



C E N T R A

## CONGREGATIONAL HEALTH MINISTRY

Toolkit  
January, 2008

**Please Note:** This is the sixth consecutive month of mailing a tool kit package to each faith community partner. In an effort to be a good steward of our resources, I would like to minimize the mailings. This will be the **last** paper mailing of a tool kit **unless** you request one by February 8, 2008. The tool kits will continue to be developed and available on line. Email notification will be sent when the tool kit is published. If you want to try the online version, go to:  
<http://clergy.centrahealth.com/WebPages/conghlth.aspx>. If you are certain about wanting to continue to receive a paper copy, please call Ruth Syre at 200-4041 or email at:  
[ruth.syre@centrahealth.com](mailto:ruth.syre@centrahealth.com).

### NEW YEAR'S RESOLUTIONS DO SOMETHING GREAT IN 2008

Please consider using the attached materials for education and information for members of your faith community. The month of January is traditionally filled with resolutions for behaviors we wish to change. The beginning of a new year is a logical time to think about things that we are able to change. Here are some resources that may prove to be helpful:

#### Do Something Great for your Mind

- Pay off debt  
<http://www.ftc.gov/bcp/online/pubs/credit/kneedeep.shtm>
- Learn something new  
[http://adulthood.about.com/cs/selfstudy/a/lrng\\_resolution.htm](http://adulthood.about.com/cs/selfstudy/a/lrng_resolution.htm)
- Get a better education  
[http://www.usa.gov/Citizen/Topics/Education\\_Training/Education/Higher.shtml](http://www.usa.gov/Citizen/Topics/Education_Training/Education/Higher.shtml)

#### Do Something Great for your Body

- Make resolutions that work  
<http://www.imt.net/~randolfi/resolutions/#1.%20Identify%20and%20Specify%20>

#### Behavior

- Stop smoking  
<http://www.smokefree.gov/>
- Lose weight  
<http://www.pueblo.gsa.gov/cfocus/cfweight02/focus.htm>

#### Do Something Great for your Spirit

- Reduce stress  
<http://www.nlm.nih.gov/medlineplus/stress.html>
- Volunteer  
<http://nonprofit.about.com/od/volunteers/a/flexiblevol.htm>
- Spend more time with family and friends  
[http://genealogy.about.com/od/family\\_connections/](http://genealogy.about.com/od/family_connections/)

General information:

<http://www.womenshealth.gov/news/english/600330.htm>

<http://healthyminds.org/resolutions.cfm>

The materials are intended to be used in a newsletter, bulletin, and/or handout format.

If you would like materials to create a display for a bulletin board, you may access a power point on the Congregational Health web site at:

<http://clergy.centrahealth.com/WebPages/conghlth.aspx>

It is labeled The power point may be printed out, and pieces cut and pasted to suit a display on a bulletin board or other area. Let your creativity flow. Keep it simple!

If you have any questions, contact Ruth Syre at 200-4041, or [ruth.syre@centrahealth.com](mailto:ruth.syre@centrahealth.com)