



## THE POWER OF POSITIVE THINKING

It may sound cliché to hear that positive thinking leads to better physical health, but studies have shown that a person's mental health can influence their physical health. Being an optimist may help reduce the risk of developing many serious diseases such as cardiovascular disease. Researchers have linked negative thoughts to a weakened immune system and have stood by the claim that the mind and body are indeed linked.

### TIPS TO IMPROVE OPTIMISM

- **BE POSITIVE** – Life presents many challenges and frustrations. It's up to you to find ways to improve your life and enhance your overall well-being.
- **EXERCISE** – Reduces stress, depression and anxiety. It can also give you a sense of "accomplishment".
- **EAT WELL** – Healthy eating will improve the way you feel.
- **GET PLENTY OF REST** – Sleep refreshes you and improves your attitude. It gives you the energy for physical activity and coping with stress.
- **REDUCE STRESS** – Stress will always be a part of our lives. Identify the areas of your life that cause the most stress. Change what you can and leave the stress behind.
- **DETOXIFY YOUR MIND** – Practice forgiveness for **yourself** and others. Don't hold onto old grudges.
- **LISTEN TO YOURSELF** – Focus on what you say to others. Are your conversations uplifting? Surround yourself with positive people.

### Add Pep with Peppers

Bell peppers are crunchy and nutritious. They make a great snack, brighten up a salad, and add vitamins and minerals to your diet. Green peppers have twice as much Vitamin C by weight as citrus fruits and red peppers have three times as much.

## National Wear Red Day February 1, 2008

A day when Americans nationwide will wear red to show their support for women's heart disease awareness. This observance promotes the Red Dress symbol and provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt, or tie, or Red Dress Pin. The Wellness Department encourages all Elim Park residents and staff to wear red.



## February is Heart Month

Cardiovascular disease remains the most common cause of death in the United States, even though mortality rates are declining. An estimated 38,200,000 adults 60 years and older have cardiovascular disease. Take care of your heart and lower your risk of heart disease by eating well, incorporating physical activity into your day, and visiting your doctor regularly.

## SAVE THE DATE

Wellness Center Presentation  
Wednesday, February 27th  
2:30 pm in the Chapel  
Hear the details of the new  
Wellness Center and ask questions!

**Chaplain's Chat**  
with  
Pastor Glenn Havumaki, Chaplain

I have always been humored by the story of the husband and wife who died within a few days of one another. The wife went first and then the husband died and met his wife in heaven. Heaven was more than he expected and after a few days there he went to his wife and said, "Honey, I'm really disturbed with you! You were a good wife and tried your best to keep us healthy by making sure that we had all that bran and oatmeal and fiber, and all that other stuff you said was good for us. You surely kept the cholesterol in check and kept us very healthy. I thought we'd never die. But now that we are dead and found heaven to be such a great place...Ohhh...If you had not done all that we could have arrived here a whole lot sooner!" Well, I don't think that any of us will leave this earth any sooner or later than God has planned. It is also my belief that God wants us to live a full and meaningful life, as well as a spiritually healthy life, until that time. We receive that gift of "life" by the grace of God. And then our call is to "grow in the grace and knowledge of our Lord and Savior Jesus Christ" (2 Peter 5:17).

In preparation for preaching today (1/20/08), I learned from Matthew Henry's Commentary that the pagans in Biblical times used the term "grace" to signify divine or regal beneficence: something good done by a god or king for those who could not do for themselves. I contrasted God's grace as going far beyond any pagan notion of help or deliverance from physical calamity. The grace of God, expressed through His love in Jesus Christ, doesn't just change outward circumstances—it is inner change. Not just deliverance here and now—but for eternity. If it is well with the soul, that wellness will affect us outwardly as well. Accepting or resisting that grace gift of salvation through Jesus Christ affects our

daily life here as well as eternal life—and that's forever. John DeBrine, radio host of **Sounds of the Past and Present** heard on WIHS (104.9FM) on Fridays at 11:30AM often says, "Grow in Grace or Groan in Disgrace!" To keep well spiritually, and that is part of wellness here at Elim Park, you need to "grow in grace." In order to do that you need "a growing faith" and the best way to accomplish that is to be guided by the Word of God (Bible) for Romans 10:17 says: "Faith comes by hearing and hearing by the Word of God." How to accomplish this???? Get some 'spiritual food' that will better prepare you for heaven than oatmeal, bran or fiber from the following buffet...just a few of the many selections available.

1. Christian Radio Station WIHS (104.9FM) – 24 hours a day.
2. Bible Study here at EPP: See the monthly calendar.
3. Morning Devotions (Monday – Saturday) on TV 8 beginning sometime between 8:55 and 9:05AM.
4. Log on to <http://www.heartlight.org/> for Verse of Today.
5. Log on to [www.middletonbiblechurch.org](http://www.middletonbiblechurch.org) and take a Bible Correspondence Course, or call (860) 346-0907 to sign up for a course through the mail.
6. Chapel Worship on Sunday at 10:30AM (also TV 8)

Consider this young boys understanding of "Bible"—  
**Basic Information Before Leaving Earth**

### Vitamin D and Heart Disease

Vitamin D helps the body absorb calcium, which is why it is frequently recommended along with calcium to promote bone health. The main source of vitamin D is the sun but it is also available in foods, including dairy foods, fish and fortified cereals. One recent study expands vitamin D's role by linking it to prevention of heart disease.

Results of physical examinations on 1,739 people, average age 59, showed that people whose vitamin D levels were at or below half the recommended level had twice the risk of a cardiovascular event in the next five years compared to those with higher levels of vitamin D. After adjusting for traditional cardiovascular risk factors such as high cholesterol, diabetes and high blood pressure, there remained a 62% higher risk of a cardiovascular event in participants with low levels of vitamin D compared to those with higher levels.



**Don't forget to  
wear RED!!!**