

# The Wellness Weekly

“Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind”; and,  
‘Love your neighbor as yourself.’” Luke 10:27

June 2, 2017

## What is the Longest Day?

The Longest Day is a day of emphasis and action, observed Wednesday, June 21st this year. We as a campus will be helping raise awareness about the battle against dementia and Alzheimer's, both within our Community and beyond. Those diagnosed with a form of dementia, as well as their caregivers and their families face a challenging road ahead. In order to support them, you can:

- Wear purple on Mondays between now and June 21st, in solidarity with our friends, neighbors, and family members battling Alzheimer's and other forms of dementia.
- Participate in a NuStep Relay by “riding” a NuStep machine for at least 10 minutes on June 21st, either in the Wellness Center or on Residential 3.
- **Attend a memory-friendly concert at 2:00pm in the Community Center on June 21st.**
- Join our team! For more info about joining our team (use promo code “nustep”), or if you wish to donate money, visit <http://act.alz.org/goto/FUMC>.



## Hydration

As the weather warms up a little, it is a good time for a reminder about drinking water. This information is from Family Circle magazine (June 2017), perhaps not exactly a health authority, but some tips worth considering. Here are Lisa Mulcahy's “7 Reasons to Drink More Water”:

1. One study found that increased water intake for five days correlated with a greater sense of calm and satisfaction with life for the study's participants.
2. Drinking 16 ounces of water after you accidentally cut yourself can help with healing the wound by improving circulation in your skin.
3. Dehydration was linked to increased stroke risk and slower stroke recovery in a Johns Hopkins Hospital study.
4. The American College of Sports Medicine reports that drinking water before, during, and after exercise can help prevent heat stroke and muscle cramps.
5. Some dehydration-related headaches will go away in 30 minutes if treat them by drinking 1 to 6 cups of water.
6. Dehydration impairs functioning: A British study suggests that proper hydration can reduce your risk of driving mistakes.
7. Drinking a moderate amount of water can keep your faculties sharp and avoid some of the short-term memory, poor attention, slow reaction times, and similar problems caused by mild dehydration.

## Volunteering as Wellness

Volunteer work, social interaction, movement, and having purpose are important aspects of Wellness. If you have an interest in leading a weekly Wellness Class—perhaps a favorite fitness activity of yours—please contact Jeremy as he considers your suggestions and options for the coming months. Also, if you would be willing to help fill in and “substitute” teach or lead a class during the last week of June or the first week of July, please let Jeremy know.

*Questions about Wellness happenings?*

**Contact Jeremy at extension 1196 or email**

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