

Iowa District West

Human Care

MARCH 2009

“A Wellness Journey ...taken with small steps” (from CHP “Better Health”)

So you made that New Year’s resolution, saying how you’re going to work at getting healthier. But now with time ticking away, how are you doing? The U.S. Dept. of Health & Human Services says that getting started down that wellness road begins by taking small steps. Try incorporating a few of these simple tips into your daily routine to make yours a healthier lifestyle:

- Use fat-free skim milk instead of whole or 2% milk.
- Eat smaller portions of dessert.
- Take a walk after a meal instead of a nap.
- Skip the “all you can eat” buffets.
- Choose whole grain food products for bread, pasta, rice, etc.
- Grill, steam, or bake instead of frying.
- Exercise while watching T.V.
- Wash your car by hand, shovel a little snow.
- Don’t drive when/where you can bike or walk.
- Put exercise appointments on your schedule.
- Play with your children every day.
- Don’t skip breakfast.
- Top your favorite cereal with fruit.
- Choose fruits for dessert.
- Don’t go grocery shopping when you’re hungry.
- Flavor foods with herbs, spices, and other low-fat seasonings.
- Stop eating when you are satisfied, instead of full.
- Ask for salad dressing “on the side.”
- Keep a regular eating schedule.
- Eat at a table, not in front of the television.
- If you smoke, try to quit. If you don’t, then don’t start.
- Use alcohol in moderation!

Can you add a few more to this list? Changing routines and habits is not easy to do, but can offer you some tremendous benefits. When trying to make a lifestyle change, choose one or two things at a time. Keep the new habit in place for several weeks to make it part of your lifestyle before making additional changes. God bless your Wellness Journey!

Guard Yourself from Identity Theft (Federal Trade Commission)

Did you know that approximately 9 million Americans have their identities stolen each year? Here are a few ways in which you can safeguard your identity.

Destroy expired credit cards. Don’t give out your password /personal identification number. Stand directly in front of the ATM when entering your PIN. Don’t write your PIN, SS #, or credit card account number on checks, or on your ATM or debit card. Tear up/shred pre-approved credit card offers, receipts, and other information linking your name to your account numbers. Don’t provide personal information over the phone unless you initiate the call. Cancel each credit card, ATM, debit card if you lose your purse/wallet. Don’t respond to any unsolicited e-mail asking for personal information.



Building Healthy Families (Lutheran Family Service of Iowa)

“The difference between the ‘right word’ and the ‘almost right word’ is the difference between lightning and a lightning bug” (Mark Twain).

During an important conversation with your spouse, take time to think about what you want to say before you say it. There are a hundred ways to say the same thing—some ways build relationship and other ways tear relationships apart. Choosing the right words can make all the difference.

How? Try these helps:

- Focus on the positives instead of on the negatives.
- Be kind, not cruel.
- Say helpful words instead of hurtful words.
- Show God’s love, even when you don’t want to show your love.
- Practice forgiveness.

If you or someone you know has domestic issues, special concerns, or might be interested in international adoption, please invite them to call. Lutheran Family Service of Iowa has offices that serve Iowa District West, located in Des Moines, Fort Dodge, and Sioux City. To contact them for help in times of need, call their toll free number: 800-622-7285



For your questions or comments, contact:

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“A Life Quote” (Rev. James Lamb, Exec. Dir.—Lutherans For Life)

George Washington... the “father” of our country...gives us a little quote with a lot of substance.

“It should be the highest ambition of every American to extend his views beyond himself, and to bear in mind that his conduct will not only affect himself, his country, and his immedi-

ate posterity; but that its influence may be co-extensive with the world, and stamp political happiness or misery on ages yet unborn.”

For more quotes, go to www.lutheransforlife.org.

A Prayer for you at Your Table

Dear Lord, we ask You to bless this family with a warm place by the fire when the world is cold; a light in the window when the way is dark; a welcoming smile when the road is long; a haven of love when the day is done.

Come, Lord Jesus, be our Guest. Let these gifts to us be blest.

Oh give thanks to the LORD. For HE is good and His mercy endures forever. Amen.

