

BETTER HEALTH

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Tell us what you think about 'Better Health'

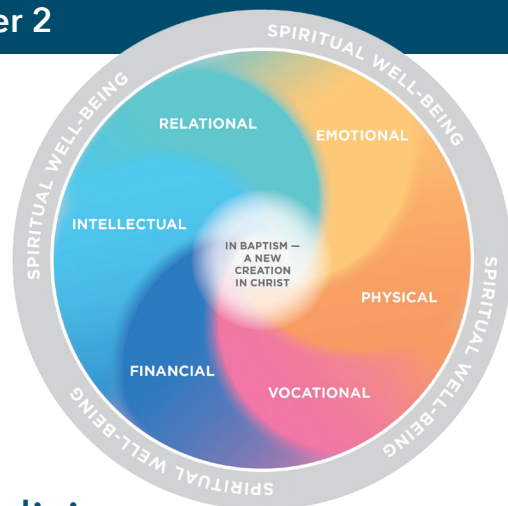
Everything we do is so you can be physically, emotionally and financially well to serve well. This includes the wellness info we share with you via "Better Health." To make sure we're giving you relatable, valuable content, we want to hear what you think about this newsletter.

Scan the QR code or visit ConcordiaPlans.org/BetterHealthFeedback to let us know.



LCMS Wellness Wheel

The Wellness Wheel illustrates our multi-faceted well-being, with Baptism in Christ at the core and spiritual wellness encompassing all aspects. Each facet reflects God's order and His promise to bear fruit in our lives.



Fresh flavors for healthy living



CRUNCHY CHICKPEAS TOPPING

4 portions

20g carbs | 7g protien | 6g fat

- | | | |
|---------------------------------|------------------------|-------------------------|
| 1 can chickpeas | 1 Tb. dried thyme | 1 Tb. sesame seeds |
| To taste extra virgin olive oil | 1 Tb. ground cumin | 1 Tb. lemon zest |
| 1 tsp. salt | 1 Tb. ground coriander | 1/4 tsp. smoked paprika |

INSTRUCTIONS

Preheat the oven to 400° F.
 Drain, rinse and dry chickpeas, then add to a food processor and pulse until they become a large breadcrumb consistency.
 Drizzle in olive oil and gently mix with a spatula or spoon to evenly coat the chickpeas. Season with the remaining ingredients and gently mix again.
 Evenly spread the chickpeas on a baking sheet and bake for 25 min. or until golden and crispy.



Recipe compliments of:
 Morgan Cook, Concordia Plans Office Manager



SCRIPTURE:

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul."
- 3 John 1:2

CHRISTIAN CONTEMPORARY MUSIC (CCM):

"Sunday Is Coming" by Phil Wickham

HYMN:

"I Know That My Redeemer Lives"
(Lutheran Service Book 461)



Be a wise healthcare consumer

Becoming a wise healthcare consumer is more than being able to access web sites, read pamphlets and follow prescribed health-seeking behaviors. You also must actively engage in the decision-making process by asking questions of your healthcare providers.

- Is this covered by my insurance?
- Do I have time to shop for in-network providers?
- Can you explain how these areas of my health connect?
- What resources can you refer me to that support your recommendation?
- What are the side effects of this medication? Is there a generic available?

Also, invite a friend or family member to accompany you, or at the very least, bring pen and paper with you.

Taking the time to ask questions, plan (if able) and shop around can not only lead to cost savings for you and your employer/health plan, but ultimately better quality of care and health outcomes for you and your family. **Make sure you:**

- Prioritize PREVENTION (annual physical screenings, like cancer, cholesterol and blood sugar, etc.).
- Establish honest and open communication with your primary care provider.
- Utilize in-network, out-patient facilities for recommended procedures (e.g., mammogram, colonoscopy, imaging, lab work, etc.) rather than the hospital.
- When able, request a second opinion or a more in-depth conversation about recommended high-cost medications, surgeries or procedures.

Source: www.who.int; www.nih.gov

'Portion distortion' ... what does that mean?

Supersized portions are seen as a value: getting more food for less money. However, people tend to eat more when given larger portions, otherwise referred to as "portion distortion," putting their health at risk.

The rise of portion distortion in the United States stems from supersized convenience foods such as fast-food restaurant meals and packaged foods.



BLUEBERRY MUFFINS - BY THE NUMBERS

1980s
about 1.5 oz.
200 CALORIES



2020s
about 4 oz.
500 CALORIES

Habitually overindulging means you're eating past fullness and ignoring your body's signaling mechanisms that indicate whether you're hungry or full. Frequently or habitually overriding these cues may lead to unwanted weight gain and health problems in the long run. Listen to your body's fullness and hunger cues by allowing yourself the time to eat more mindfully and tune in to your body's messaging. It's also important to pay attention to how often you eat higher- and lower-nutrient foods.



