

Effectiveness

The Whole Health Approach!

*Feel Your Best and Be Your Best While
Leading and Serving Others.*

AND

*How to incorporate Wellness into your
Volunteer Program*



LIFE PLUS

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- **Format:** Abstract

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See 1 citation found by title matching your search:

[Soc Sci Med](#). 2008 Jun;66(11):2321-34. doi: 10.1016/j.socscimed.2008.01.011. Epub 2008 Mar 5.

Doing well by doing good.

The relationship between formal volunteering and self-reported health and happiness.

[Borgonovi F](#)¹.

[Author information](#)

Abstract

In this paper, we examine whether engaging in voluntary work leads to greater well-being, as measured by self-reported health and happiness. Drawing on data from the USA, our estimates suggest that people who volunteer report better health and greater happiness than people who do not, a relationship that is not driven by socio-economic differences between volunteers and non-volunteers. We concentrate on voluntary labor for religious groups and organizations and using second stage least square regressions we find that religious volunteering has a positive, causal influence on self-reported happiness but not on self-reported health. We explore reasons that could account for the observed causal effect of volunteering on happiness. Findings indicate that low relative socio-economic status is associated with poor health both among those who volunteer and those who do not. Low status, however, is associated with unhappy states only among those who do not volunteer, while volunteers are equally likely to be happy whether they have high or low status. We propose that volunteering might contribute to happiness levels by increasing empathic emotions, shifting aspirations and by moving the salient reference group in subjective evaluations of relative positions from the relatively better-off to the relatively worse-off.

PMID:

18321629

- **Format:** Abstract

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[Br J Pharmacol](#). 2012 Sep;167(1):1-12. doi: 10.1111/j.1476-5381.2012.01970.x.

Exercise acts as a drug; the pharmacological benefits of exercise.

[Vina J¹](#), [Sanchis-Gomar F](#), [Martinez-Bello V](#), [Gomez-Cabrera MC](#).

Author information

Abstract

The beneficial effects of regular exercise for the promotion of health and cure of diseases have been clearly shown. In this review, we would like to postulate the idea that exercise can be considered as a drug. Exercise causes a myriad of beneficial effects for health, including the promotion of health and lifespan, and these are reviewed in the first section of this paper. Then we deal with the dosing of exercise. As with many drugs, dosing is extremely important to get the beneficial effects of exercise. To this end, the organism adapts to exercise. We review the molecular signalling pathways involved in these adaptations because understanding them is of great importance to be able to prescribe exercise in an appropriate manner. Special attention must be paid to the psychological effects of exercise. These are so powerful that we would like to propose that exercise may be considered as a psychoactive drug. In moderate doses, it causes very pronounced relaxing effects on the majority of the population, but some persons may even become addicted to exercise. Finally, there may be some contraindications to exercise that arise when people are severely ill, and these are described in the final section of the review. Our general conclusion is that exercise is so effective that it should be considered as a drug, but that more attention should be paid to the dosing and to individual variations between patients.

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PMID:

22486393

- **Format:** Abstract

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[Health Psychol.](#) 2008 Sep;27(5):584-92. doi: 10.1037/0278-6133.27.5.584.

Long-term effects of lifestyle changes on well-being and cardiac variables among coronary heart disease patients.

[Pischke CR](#)¹, [Scherwitz L](#), [Weidner G](#), [Ornish D](#).

Author information

Abstract

OBJECTIVE:

To focus on psychological well-being in the Lifestyle Heart Trial (LHT), an intensive lifestyle intervention including diet, exercise, stress management, and group support that previously demonstrated maintenance of comprehensive lifestyle changes and reversal of coronary artery stenosis at 1 and 5 years.

DESIGN AND MAIN OUTCOME MEASURES:

The LHT was a randomized controlled trial using an invitational design. The authors compared psychological distress, anger, hostility, and perceived social support by group (intervention group, n = 28; control group, n = 20) and time (baseline, 1 year, 5 years) and examined the relationships of lifestyle changes to cardiac variables.

