



# Prairie Faith Parish Nurse Ministry News—September 2020

Body

Mind

Spirit

This spring, one of the health topics discussed during the **Walk Kansas** program was “**Blue Zones**”. To be honest, it was the first time I’d heard about Blue Zones, although the study was completed several years ago. These original Blue Zones are the five places in the world where people consistently live to be over **100 years old**. The more I read, the more interested I became about the Blue Zone approach to healthy lifestyle choices associated with not only a longer lifespan, but living a life with **fewer medical problems!**

Beginning with the findings from a prior study, entitled The Danish Twin Study, which determined that approximately **20% of how long the average person lives is comes from our genes, and 80% comes from our lifestyle choices**, Dan Buettner and his research team worked with National Geographic and the National Institute on Aging. Through their research, five communities were identified in which **people reach age 100 at a rate 10 times greater than the average in the U.S.**: Loma Linda, California; Nicoya, Costa Rica; Sardinia, Italy; Ikaria, Greece; and Okinawa, Japan. Here were the commonalities:

## ♥ MOVE NATURALLY:

→ The world’s longest-lived people don’t pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They get exercise through their daily work, grow gardens, and don’t have mechanical conveniences for house or yard work.

## ♥ RIGHT OUTLOOK

→ **Know your purpose.** Find purpose in work, family, church, volunteer opportunities, and other dimensions of everyday life.

→ **Downshift.** Everyone experiences a varying amount of stress; chronic stress can lead to an increase in inflammation, which is associated with every major age-related disease. For example, the Adventists pray, and they rest from their work on their 24-hour Sabbath from sundown Friday to sundown Saturday, when they worship and focus on God, family and fellowship. The other communities have their own ways to de-stress.

## ♥ EAT WISELY

→ **The 80% Rule**—meaning stop eating before you feel full. People in the Blue Zones eat their smallest meal in the late afternoon/early evening, and don’t eat any more until breakfast. Drink plenty of water.

→ **Plant Slant**— Adventists value a well-balanced diet including nuts, vegetables, fruits, whole grains, legumes, a moderate meat intake, and they avoid sugar, excess salt, and refined grains. A healthy diet is correlated with a lower risk for cancer and cardiovascular disease--high blood pressure and heart attacks.

→ **Wine at 5.** Adventists do not drink alcohol; the other Blue Zone communities consume alcohol (particularly a dry, red wine) in moderation with friends and with the evening meal.

## ♥ CONNECT

→ **Belong.** The feeling of belonging may come from a faith group, friends, family, neighborhoods, or work.

→ **Loved Ones First.** This includes keeping aging relatives nearby or in the home, committing to a life partner, and caring for their children with time and love.

→ **Right Tribe.** The world’s longest-lived people chose—or were born into—social circles that support healthy behaviors. Unhealthy choices like smoking, obesity, unhappiness, and even loneliness are contagious; likewise, the social networks of long-lived people have favorably shaped their health behaviors. People find well-being by sharing each other’s values and supporting each other’s habits.



Information in and of itself isn’t very helpful unless it is used! Over the past few years, a number of communities, workplaces, and programs have implemented the Blue Zone approach, positively impacting around 3.4 million lives across over 50 different communities across North America.

On the Blue Zones website, an individual is able to take a short quiz to determine their current life expectancy as well as their potential life expectancy, pinpointing what changes for each person will help them live a healthier, longer life. **Contact me if you would like support to implement some of these changes into your own life—we can all work together to make the most of the gift of life that God has given us!** 😊

(Source of information: [www.bluezones.com](http://www.bluezones.com) Author/researcher: Dan Buettner)



When we say to people, "I will pray for you," we make a very important commitment. The sad thing is that this remark often remains nothing but a well-meant expression of concern. But when we learn to descend with our mind into our heart, then all those who have become part of our lives are led into the healing presence of God & touched by him in the center of our being. We are speaking here about a mystery for which words are inadequate. It is the mystery that the heart, which is the center of our being, is transformed

by God into his own heart, a heart large enough to embrace the entire universe. Through prayer we can carry in our heart all human pain and sorrow, all conflicts and agonies, all torture and war, all hunger, loneliness, & misery, not because of some great psychological or emotional capacity, but because God's heart has become one with ours.

*Unless the Lord had given me help, I would soon have dwelt in the silence of death. When I said, "My foot is slipping," your love, O Lord, supported me. When anxiety was great within me, your consolation brought joy to my soul. Psalm 94:17-19 (NIV)*

Source: *You Are the Beloved* by Henri Nouwen

## Simply Produce

**Golden Prairie Extension District** and **Malay's Market** are co-sponsoring a new program promoting healthy nutrition while supporting our local economy, called **Simply Produce**. Participants will order a 15-pound produce basket at Malay's Market for only \$15.00 plus tax (that's about half the retail price!) and will receive it on the third Tuesday of each month by picking it up at the V.F.W. in WaKeeney. Arrangements can be made for home delivery for those unable to drive. If you think 15 pounds of produce is too much for you to eat before it spoils, call a friend to share a basket with you!



The first ordering date runs **September 2 through September 11**, with pick-up on **September 15 from noon to 1:00 p.m.** This program is open to everyone, it is not income-based, and participants do not need to be a Trego County resident. Contact Taylor Ziegelmeier at Golden Prairie Extension District at 785-671-3245 or by email at [taylorlz@ksu.edu](mailto:taylorlz@ksu.edu) for more information or if you are interested in helping divide up the produce to make the baskets or provide home deliveries. To order a produce basket, stop by Malay's Market in WaKeeney or call 785-743-2031.



Our Father, each day is a little life, each night a tiny death; help us to live with faith and hope and love. Lift our duty above drudgery; let not our strength fail, or the vision fade, in the heat and burden of the day. O God, make us patient and pitiful one with another in the fret and jar of life, remembering that each fights a hard fight and walks a lonely way.

Forgive us, O Lord, if we hurt our fellow souls; teach us a gentler tone, a sweeter charity of words, and a more healing touch. Sustain us, O God, when we must face sorrow; give us courage for the day and hope for the morrow. Day unto day may we lay hold of Thy hand and look up into Thy face, whatever befall, until our work is finished and the day is done. In His name we pray, Amen

*Prayer of Joseph Fort Newton (1876-1950) (Source: For All the Saints-A Prayer Book for and By the Church)*

Feel free to call or email me to: schedule a confidential appointment to discuss your health/wellness questions, schedule transportation to a medical/dental/counseling appointment if you need a ride, request a prayer shawl for someone in the community going through a difficult time, locate community health resources, request other parish nurse work, or discuss your ideas for the health ministry! 😊

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785-743-2005 (leave message, please)