

A Healthy Comm - Unity is a Viable Comm - Unity

Thank You Therapy

by Susan Corrado
Community
Parish Nurse



A recent article in the 'Body and Soul Magazine', caught my eye. It talked about research that has found that the regular practice of gratitude can have a tremendous impact on our health.

One study showed that people who were assigned a task of writing five things they were grateful for each week, for nine weeks, had fewer symptoms of physical illnesses, exercised more, were more likely to offer emotional support to others and felt happier compared to others in the study that had different tasks to complete.

Naming our gifts does not always come easily and many people have lives where there seems like there would be little to be grateful for. Developing gratitude takes conscious effort, sometimes it means looking at things differently, a shift in what we focus on in our lives, accepting that life isn't perfect but there is usually some goodness that can be found. Gratitude takes a kind of deep courage. Developing gratitude also takes practice.

The article went on to suggest ways to boost your gratitude practice.

1. Focus on your senses to become more aware of enjoyable things that come simply through your sense of smell, sight, taste, touch or hearing.

2. Pick three people you like, and observe for one week watching for actions and gestures that you appreciate about them, then try it on strangers.

3. Before you eat think about the blessings that are a part of the food- the people who worked hard to grow, harvest or prepare the food to get it to your table, the energy and health it will bring you, the taste and enjoyment it brings.

4. Flip your complaints by thinking about one thing that you are learning from the problem.

5. Write about things that cause you to be grateful on Post-it notes and stick them up on a wall, or write them in a journal.

I have often wondered why some people seem to have a positive outlook on life and usually see the glass as half full while others seem always to be negative and see the glass as half empty.

It doesn't seem related to how difficult a person's life is as I have known many people who have many struggles and see the glass as half full while others who have everything but see the glass as half empty. Studies show that having a hopeful attitude fights off depression.

This idea of developing a gratitude practice is perhaps key in developing a hopeful attitude. The mind-body connection is very important, and so whatever we can do to improve our mental health, will impact our overall health.

Thank you...

Susan Corrado is the Parish Community Nurse, and can be reached at the Wellness Center at 274-7006.

Allied Wellness Center

The Allied Wellness Center is all about encouraging people to make healthy choices and to live life in all its fullness. Wellness means taking care of your mind, body and spirit. Life doesn't always make it easy to do this, but with information, caring support, access to resources and valuing health; wellness can be yours. There are a number of programs and activities that happen routinely at the Wellness Center, participate and take advantage of what's available:

Alcohol and Drug Program: Allied Area Partnership Toward Recovery is a neighborhood program for anyone who struggles with alcohol or drug abuse. Offering respectful, confidential, support and encouragement no matter what stage of use you are in. Individualized counseling available, call to schedule an appointment. Also, every Friday from 6-7:00pm there will be a guest sharing their story of change at the Wellness Center/JFF site, light supper and door prize provided.

Nurse: Available Tuesdays and Wednesdays 8a.m.-4:30p.m. and Fridays 8a.m.-12 noon to do health assessments, emotional support, health education, information and referrals and help problem solve what prevents you from maintaining your health.

Doctor Is In: A doctor is here 1st Wednesday, 2nd Friday (speaks Spanish), 3rd & 4th Tuesday of each month, 10am-12noon. Free physician consultation, and assessment.

AIDS Network: Every Thursday, 1:00 p.m.-4:00 p.m., HIV testing, education and counseling.

Badger Care Sign Up: Does your family need health insurance? Come talk to Michael every Tuesday and Thursday morning 8:30-12 noon to see if you are eligible to sign up.

Special Events :

Flu Clinic:

Tuesday November 11 from 1-3 pm at the Wellness Center. Highly recommended for seniors, pregnant women and people with chronic health issues. Bring your insurance information.

Healthy Lifestyles:

Thursday November 20 from 2-4 pm at the Wellness Center. Come learn new things about what it takes to stay healthy.

HIV / AIDS Awareness and Prevention:

Monday December 1, from 2-4 pm. In recognition of World AIDS Day, there will be an informational door-door knock about HIV prevention in the Allied neighborhood.

Book Club:

If you are interested in joining for our next book please call Susan at 274-7006

Community Meal: There will be NO community meal in November.

Mobile Food Pantry: Saturday, November 22, 11 am to 12 noon inside the Boys and Girls Club, Jenewein Rd. Volunteers should arrive by 9:30.

Call Susan Corrado for questions about the Wellness Center and programs, 274 -7006 or stop in at 2225 Allied Drive #2

November is
American Diabetes Month
www.diabetes.org

Know the warning signs of diabetes:

Urinating often
Being very thirsty
Being very hungry
Being more tired than usual
Unusual weight loss
Blurry vision
If you have any of these symptoms please see your doctor as soon as possible.

CheckUp America!

Know your risk factors for diabetes and heart disease

now to live a longer, happier life.

Obesity
Glucose
Blood Pressure
Cholesterol



Public Health
MADISON & DANE COUNTY

Thomas L. Schlenker, MD, MPH, Director

Healthy people and places

Northport Office
1202 Northport Drive
Madison, WI 53704

608 266-4821
608 242-6242 fax
www.publichealthmdc.com



Free Breast and Cervical Cancer Screening Available

Need your yearly mammogram or cervical cancer screening? No health insurance, high deductible, or your insurance does not cover mammograms? Wisconsin Well Woman Program, in collaboration with Susan G. Komen for the Cure, provides free health screenings to age and income eligible women. This is an ongoing program that has been in Wisconsin since 1994. Over 25 medical clinics in Dane County participate.

There is a 1 in 8 chance that a woman will be diagnosed with breast cancer in her lifetime. All women are at risk for breast cancer, not just those with a family history. The good news is that breast cancer is treatable. Finding breast cancer early gives a woman a much greater chance of full recovery.

This is an opportunity for ALL women to have access to an annual check up. Enrollment is quick and is completed over the phone. For more information call today! Contact Kari - (608) 242-6392 at Public Health - Madison & Dane County.