

September 2022

**Looking for ways to grow old gracefully?** September is Heathy Aging Month. Join us for a **Successful Aging Lunch n' Learn** seminar with guest speaker Carmella Johnson on Sep 20<sup>th</sup> at 11:30 a.m. in the Peace Auditorium. Learn what we can do now to keep our brains in tiptop condition. A complimentary lunch will be provided. Register today at [fbuc.org](http://fbuc.org).

How does God want us to manage the resources he has given to us? Join us for **Faith & Finances Course** on Sep 21, at 6:30 p.m. in room G-306 for a 12-week course. Classes are open to individuals, families, and youth.

The course teaches how God's plan for your money might be larger than yours! You will discover how to:

- Make a spending plan that works
- Manage debt and loans
- Set saving goals and prepare for the future
- Overcome past mistakes
- And so much more!

Register today at [fbuc.org](http://fbuc.org)

Join us for the **Spiritual Journey Commitment Challenge** by joining a discipleship class as listed below or an IDG (Individual Discipleship Groups).

- Genesis, Vol. 2 - led by Jim Brown
- Psalm 23 (Women's Study) - led by Women's Ministry
- Wise as Serpent - led by Jim & Linn Cagle
- Unleashed - led by David & Margaret Sterling
- 5 Love Languages - led by Jeff & Christine DeGarmo
- Mission of God - led by Patrick Wolstencroft
- Facts Beyond Disputing - led by Mike McDowell
- Faith & Finance - led by Dennis Becker
- Parenting Generation Screen - led by Scott Blevins

Register today at [fbuc.org](http://fbuc.org).

**Luminosity Challenge Brain Challenge:** Perform one brain game per day for the next 60 days. *Some games, like Luminosity, have a free pre-test and post-test to show progress.*

We exercise our body, why not our brains? Stimulating and exercising our mind gets even more important as we age to help prevent memory loss, improve mental health, and enhance eye/hand coordination. Here are a few free brain stimulating games: Sudoku, Boggle, jigsaw puzzles, crossword puzzles, and Luminosity (*free version*).

## SCRIPTURE MEMORY CHALLENGE

*"May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ."*

1 Thessalonians 5:23

## UPCOMING EVENTS

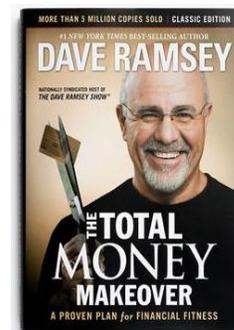
**Spiritual Journey Commitment Challenge**  
September

**Faith & Finances**  
Sep 21, at 6:30 p.m.  
Room G-306

**Successful Aging Lunch n' Learn**  
Sept 20, 2022, 11:30 a.m.  
Peace Auditorium

## RECOMMENDED BOOK

Join us in reading the recommended book and watching the recommended video together. Share your comments with us by posting to our Wellness Reach [Facebook](https://www.facebook.com/wellnessreach) page.



**The Total Money Makeover by Dave Ramsey** has 7 easy-to-follow steps that will lead you out of debt and into a Total Money Makeover. It is a plan designed for everyone, regardless of income or age.

## RECOMMENDED VIDEO

[Successful Aging & Your Brain On Demand - YouTube](https://www.youtube.com/watch?v=...)

*"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."*

3 John 1:2 (NIV)

Here are **six** ways to maintain brain health:

- **Exercise** – Both physical and mental exercise. Mental exercises, such as puzzles and card games, keep the brain stimulated and exercise the brain's memory center. Physical exercise increases the heart rate, pushing more oxygen to the brain. It also helps create new brain patterns, critical for brain health.
- **Food** – Approximately 60 percent of our brains are made of fat cells and, to function correctly, these cells need fat. Omega-3 fats build new brain and nerve cells. Healthy fats, such as olive oil, walnuts and fatty fish, like salmon, are excellent choices. Food's rich in antioxidants, such as berries, citrus fruits and broccoli, help protect the brain from free radicals. Caffeine stimulates brain function. Two good sources are green tea and dark chocolate.
- **Oxygen** – Our brains comprise only 2 percent of our body's mass, yet utilize about 30 percent of the oxygen inhaled. Physical activity is the obvious way to get more oxygen into the body. Another way is deep breathing.
- **Relationships** – Studies reveal how isolation is linked to cognitive decline. If you live alone, get a pet, even if it is a fish. Phone family and friends, schedule coffee dates, find a group to join, and participate in church activities.
- **Sleep** – We all know how critical sleep is and how difficult it is to function after a night without quality rest. Create a comfortable sleeping environment where it is dark, quiet and not too warm. Turn off all electronic screens, including TV, an hour before retiring. These machines emit a blue light telling the brain it is time to wake.
- **Water** – Research has revealed how a 2 percent loss of water weight can cause enough dehydration to begin mental impairment. Water flushes toxins and dead cells out of the brain. It also helps balance chemical processes, which regulate moods. Water increases blood flow to the brain, increasing oxygenation, which calms the brain, allowing for a more restful sleep.

## Did You Know?

- In the U.S., 36% of people who are actively religious identify as being "very happy".
- The actively religious are generally less likely than the unaffiliated to smoke or drink.
- People who attend religious services at least monthly are more likely to join other organizations, charities and clubs.
- The actively religious are more likely than others to vote. In the US, 69% of the actively religious say they always vote.
- A survey by researchers found participation in a religious organization was the only social activity associated with sustained happiness, even more so than volunteer work, taking an education class or participating in a organization.

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## RECIPE OF THE MONTH

From the Kitchen of Beth Dixon

Recipe **P.F. Chang's Chicken Lettuce Wraps**

Servings **4**

### Ingredients

1 tbsp olive oil  
1 tbsp sesame oil  
1 lb ground chicken  
1 large yellow onion  
1/2 cup hoisin sauce  
2 tbsp low sodium soy sauce  
1 tbsp rice wine vinegar  
1 tbsp asian chili – garlic sauce  
3 minced garlic cloves  
1 tsp ground ginger  
1 8 oz can water chestnuts,  
drained and diced small  
2-3 green onions, sliced thin  
1/2 tsp salt  
1/2 tsp black pepper  
8 butter lettuce leaves

### Directions

- In a large skillet, add the oils, chicken, and cook over medium-high heat until chicken is cooked through; stir intermittently to crumbly while cooking.
- Add the onion, hoisin sauce, soy sauce, rice wine vinegar, chili garlic sauce, stir to combine, and cook for about 5 minutes, or until onion is soft and translucent and most of the liquid has been absorbed; stir
- Add the garlic, ginger, stir to combine, and cook for about 1 minute, or until fragrant.
- Add the water chestnuts, green onions, salt and pepper to taste, and cook for about 2 minutes, or until tender. Taste filling and make any necessary flavor adjustments, i.e. more soy sauce, hoisin, pepper, etc.
- Spoon about 1/4 cup of the mixture into the lettuce leaves to serve. Recipe is best warm and fresh but filling will keep airtight in the fridge for up to 5 days.