RESULTS:

Reductions in psychological distress and hostility in the experimental group (compared with controls) were observed after 1 year ($p < .05$). By 5 years, improvements in hostility tended to be maintained relative to the control group, but reductions in psychological distress were reported only by experimental patients with very high 5-year program adherence. Improvements in diet were related to weight reduction and decreases in percent diameter stenosis, and improvements in stress management were related to decreases in percent diameter stenosis at both follow-ups (all $p < .05$).

CONCLUSION:

These findings illustrate the importance of targeting multiple health behaviors in secondary prevention of coronary heart disease.

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PMID:

18823185

The Biological Reaction to Stress

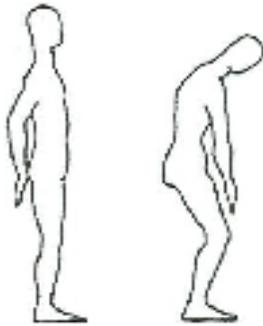
Biochemical changes that lead to adaptation or exhaustion

Stressors: *Events which require adaptation by the body*

Weather, Temperature (*heat, cold, sun*)
Inadequate Nutrition (*excess or deficient nutrients*)
Strong Emotions (*positive or negative*)
Lack of Rest, Sleep or Excessive Work, Exercise
Allergies or Compromised Immunities
Trauma (*wounds, burns, crush injuries*)
Infections (*dental and full body*)
Surgery (*anesthesia; includes dental work*)
Reproduction (*hormonal and excitatory stress*)

Stress adaptation increases need of specific nutrients:

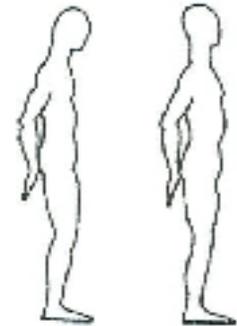
Protein
Vitamins A, C, E
Vitamin B Complex
Cholesterol
Essential Fatty Acids
Essential Minerals



Short Term Stress



Prolonged Stress



Recovery

- "fight or flight"
- increased adrenal medulla function: epinephrine, norepinephrine
- increased heart rate
- increased lung capacity
- dilation of pupils
- increased glucose and fat utilization
- increased blood pressure
- increased excitation of nervous system
- decreased digestive-function
- increased blood clotting
- increased sweating

- increased adrenal cortex function: cortisol, cortisone
- decrease immune function: thymus, bone marrow
- increased susceptibility to disease
- decreased digestive function
- decreased reproductive function
- exhaustion, fatigue
- increased use or desire for "stimulants"
- increased demand for nutrients
- vascular tension

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- Normalization of:
- cardiovascular function
 - digestive function
 - immune function
 - reproductive function
 - glucose utilization
 - resistance to disease
 - energy and vitality

Information from Hans Selye's
book *The Stress of Life*

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ProteinDrinks HealthyCooking AppleCiderVinegar GroceryStoreTour Mouthsores BrainHealth
EnergyDrinks StandingDesk FindingPurpose Motivation Support
Spiritual Dairy GutIssues Hobbies Peace PHLevel
Arthritis Stress Supplements GuttIssues Yoga SelfImage Headaches Laughter Honey PowerOfTouch
BackPain Detox Bread Attitude DiningOut Tea Skincare Hope PhysicalActivity Habits Oils Diets Clutter
Vitamins Gluten Meditation Alcohol Over55 Emotions ImmuneSystem Sleep Milk Makeup Juicing Water
Labyrinths Prioritize MindfulEating VisionBoard MindBody Fasting WhatToEat Worry
ReadingLabels WalkingMeetings Strength Breathing Happiness Bloating



Wellness for Older Adults in Daily Life

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The wellness of older adults becomes more important as this age group increases in size. In the United States, about 70 million people will be over the age of 65 in 2030. This group will represent about 20 percent of the total U.S. population by 2030. Presently, the focus of wellness for older adults focuses on physical health. This fact sheet focuses on wellness for older adults and a Whole-Person Wellness Model. It recommends how daily activities can contribute to overall health.

