

Bits and Pieces



<http://www.smallstep.gov/>

This site offers adults and teens fun, interactive and helpful information on physical activity and healthy eating. The pages include:

- Tip of the day
- Get the facts
- Eat better
- Get active

There is also a downloadable guide for parents on helping their child grow up healthy. www.smallstep.gov/pdf/helpyourchildgrowup-healthyandstrong.pdf

Developmental Disabilities Resource Guide

An updated Resource Guide for Clergy, Laypersons, Families, and Service Providers is available from the BoggsCenter. It includes sections on congregational ministry and outreach, such as worship, religious education, awareness videos, along with respite care, community building, person-centered planning, coping with grief, and much more.

http://rwjms.umdj.edu/departments_institutes/boggscenter/products/documents/DimensionsofFaith2009.pdf



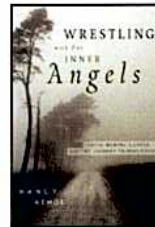
Faster Better for Older

A French study has found that seniors who walk slowly are three times more likely to die from cardiovascular disease than are fast walkers. The study which followed 3,208 men and women 65 to 85 for five years did not find any difference in risk between women and men, younger and older seniors and those with low or usual physical activity levels. The study was published online Nov. 10, 2009 in BMJ.

Faith and Mental Illness

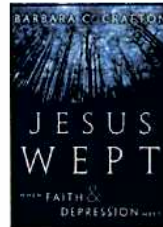
Three authors offer insights in the connection between faith and mental illness.

Wrestling with Our Inner Angels: Faith, Mental Illness and the Journey to Wholeness by Nancy Kehoe,



Jossey-Bass (San Francisco), provides personal examples of how healing requires both psychological and spiritual ministry, especially for those struggling with the dual challenge of mental illness and guilt.

Jesus Wept: When Faith and Depression Meet by Barbara Crafton, Jossey-Bass (San Francisco, 2009)



shares the author's personal experience as well as those of her parishioners in dealing with depression. It gives a clear description of depression, suggests a path toward healing and shows the role faith plays in the process. "At first I did not know I was depressed. I thought I was religious," the author writes. In addition to feeling tired and

overworked, the Episcopal priest author confesses to a "doomed desire to please everyone." As a result of her experience, she realized that true depression cannot be healed by prayer or willpower alone. Proper medication and/or counseling are also necessary.



A Spirituality for Brokenness: Discovering Your Deepest Self in Difficult Times by Terry Taylor, Skylight Paths

(Woodstock, VT) the author after experiencing "brokenness" at mid-life, offers spiritual practices for persons of all religions in dealing with inner division, conflict and helplessness. Taylor is the executive director of International Paths for Peace, an organization that focuses on interfaith dialogue.

Hope Less, Move On

For chronically ill patients, giving up the hope that they will get better may actually lead to more happiness. Acceptance of their illness may actually help people move on, according to a study in the November, 2009 *Health Psychology*.

New Emails Addresses

Please note that everyone in our office now has new email addresses.

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Also, check out our webpage, at: www.npsm.org