To keep portions realistic, check the label, choose foods that promote fullness, eat mindfully and avoid size upgrades at restaurants. Visual aids – either approximations or measurements – may help as you gain a better sense of serving sizes. God created us with perfect portion size guides attached: **OUR HANDS!**

Paying closer attention to what you eat is an intuitive eating practice that can help you learn to recognize hunger and fullness cues.



Source: <https://www.healthline.com/nutrition/portion-distortion>

Transform your home for spring

Across time – all over the world – cleaning and starting fresh has become synonymous with spring.



Coming out of cold and flu season is generally a time of warmer weather, when windows can be opened to “air out” our homes. So, change out your air filters, too! Following the “20-minute Rule” may keep the tasks from feeling overwhelming: clean for 20-minutes. Then, take a 10-minute break. REPEAT. Take on one area or task at a time.

- Make a plan
- Declutter
- Start small
- Focus on maintenance-oriented items first
(e.g., appliances, carpets, air ducts, etc.)

Also, ask yourself: What may spring cleaning look like for your social media accounts?

Source: Lifehacker.com; Better Homes and Gardens

Cultivate good mental fitness

Mental fitness is your ability to use flexible coping skills to manage adversity so that you can THRIVE – allowing you to better manage challenges in life.

Along with daily prayers and quiet time with God, try these strategies to boost mental fitness:

Gratitude

A daily gratitude practice, like journaling or counting blessings in prayer, fosters positivity.

Brain Exercises

Play games, do crosswords or try memory-training activities to keep your mind sharp.

Mindfulness

Deep breathing or focused thinking helps restore inner calm.

Regular exercise, healthy eating and quality sleep also play key roles. The key is consistency – focus on one area at a time and seek support when needed.

Source: <https://www.lcmchealth.org/university-medical-center-new-orleans/blog/2023/april/why-mental-fitness-is-important-for-your-overall/>

Mobility: It's a balancing act

Mobility is the foundation for living a healthy and independent life, as well as comprises all the skills required for everyday living: physical stamina, strength, balance, coordination and range of motion. Older adults especially need balance exercises to help prevent falls. The risk of falling goes up after age 65.



Exercises can help you feel stable and secure, so you keep moving safely and independently.

THESE SIMPLE MOVES INTO YOUR DAY WILL SUPPORT YOUR BALANCE GOALS:

- **Stand on one foot.** Do this while you're brushing your teeth or washing the dishes. Use a table or counter to support yourself, if needed. Start with 2-5 seconds on each leg and progress as able.
- **Stand up from a seated position without using your hands.** Be sure to scoot close to the edge of the seat and drive up from your heels. Repeat 2-5 times, increasing as able.
- **Walk heel-to-toe.** Look straight ahead, being mindful of posture. Use a wall, railing or counter for support, if needed. Start with 5-10 steps, increasing as able.

Research has shown that stretching can help improve flexibility, and, as a result, the range of motion of your joints.

BETTER FLEXIBILITY MAY:

- Improve your performance in physical activities.
- Decrease your risk of injuries.
- Help your joints move through their full range of motion.
- Enable your muscles to work most effectively.
- Improve your ability to do daily activities.



It's important to focus on both active and passive stretches.



Editor's Pulse: PROUD MOM MOMENT

I hope you don't mind if I use this space to share a proud mom moment with you and some personal reflection.

Our middle-school son recently co-led one of the Fellowship of Christian Athletes sessions after school. He was very nervous, as he's never had the opportunity to speak to a group. That evening, we received an email from the FCA teacher-sponsor, expressing her gratitude and praise for his willingness to step out of his comfort zone and speak in front of 50+ of his peers. She specifically called out that she can always count on him to lead by example.

As you can imagine, this made my mom heart smile quite big. This joy overflowed as God continued to recall examples of positive influence and leadership exhibited by all my kids at different stages of life: leading by example, choosing not to gossip, showing compassion and mercy to a peer who wasn't always kind to them ... and the list goes on.

Are they perfect? Of course not. Are we perfect parents? 100%, NO. But GOD is! And we're still growing and learning by the spirit of His perfect love. As parents our job is never done. In many ways it is a thankless vocation. But it's so worth it, even if only for the little moments like the one I've shared.

There are many vocations that can feel heavy or thankless often. And the truth is we NEVER STOP SERVING. We are always influencing someone – positive or negative.

Our service always counts and is always valuable to someone at some point. Whether we know it or not. Whether they know it or not. The point is to be available and obedient, right? To allow God to work through us. For His glory.

I don't want my kids to rely solely on my husband and me. I pray they continue to shine God's light into this dark and broken world, following Jesus' example and teachings. I'm so thankful for the gift of being their mom and the opportunity to model a relationship with Jesus and watch them grow in theirs.



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Phone: 314-885-6845 or 888-927-7526
Email: Kelly.Menke@ConcordiaPlans.org