What is a Whole-Person Wellness Model?

In 1961, a physician named Halbert L. Dunn first introduced the term wellness. Dr. Dunn described it as a lifestyle approach for pursuing physical and psychological well-being. The concept of wellness was expanded by Bill Hettler, co-founder and president of the board of directors of the National Wellness Institute. Dr. Hettler proposed interdependent, whole-person wellness for the six-dimension wellness model: physical wellness, emotional wellness, spiritual wellness, intellectual wellness, occupational wellness and social wellness (See Figure 1). The working definition of each dimension is as follows:

Physical Dimension of Wellness

This recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition, while discouraging the use of tobacco, drugs, and excessive alcohol consumption. Good physical wellness is met through the combination of good exercise and eating habits.

Emotional Dimension of Wellness

This recognizes the awareness and acceptance of your feelings. The ability to form relationships with others based on mutual commitment, trust, and respect is a critical part of emotional wellness.

Oklahoma Cooperative Extension Fact Sheets are also available on our website at: <http://osufacts.okstate.edu>

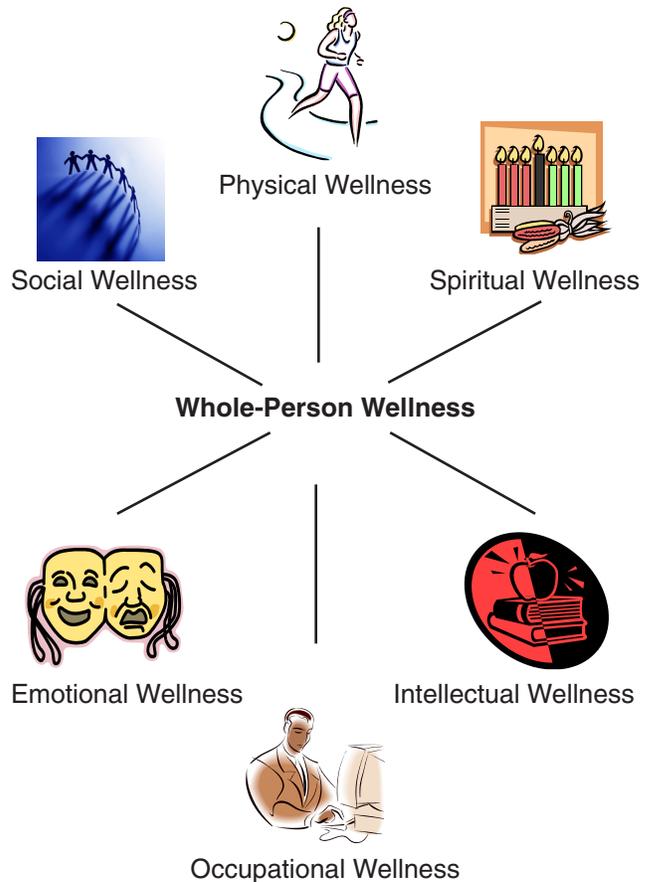


Figure 1. A Whole-Person Wellness Model.

Spiritual Dimension of Wellness

This recognizes your search for meaning and purpose in life. An example is peaceful harmony between internal personal feelings and emotions through life and measuring those against personal values.

Intellectual Dimension of Wellness

This recognizes your creative, stimulating mental activities. A well-rounded person expands their knowledge and skills while discovering the potential for sharing their gifts with others.

Occupational Dimension of Wellness

This recognizes personal satisfaction in your life through work. Individuals can convey their values through involvement in activities that satisfy them.

Social Dimension of Wellness

Encourages contributing to your environment and community. The social dimension emphasizes the interdependence between others and nature.

Why is Wellness Important?

