

Health & Wellness Newsletter



Mental Health **The Bathtub Test**

During a visit to the mental asylum, a visitor asked the Director what the criterion was which defined whether or not a patient should be institutionalized.

“Well,” said the Director, “we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub.”

“Oh, I understand,” said the visitor. “A normal person would use the bucket because it’s bigger than the spoon or the teacup.

“No.” said the Director, “A normal person would pull the plug. Do you want a bed near the window?”



Physical Health

The Best Athletic Shoes for Your Workout

The sneakers you select can make a huge difference in how you perform your fitness activity, while the wrong athletic shoes can hurt your feet and even cause injury to other parts of your body.

Athletic Shoes Tailored to Your Activity

Consider what type of exercise you’ll be doing. The exercise will help determine which athletic shoes offer the best features for your needs.

Running. Look for running shoes that provide plenty of cushioning, traction, and stability. They should also be lightweight and flexible.

Walking. Walking shoes should offer a comfortable cushion that absorbs shock, and a sole designed to support the natural walking movement of the foot.

Court shoes. Find a shoe with a sturdy, stable sole that can support your feet during constant back-and-forth movement.

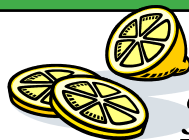
A quick tip to check a shoe’s stability before you buy: Bend the shoe, holding it at both ends. It should bend naturally behind where the ball of the foot would be. There are ways to make sure your shoes will fit well when you’re in the middle of a hard workout:

Shop in the afternoon. If you try on athletic shoes toward the end of the day your feet are more swollen.

Shop in socks. When you look for athletic shoes, wear the socks that you use during a workout. You want to make sure the shoes fit properly with your athletic socks.

Go large in the toes. Make sure that your shoes have about half an inch of wiggle room between the end of the shoe and your longest toe.

Snug fit in the heel. New athletic shoes shouldn’t slip on your heels, but they shouldn’t be too snug in the toes, either. Make sure that the ball of your foot fits easily in the widest part of the athletic shoe.



Healthy Dessert Recipe

Apple Cake with Hot Coconut Brown Sugar Topping

Ingredients

3/4 cup(s) sugar, granulated

1/2 cup(s) yogurt, nonfat, vanilla

1/4 cup(s) oil, cooking

1 egg(s)

1 1/2 teaspoon cinnamon, ground, divided

1 teaspoon vanilla extract

1/2 teaspoon baking powder

1/4 teaspoon salt

1/4 teaspoon baking soda

1/4 teaspoon ginger, ground

1/4 teaspoon nutmeg, ground

1 1/4 cup(s) flour, all-purpose

1 pounds apple(s), Granny Smith, cored and coarsely chopped (3 cups)

1 cup(s) coconut, flaked

3 tablespoon butter

3 tablespoon sugar, brown (packed)

2 tablespoon milk, fat-free

Preparation

1. Preheat oven to 325°F. Line two 8x4x2-inch loaf pans with foil; coat foil with nonstick cooking spray. Set aside.

2. In a large bowl, stir together granulated sugar, yogurt, oil, egg, the 1 teaspoon cinnamon, the vanilla, baking powder, salt, baking soda, ginger, and nutmeg. Stir in flour just until combined. Fold in apples (batter will be very thick and chunky).

3. Spoon batter into prepared pans; spread evenly. Bake about 45 minutes or until a toothpick inserted near centers comes out clean and tops are browned.

4. Meanwhile, in a small saucepan, combine coconut, butter, brown sugar, milk, and the 1/2 teaspoon cinnamon. Cook and stir over low heat until the butter is melted. Preheat broiler after removing cakes from oven. Gently spread coconut mixture evenly over tops of cakes. Broil 4 inches from heat for 2 to 3 minutes or until topping is bubbly and lightly browned.

5. Cool cakes in pans on wire racks for 45 minutes. Use foil to lift cakes from pans; remove foil. Serve warm.



Quote of the Week

Old age takes away from us what we have inherited and gives us what we have earned.

- Gerald Brenan



Spiritual Health

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.

Amen. Reinhold Niebuhr



Emotional Health

Is Your Child a Victim of Bullying?

According to a study by the National Institutes of Health, many children in grades 6 through 10 have either bullied classmates or been bullied by them, sometimes online or through cell phones. The study revealed that 53.6% were victims of verbal bullying, 51.4% of relational bullying, and 13.6% of “cyber-bullying on a computer, cell phone, or other electronic device.

It's important to keep an eye out for signs that indicate your child may be the victim of school bullying:

1. Reluctance to go to school
2. Efforts to avoid going to school
3. Depression
4. Repeated loss of possessions or money
5. Evidence of a scuffle
6. Loss of self-esteem
7. Anxiety

How to Address School Bullying

Bullying is a complex situation because it involves not just the victim and the bully but all the bystanders who inadvertently support the bullying. Many schools now have programs that address the whole bullying dynamic. The best way to help your child cope with school bullying is to work on the following skills:

Assertiveness. The Substance Abuse and Mental Health Services Administration (SAMSHA) says teaching your children assertiveness means teaching them:

1. How to tell when someone is being aggressive, bossy, or violent
2. That it is okay to say “no”
3. To trust their feelings about a situation
4. To be direct in requests and responses
5. Not give up space or toys if they don't want to
6. How to speak politely to each other and to adults

Conflict resolution. This might include learning how to:

1. Compromise.
2. Figure out a fair solution to a problem
3. Ignore teasing or other efforts to pick a fight
4. Talk about feelings or needs in a positive way



Joke of the Week

One of my husband's duties as a novice drill instructor at Fort Jackson, S.C., was to escort new recruits to the mess hall. After everyone had made it through the chow line, he sat them down and told them, “There are three rules in this mess hall: Shut up! Eat up! Get up!” Checking to see that he had everyone's attention, he asked, “What is the first rule?” Much to the amusement of the other instructors, 60 privates yelled in unison, “Shut up, Drill Sergeant!”