



Health Ministry Newsletter

JUNE 2015

Cultivating Life: Through Health, Healing and Wholeness

Mission Statement...

The mission statement of the Health Ministry of St. Therese of Lisieux is to assist our local faith community in their efforts to enable members of the congregation to live full, abundant, and healthy lives balanced among body, mind and spirit

Parish Nurses:

Sue Verellen –

586-566-8716

webmail4suev@comcast.net

Gerri Gehle –

586-254-4433 ext. 306

gerri.g@StThereseParish.ws

Grief Ministry:

Marilyn White-Kylmala

586-850-5925 mwkylmala@gmail.com

Pastor: Fr. Larry Zurawski



***St. Therese of
Lisieux Health
Ministry
celebrates 20
years of ministry!***



Fr. Larry with Mary Alice Best, Kat Fraylick, Karen Walters and Joyce Foster at our 2014 Christmas party.



Sue Verellen, parish nurse, who started this wonderful ministry back in 1995!

We would like to thank all of our volunteers past and present who have helped us throughout the years.

~~ Recipe of the Month ~~

Submitted by Carrie Dekoski

Penne with Shrimp

- 1c. penne pasta, cooked***
- 1 T. olive oil***
- 2 c. asparagus (approximately 3/4 lb), cut into 1" pieces***
- 1/2c. onion***
- 1 tsp minced garlic***
- 1/2 tsp. dried oregano***
- 1/4 tsp. crushed red pepper***
- 1-14.5oz can diced tomatoes and basil, garlic, and oregano, undrained***
- 1/2 lb. cooked shrimp, thawed***
- 1/4c. Parmesan cheese***

Heat oil in large skillet, add asparagus, onion, garlic; saute for 5 minutes.

Add oregano, red pepper, tomatoes, and shrimp; cook over medium-low heat for 5 minutes.

Stir in pasta, then serve in bowls with Parmesan cheese sprinkled on top.

Hearing Loop System

St. Therese of Lisieux church and social hall has an **induction hearing loop system** which enables anyone with hearing aids or cochlear implants equipped with a manual telecoil to hear much more clearly during Mass and other events. Most new hearing aids and all cochlear implants have this telecoil, also called a t-coil or telephone switch which is also used for increased clarity when making telephone calls.

No special equipment, earphones or receivers are needed. Just manually turn on the telecoil and any sounds coming through the microphones used in the sanctuary will be transmitted directly into your ears more clearly.

Medical Lending Closet



The Health Ministry maintains a medical lending closet available to all those in the community. We have wheelchairs, canes, walkers, bedside commodes, shower chairs, crutches, tub transfer chairs, toilet risers and other equipment. We also have disposable protective pads for the bed, disposable adult diapers, protein supplement, and other medical supplies. There is no charge for any of this equipment or supplies, and you can borrow the medical equipment for as long as you need it. Call the church office to make sure we have what you need before you stop by to pick it up. If we don't have what you need, let us know and we will place an article in the church bulletin requesting it.

Senior Fun Fest

*Macomb County's Largest
Senior Expo!*

June 12th, 2015

9 AM – 1PM

*Gibraltar Trade Center,
Mt. Clemens.*

- *Community
Resources*
- *Health Screenings*
- *Wellness Activities*
- *Entertainment*
- *Games, Prizes, and
more!*

*Proudly Hosted by: Macomb
County Community Services
Agency*

St. Therese of Lisieux

Blood Drive

Wednesday, July 1st

Starts at 12 noon.



**American
Red Cross**

**Call the Parish Office, 586-
254-4433, to make an
appointment today! Sign up on
line at:**

www.redcrossblood.org

(Sponsor code: sttherese)

Thank you!

Who Wants To Exercise?

You might be losing interest in physical activity because you're not seeing quick results from your efforts. There are no magic pills for becoming more fit. Here are three ideas for burning more calories and strengthening muscles faster:

1. **Switch:** Interval training works like this: Instead of walking for 10 minutes at your usual pace, start by walking at your normal exercise pace for the first two minutes, then increase your speed for the next two minutes, followed by two minutes of your usual pace, and so on.
2. **Squat:** You'll strengthen more muscles at one time by doing squats. This type of exercise works the major muscles in your lower body. Make sure your form is correct. Your feet should be at shoulder-width and back straight, and bend your knees as you lower your bottom. Your knees should not move out over your ankles.
3. **Decrease calories and increase intensity:** Include higher calorie-burning exercises in your activities to boost speedy results.



One bagel=270 cal.+cream cheese=50 cal. GRAND total=320 cal.~needs 40 minutes of moderate rowing to burn these calories.



One turkey sandwich with cheese, lettuce, tomato, & mayo=520

cal.~Needs 60 minutes of cycling at 12 mph.



One hamburger ¼ lb. on a bun=450cal.~needs 2 hours and 10 minutes of housework.



One cola 12-oz.=190 cal. ~needs 20 minutes of running at 5 mph. One bag of potato chips 1-oz. =145 cal. ~needs 20 minutes of moderate aerobic dance.



One piece of German chocolate cake=400 cal.~needs 80 minutes of walking at a brisk pace.

Replacing as little as two minutes of sitting each hour with gentle walking has shown to lower risks of premature death by about 33 percent, compared with people who sat almost nonstop. Strolling instead of sitting increases the number of calories that someone burns, potentially contributing to weight loss and other metabolic changes, which then affect mortality risk.

Psalm 37:23. "The steps of a good man are ordered by the Lord: and he delighteth in his way."

For more information on the health topics mentioned in this article visit the HealthyWomen.org.

Fitness:

www.healthywomen.org/ages-and-stages/healthy-living/fitness

Diet and Fitness Health Center:

www.healthywomen.org/condition/stress

RESOURCES

Low-Cost Counseling Services Available in Macomb County

Catholic Charities of Southeast Michigan (CCSEM) has opened a graduate practitioner clinic in Clinton Township with appointments now available for children, adolescents, adults, and seniors, as well as families and couples seeking counseling for depression, anxiety, substance abuse, grief and loss, relationship issues, behavior problems, and other personal challenges. These confidential services are available to all on a sliding fee scale based on ability to pay. CCSEM's graduate practitioners are master's level advanced year students in social work, counseling, and psychology programs serving under the direct clinical supervision of a licensed master's level social worker and a licensed psychologist. To learn more, call 586-416-2300

The Diabetic Foot

Presented by Dr. Anthony Giordano

Thursday, June 11th @ 12 noon

Location: Social Hall

All are welcome!



**Call the Parish Office @
586-254-4433 to register**

Regular Scheduled Events

St. Therese Health Ministry meets the **second Tuesday** of the month at **7:00 PM**. Next meeting is **September 8th** in the Resource Room. **All parishioners are welcome to join!**

BP Screening:

June 21/22 after all Masses. Location: Resource Room.



Exercise Classes at St. Therese



Strength and Stretch Class: Every Monday, Wednesday and Friday at 9:15 AM

Christian Yoga: Tuesday at 9AM

Chair Christian Yoga Tuesday at 10.30 AM

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