The number of older adults over the age of 65 is increasing, and many of them live alone without support from a caregiver. As a result, then need to be more physically, emotionally, spiritually, intellectually, occupationally and socially healthy for independent living. The benefits of improved whole-person wellness for older adults are the following:

- Increased quality of life.
- Longer and healthier life.
- Active social interaction.
- Mental and emotional health.
- Active part of the workforce.
- Financial independence.

How to Improve Wellness Participation?

The most important element of improving older adults' health is to promote their participation in wellness activities. Through community support, needs awareness and education, older adults are expected to achieve the goal of increasing their participation in wellness programs.

Community Support

In a survey of Oklahoma community centers, findings showed that the centers provide one or more wellness activities for older adults. Findings from the survey indicated that 16 percent of the centers offered activities for all six dimensions. In terms of the six dimensions, the following activities were addressed, in decreasing order: physical, social, spiritual, intellectual, occupational, and emotional needs.

Activities for the physical dimension were offered by 85 percent of the centers. These activities were the most diverse, consisting of a variety of individual and group exercises focused on muscle strength and endurance, flexibility, coordination, and balance. All activities were held in the same physical space. The most frequent activity was the use of exercise equipment such as treadmills. Other exercise included walking, dancing, video exercise, aerobics, and bicycling. Additionally, planned meals and health education were frequent activities related to the physical dimension.

Activities for the social dimension were offered by 87 percent of the centers. Respondents indicated that

games, such as bingo, dominos, cards, and puzzles, and parties/gatherings for family and friends were the frequent social activities aimed at creating and maintaining healthy relationships. Spiritual activities were offered in 61 percent of the community centers. These activities, which were more personal than others, included prayers for meals and bible reading. For the intellectual dimension, 55 percent of community centers offered activities. The most frequent activity noted was the participation in educational programs such as computers, word seek, story telling, autobiographies, travel, library, and training. Activities that contribute to the occupational and emotional dimensions were identified as less frequently offered by community centers. Occupational activities were offered in 37 percent of the centers, while activities for the emotional dimension were offered in 31 percent of the centers. The comprehensive whole person wellness model, which includes physical, emotional, spiritual, intellectual, occupational, and social dimensions, needs to be addressed further in rural community centers for older adults.

Needs Awareness

A senior center wellness program survey identified that older adults are especially concerned about good nutrition, health issues (cholesterol, blood pressure, heart disease, arthritis, hearing, osteoporosis, and diabetes), promoting restful sleep, tips for slowing the aging process, coping with change, forming a living will, exercise, coping with the loss of a spouse, and dieting. Community centers could incorporate these topics in their wellness programs and as a result, increase older adults' awareness of wellness programs.

Education

Older adults often require support with their wellness needs. Nutritional intake, medicine and medical issues, and proper exercise are some of the topics for which older adults require an expert's knowledge. Communities could focus on educating older adults about how to increase control over and improve their health in areas where special information is required.

How to Practice Wellness Activities in Daily Life?

People often fail to realize that enhancing wellness can be achieved by everyday activities. The following are some of the examples of wellness activities that older adults can practice in their daily life. It is recommended that older adults make these wellness activities part of their daily routine:

- **Eating:** Good eating habits can be the first step for being healthy. Physical changes such as digestive problems due to aging, emotional changes such as loneliness, and social changes such as income, may influence older adults' nutritional intake. According to

the USDA MyPyramid food groups, 6 oz. of grains, 2.5 cups of vegetables, 2 cups of fruit, 3 cups of milk, 5.5 oz of meat and beans, and 6 teaspoons of oil are recommended for a daily 2,000 calorie diet. Additionally, regular meal times, smaller meal portions (five to six meals per day), daily activity, attractive food presentation, and occasional eating out can help older adults maintain healthy eating habits.

