'm inspired when I read articles that talk about how good walking is for you, and I keep trying.

The following was taken from *Better Health*, Fall 2016, Vol. 32, No. 3. I want to share it with you to hopefully inspire you to take care of yourself by walking.

"Brain Health – Cambridge researchers found that walking 20 minutes, three times each week, could drastically reduce the risk of developing Alzheimer's.

Bone Health – *The Nurses’ Health Study* followed thousands of post-menopausal women for decades and found that those who walked for at least four hours a week were 40% less likely to suffer hip fractures than those who walked less. Bones are strengthened by the impact of gravity that is produced when walking, running, or engaging in sports that include leg-to-surface impact. Swimming and cycling don’t produce those same results.

Blood Health – A study in the journal *Diabetes Care* found that three, 10-minute walks each day after meals were as effective at reducing blood sugar over a 24-hour period as a single 45-minute walk. Likewise, researchers from Arizona State University found that taking three, 10-minute walks each day can reduce your systolic blood pressure throughout the day, into the evening, and even into the next day.

Bed Health – A study in the journal *Sleep* found that postmenopausal women who exercised for at least 3 hours a week had an easier time falling asleep on a regular basis than women who exercised less often.

Boost-Your-Mood Health – Researchers at the University of Michigan found that taking walks decreased depression and lowered perceived stress.



## **Just Move!**

Recently a doctor told me it doesn’t have to be a particular kind of movement, just move! I liked that. I’m such a rule follower that if a book said to walk 20 minutes a day, then that is what I should be doing (whether or not I could). But this doctor said something very important to make me feel that I could do movement. Any movement is good for you! Yea! That means that if I sweep or mop the floor, make the beds, walk down to the basement to get a jar of green beans, or pick up sticks outside, I am moving muscles and using energy. I am valuing the care of my body even when I don’t think about it. That’s important to include in your health regimen.

What about counting steps? I have a Fitbit that counts the steps I take throughout the day. I lost interest when I realized that I couldn’t come anywhere near the 10,000 steps I should take. However, I recently read, “. . .track your daily step totals for a week and then the following week, try to increase the amount by an average of 500-1,000 more steps per day.” Truthfully, I think, for me, I would increase my steps less than suggested. . .perhaps 250 steps per day. Tailor your exercise plan to what fits your challenging schedule and set goals that work for you.





## Recipe Corner



**The Healthiest Veggies You're Probably Not Eating** written by Sally Kuzemchak, R.D., appeared in the March, 2013, issue of *Ladies' Home Journal*. Recent studies show that eating more produce may boost your emotional health. Six veggies were listed: beets, mushrooms, eggplant, cauliflower, Brussels sprouts, and Swiss chard. They are rich in antioxidants called flavonoids which have been shown to reduce your risk of cancer and heart disease and are high in vitamin C. All of the above-mentioned veggies (except the mushrooms) have high antioxidant content. This is so important for preventing heart disease and cancer-causing cellular damage.

Believe it or not, mushrooms contain vitamin D which keeps your bones strong and may protect you from disease such as diabetes and cancer. Mushrooms actually make vitamin D when exposed to sunlight (just like humans). Some packages are even labeled "high in vitamin D" because of the UV light used to treat them to produce almost a day's worth of vitamin D. Amazing, isn't it? A good way to use them is to chop them into small pieces and sauté. Add them to your ground beef to lighten up burgers, casseroles, or meatloaf.

Here is a recipe that has almost as much vitamin C as oranges. . . **Faux Mashed Potatoes.**

- 1 large head cauliflower, chopped into florets and steamed
- 2 TB low-fat milk
- ¼ cup low-fat sour cream
- 2 oz reduced fat cheddar cheese
- ½ tsp salt
- ¼ ground black pepper

Add all the ingredients in a blender and press "sauces" (or the equivalent). Then serve. Makes 5 servings (¾ cup) with 90 calories per serving. . . fat 4 g; sodium 340 mg; carbohydrates 9 g; fiber 4 g; sugar 5 g; protein 7 g.



## Meditation Corner

*And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed ([Mark 1:35](#)).*

Life with a care receiver can be overwhelming! After time spent diapering, feeding, overseeing medications, and sleeping when the loved one sleeps, I still need to go to work, clean house, make meals, and spend time with my husband. With only twenty-four hours in a day, I find that my priorities needed to be re-evaluated.

There is no question Jesus had plenty to do, but He gives us a great example of putting first things first. One day Jesus spent until well after sundown healing people in Capernaum, yet He rose early the next morning and went alone to a place to pray privately to his heavenly Father.

Although Jesus was busy doing good things for deserving people, He never lost focus on His highest priority: accomplishing His Father's will to save the lost. But in order to do that, Jesus needed to spend time in prayer.

Even though, as a caregiver, you may find yourself much busier now than you were before, please make it your priority each day to spend quiet time with God.

*Loving Savior, forgive me when I have been too busy to spend quiet time with You. Help me re-evaluate my priorities so You are first in my life. In Your blessed name I pray, Amen.*

