

Wellness Newsletter



March 2024

Journey To Wellness

A Message From Mike:

Thank you all so much for your warm welcome to the Messiah Lifeways® family! I am so excited to be back and look forward to taking the Wellness Program to new heights—seeing what the future holds for us.

If I haven't had the opportunity to meet you yet, I look forward to doing so! Please don't hesitate to reach out to the Wellness team at any time for support or inquiries. I am actively revising the current class schedule. Stay tuned for new and exciting updates!

The journey to wellness varies from person-to-person and the concept of wellness takes on a different meaning to us all. This journey and meaning are impacted by your individual aspirations, current health settings, limitations, preferences, and lifestyle. The secret is to start with baby steps, and never feel like it's too late to start. You've got this!

Active aging encompasses the outlook that all of us can live as

purposefully as possible within all pillars of whole-person wellness. You can embrace this holistic approach through the eight dimensions of wellness:

1. Physical
2. Emotional
3. Intellectual (mental)
4. Vocational
5. Social
6. Spiritual
7. Environmental
8. Financial

Each of these eight facets play a vital role in our health and fitness. Neglecting any of these areas can have a ripple effect in our health.

Our exciting wellness offerings, campus events, and classes nurture each aspect of wellness and health. Whether it's a private session or group class to improve physical or mental wellness, spiritual health, or a community gathering to enhance social bonds, we have you covered!

Team Member Update

Shelly Baldwin has made the decision to resign from her part-time position as Wellness Specialist, effective March 11. While we are sad to see Shelly

leave, we are excited about the opportunities this change will bring for her. We are also pleased to share that Shelly will remain in her contractor position, which means she will continue to offer her current chair yoga and barre classes for members.

Colon Cancer Awareness Month

Unfortunately, colorectal (colon) cancer has one of the highest mortality rates for those over the age of 50. However, thanks to recent research and modern medicine, we continue to find more effective treatments. With frequent, yearly screenings, colon cancer can be found in its earliest stages, making treatment more successful, and lowering the mortality rates to more than 90%.

The greatest determinants of colon cancer are genetics, nutrition, and most notably, exercise. Studies have found that older adults who participate in moderate exercise (any physical activity that maintains a steady heart rate of 90-120 range) for at least 150 minutes a week are shown to have their likelihood of developing colon cancer, and other cancers decreased by 25%. Exercise is natural medicine!

Join the Wellness team in this fight against colon cancer by wearing dark blue every Friday in the month of March to raise awareness of this scary, but very preventable disease!

Fit Forever Wellness Seminar Series: March 22

Thank you so much to everyone who came to Shelly's presentation on the importance of breath work to our health. It was nothing short of a success!

The next seminar in our Fit Forever Series, **Mindset and Intent: The Path to Wellness**, has been rescheduled for Friday, March 22 at 2:00 pm in the Hostetter Enrichment Center.

No RSVP is required. We hope to see you there!

Hearty Vegetable Stew



This healthy stew offers a cozy meal option during the colder winter months.

Ingredients:

1 tablespoon olive oil
1 large yellow onion, diced
4 stalks celery, diced
5 medium cloves garlic, minced

6 medium carrots, cut into ¼ inch rounds
4 small or 3 medium russet potatoes, diced with skin on (you can also use a half sweet potato)
8 ounces button mushrooms, trimmed and quartered
3, 14.5-ounce cans of your preferred beans, rinsed and drained
6 ounces baby spinach
2 quarts low-salt vegetable stock (or water)
3 bay leaves
1 tablespoon + 1 teaspoon Celtic or pink sea salt, adjust to taste
Freshly cracked black pepper, adjust to taste
Pinch of crushed red pepper flakes, optional for heat
1 teaspoon ground cumin
1 teaspoon paprika

Instructions:

Cut and place potatoes in a small bowl, and cover with cold water.

Heat a large soup pot over medium-high heat. Add olive oil, onion, garlic, carrot, celery, and bay leaf. Cook over medium heat, stirring occasionally for 5-7 minutes until vegetables are soft and translucent.

Drain potatoes and add to the soup pot along with 1 tablespoon of salt.

Add freshly cracked black pepper, optional crushed red pepper, cumin, and paprika. Cook for 3-4 minutes, stirring.

Add stock, or water, and bring to a boil. Add in quartered mushrooms and bring back to a boil.

Cover, reduce heat to a simmer, and cook for 25-30 minutes or until vegetables are tender, stirring occasionally.

Add in baby spinach, cooked beans, remaining 1 teaspoon of salt, and more freshly cracked black pepper, as needed. Taste and slowly adjust seasonings, as needed. Cook uncovered for an additional 4 minutes. Remove bay leaves and enjoy!

Pool Deck Mats

You may have noticed that mats have been added to the pool deck. Due to our current litigation process surrounding the pool deck installation, these mats have been added to ensure everyone's safety until we are able to explore replacement of the deck.

Open Office Hours

Wellness office hours held during the following times:

- Monday through Friday | 10:00 - 11:00 am
- Wednesday | 2:30 - 3:30 pm

We ask that members save inquiries/support needs for these dates and times. All other needs should be addressed via email to wellness@messiahlifeways.org.

Mike Hertzler

Wellness Manager

wellness@messiahlifeways.org