- **Bathing:** Bathing can be an effective wellness experience that promotes physical well-being through movement and hygiene, emotional well-being through taking care of yourself and practicing daily routine activities, and spiritual well-being through relaxation.
- **Walking:** Walking is one of the easiest and safest physical activities. Simple physical activity like walking can reduce the rate of coronary heart disease by 5 percent to 25 percent. It is often recommended that older adults should regularly take a walk in parks or neighborhoods. Additionally, mall walking has been proven effective in maintaining good health. Mall walking gives the benefit of not only physical fitness but also emotional and social wellness. By walking around with other shoppers, older adults can have a feeling of belonging and social interactions with others.
- **Talking:** Talking to others is a great way of expressing feelings, controlling stress, interacting with others, creating and maintaining relationships, and sharing interests. It promotes emotional and social wellness for older adults.
- **Reading:** Reading is a good mental exercise for intellectual and emotional wellness. Older adults can experience happiness and joy of life, get new information, and be connected with other people through reading. Most community libraries are senior

friendly and offer various wellness programs and resources as well.

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The Oklahoma Cooperative Extension Service

Bringing the University to You!

The Cooperative Extension Service is the largest, most successful informal educational organization in the world. It is a nationwide system funded and guided by a partnership of federal, state, and local governments that delivers information to help people help themselves through the land-grant university system.

Extension carries out programs in the broad categories of agriculture, natural resources and environment; family and consumer sciences; 4-H and other youth; and community resource development. Extension staff members live and work among the people they serve to help stimulate and educate Americans to plan ahead and cope with their problems.

Some characteristics of the Cooperative Extension system are:

- The federal, state, and local governments cooperatively share in its financial support and program direction.
- It is administered by the land-grant university as designated by the state legislature through an Extension director.
- Extension programs are nonpolitical, objective, and research-based information.
- It provides practical, problem-oriented education for people of all ages. It is designated to take the knowledge of the university to those persons who do not or cannot participate in the formal classroom instruction of the university.
- It utilizes research from university, government, and other sources to help people make their own decisions.
- More than a million volunteers help multiply the impact of the Extension professional staff.
- It dispenses no funds to the public.
- It is not a regulatory agency, but it does inform people of regulations and of their options in meeting them.
- Local programs are developed and carried out in full recognition of national problems and goals.
- The Extension staff educates people through personal contacts, meetings, demonstrations, and the mass media.
- Extension has the built-in flexibility to adjust its programs and subject matter to meet new needs. Activities shift from year to year as citizen groups and Extension workers close to the problems advise changes.

Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal laws and regulations, does not discriminate on the basis of race, color, national origin, gender, age, religion, disability, or status as a veteran in any of its policies, practices, or procedures. This includes but is not limited to admissions, employment, financial aid, and educational services.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Robert E. Whitson, Director of Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President, Dean, and Director of the Division of Agricultural Sciences and Natural Resources and has been prepared and distributed at a cost of 20 cents per copy. 0308 GH

Free and *Nearly Free* Wellness Ideas for Volunteer Programs

- How to Implement Them
- Why They are Important

For the Volunteers' Mind, Body and Spirit

1. Wellness Programs/Activities
2. Tangible Items for the Office
3. Support Throughout the Hospital
4. Things to Encourage Volunteers To Do
5. Attitude Created Within the Volunteer Office
6. Volunteer Positions

Extra Ideas

How to Make it All Happen

1. Time Restraints
2. How to Get People on Board
3. Office Organization
4. Financial Planning

Friendship Journey

How it works:

Friendship Journey is a program to help participants move more! Each week, you will submit the number of miles walked so that together we virtually journey to Springfield, IL.

Why Springfield? Dominican Sisters from Springfield, Illinois came here in 1946 to lead the transformation of the Jackson Infirmary into St. Dominic's Hospital. Today, we continue to be a ministry of the Springfield Dominican Sisters. Our sisters within the hospital often go to the Motherhouse and will eventually return there one day. This special connection is the reason we are "Walking to Springfield."

Why participate? The benefits include:

- Strengthens your bones
- Easy on your joints
- Burns calories
- Lowers blood pressure
- Cuts cholesterol
- Reduces the risk of heart disease, diabetes and more
- Reduces stress
- Sleep better
- Improve mood and outlook on life
- Requires no equipment
- It's free!
- Builds community
- Gives purpose

- Sign up in the Volunteer Services Office and get your Participant Packet during January 2 – 13, 2017.
- Start Walking! Kick-Off is January 15, 2017
- We will walk for 10 weeks ending the week of March 19, 2017.
- Each Monday, you will report the number of miles achieved the previous week. Email us your information to volunteer@stdom.com.
- Ask your friends and family to participate.
- Together, we need to walk at least 1,173 miles.

Walk a little or walk a lot. It's up to you.

Ideas and Suggestions for Friendship Journey

Places to Walk:

- At the hospital- Use the indoor trail or the outdoor trail. Maps are in the Volunteer Services office and in the Participation Packets.

Come a little early to walk before your volunteer shift.

Get a group together after lunch to walk.

- Scavenger Hunt – Just for fun – In your packet, there are two suggestions for changing up your walking routine. Try a scavenger hunt! One is at a cemetery. The other can be done at any park or public place. Just look for items listed on the particular scavenger hunt and let us know if you find everything! You will receive a special prize! You don't have to find everything on one walk.
- At the Northpark Mall – Meet with other walkers to walk inside on certain days of the week. Ask for more details.

Suggestions For When You Walk:

- Stretch
- Walk 5 minutes to warm up
- Walk 5 minutes briskly
- Walk 5 minutes to cool down

(Each week, try adding a minute or two to your brisk walk.)

Remember to ask your physician before starting a new exercise regimen.

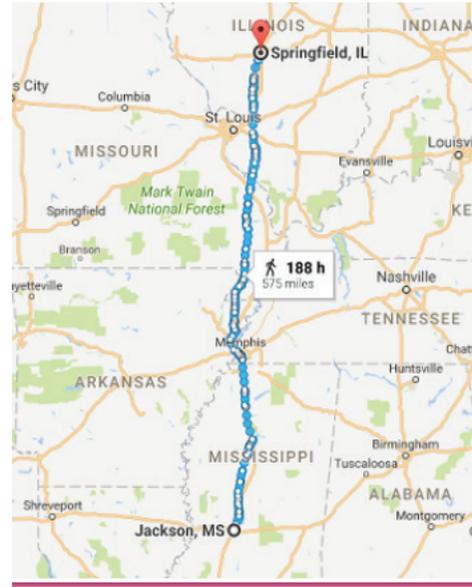
Track the Journey ~ Stop by the volunteer office to see our progress on the map! From Jackson, MS to Springfield, IL.



- We are promoting an active lifestyle, providing resources and offering encouragement to all participants!
- Each week, everyone will report the number of miles that they walked/ran/swam/biked from the previous week.
- By receiving weekly tips and words of encouragement, hopefully the support and accountability will keep folks focused on their goals.
- By the end of the 10 weeks, we will have collectively walked at least 1,173 miles together!

WEEK 1	WEEK 2	WEEK 3
Monday _____	Monday _____	Monday _____
Tuesday _____	Tuesday _____	Tuesday _____
Wednesday _____	Wednesday _____	Wednesday _____
Thursday _____	Thursday _____	Thursday _____
Friday _____	Friday _____	Friday _____
Saturday _____	Saturday _____	Saturday _____
Sunday _____	Sunday _____	Sunday _____
Total _____	Total _____	Total _____

WEEK 7	WEEK 8	WEEK 9
Monday _____	Monday _____	Monday _____
Tuesday _____	Tuesday _____	Tuesday _____
Wednesday _____	Wednesday _____	Wednesday _____
Thursday _____	Thursday _____	Thursday _____
Friday _____	Friday _____	Friday _____
Saturday _____	Saturday _____	Saturday _____
Sunday _____	Sunday _____	Sunday _____
Total _____	Total _____	Total _____



There are
1,173 Miles Round-trip
 and
2,300,000 Steps Round-trip
 from
Jackson, MS
 to
Springfield, IL

WEEK 4

Monday _____
 Tuesday _____
 Wednesday _____
 Thursday _____
 Friday _____
 Saturday _____
 Sunday _____
 Total _____

WEEK 5

Monday _____
 Tuesday _____
 Wednesday _____
 Thursday _____
 Friday _____
 Saturday _____
 Sunday _____
 Total _____

WEEK 6

Monday _____
 Tuesday _____
 Wednesday _____
 Thursday _____
 Friday _____
 Saturday _____
 Sunday _____
 Total _____

Why Springfield?



- The Dominican Sisters from Springfield, Illinois came here in 1946 to lead the transformation of the Jackson Infirmery into St. Dominic Hospital.
- Today, we continue to be a ministry of the Springfield Dominican Sisters.
- Our sisters within the hospital often go to the Mother-house and will eventually return there one day to retire.
- This special connection is the reason we are "Walking to Springfield."

WEEK 10

Monday _____
 Tuesday _____
 Wednesday _____
 Thursday _____
 Friday _____
 Saturday _____
 Sunday _____
 Total _____

Total Distance Traveled

over 10 Weeks:

Goal Distance: _____

Total Distance Traveled: _____

Goal Met: _____



FRIENDSHIP JOURNEY



1,150,000 Steps

from Jackson, MS to Springfield, IL

2,300,000 Steps Round-trip



St. Dominic's Volunteer Services



Whole Health Wellness Tips

LifePlus

- ❖ Always leave a bite of food on your plate
- ❖ Take detox baths, steam showers
- ❖ Meditate
- ❖ Ask for to-go box as soon as food arrives when dining out
- ❖ Stop wearing pants with an elastic waist
- ❖ When cooking at home, put food away after serving your plate before taking the first bite
- ❖ Shop mainly around the outer edges of grocery store
- ❖ Wear shoes that fit well that encourages movement
- ❖ Drink hot tea
- ❖ Get plenty of sleep
- ❖ Read labels
- ❖ Eat slowly
- ❖ Put your fork down between bites
- ❖ Drink more water
- ❖ Treat treats as treats
- ❖ Eat on smaller plates
- ❖ Park away from entrances
- ❖ Sit down while eating

- ❖ Buy snacks from farmer's market, this means more fruits, veggies, and nuts for snacking
- ❖ Post reminders or words of encouragement around your house
- ❖ Eat a variety of colored fruits or vegetables at meals
- ❖ Eat real food
- ❖ Reduce sugar intake
- ❖ Nurture your relationships and spiritual life
- ❖ Let go of guilt and worry
- ❖ Don't give up if you stop exercising or eat poorly. Just get back on track the next day. It doesn't mean failure
- ❖ Everything in moderation, including moderation
- ❖ Try new foods, explore – Chia seeds, quinoa, beets, hot tea, protein drink
- ❖ Set goals
- ❖ Create positive inner dialogue
- ❖ Slow down
- ❖ Take on a challenge – planking, no complaining for 24 hours, prepare for a 5k, etc.
- ❖ Cut back on dairy and red meat

I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit. Ephesians 3:16

Whole Health Sources

Gaining Ground of MS – Sustainability Institute of MS
Weston Price Foundation – Connection between nutrition and human health
Blue Zones
Shopping Matters – Grocery Store Tours
Let's Move Program – Government program
Harvard School of Public Health
Department of Health
Centers for Disease Control and Prevention – Obesity
National Episcopal Health Ministries – Identifies websites and programs
Ultra-Prevention by Mark Hyman
Michael Pollan
Dr. Josh Axe
Beyond Diet
Share Care
Wellness Mama
Environmental Working Group
The Daniel Plan
MindBodyGreen
Lifestyle Medicine
Fat Head
Rob Wolf
Lauren Gordain
Local Wellness List
Tana Amen
Just Eat Real Food

Documentaries

Hungry for Change
Forks Over Knives
Fat, Sick and Nearly Dead
Food Matters
Fed Up
Food Inc.
Super-Size Me
The Sugar Film

Lynn Ward
Whole Health
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