



As a priest, you tend to the needs—body and soul—of the people of the Diocese of Jefferson City. Serving Christ’s flock, in their wide range of human frailties, can be both rewarding and exhausting. As a priest, your health and well-being are vital to the health and well-being of Christ’s Church. The Priest Wellness Program exists to promote, support and advocate for your health and well-being through a three-dimensional approach—physically, emotionally and professionally.

Have you ever read the children’s book *If You Give a Mouse a Cookie*? Well, here is my version of the story...It is February, and when I think of February, I think of St. Valentine’s Day. And when I think of St. Valentine’s Day, I think of love. And when I think of love, I think of hearts. And when I think of hearts, I think of how I really should take better care of my own heart.

According to the American Heart Association (AHA), nearly half of American adults are affected by cardiovascular disease, which includes coronary heart disease, heart failure, stroke, and/or high blood pressure. Heart disease itself remains the #1 cause of death in the United States, killing someone about once every 90 seconds. Determining your likelihood of having heart disease can be predicted based on characteristics called risk factors.

CONTROLLABLE RISK FACTORS	UNCONTROLLABLE RISK FACTORS
<p><b>SMOKING</b></p> <p><b>PHYSICAL INACTIVITY</b> – Desirable is minimum 150 minutes/week of moderate activity plus strengthening activities 2 days/week; check with doctor before starting any new activity</p> <p><b>UNHEALTHY DIET</b> – Go to <a href="https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations">https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations</a></p> <p><b>OVERWEIGHT</b></p> <p><b>HIGH CHOLESTEROL LEVELS</b> – Desirable is total&lt;200</p> <p><b>UNCONTROLLED DIABETES</b></p> <p><b>HIGH BLOOD PRESSURE</b> – Desirable is &lt;140/90 or &lt;130/80 depending on the guideline your doctor follows</p>	<p><b>AGE</b> – Risk increases as we age</p> <p><b>GENDER</b> – Men more likely than women</p> <p><b>HEREDITY</b> – Does it run in your family?</p>

Taken from <https://www.heart.org/en/health-topics/heart-attack/understand-your-risks-to-prevent-a-heart-attack>

Back to my version of the *Mouse* story...Based on these factors, my scorecard for developing heart disease is 6 for and 4 against. Last time I checked, I am not getting any younger. I lost my dad at the age of 51 of a sudden heart attack. I sporadically exercise, but have not done so since June 2019. I eat what I want, when I want, and have only twice in my life tried to eat healthy. According to a calculated body mass index (BMI), I am slightly overweight, and my last total cholesterol was 338. On the other hand, I am female, I do not smoke, have diabetes or high blood pressure. What’s your scorecard look like? Really?

So, based on knowing my risk for heart disease tips to the positive, why has my only recent motivating factor to get healthy been to look trim and dance the night away at our son’s wedding? It’s tough. It takes lifestyle change, habit change, routine change and accountability. **So, I am asking you to be my accountability partners.**

(Continued on next page)





# Priest Wellness

PROMOTE, SUPPORT, ADVOCATE

# Words of Wellness

A monthly newsletter for priests of the Diocese of Jefferson City

FEBRUARY 2020

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*(Continued)*

Please ask me, at any time, how my heart is doing. Let me know if I can be of help to you with living within the American Heart Association's Life's Simple 7 to staying heart healthy: be active, keep a healthy weight, learn about cholesterol, don't smoke or use smokeless tobacco, eat a heart-healthy diet, keep blood pressure healthy, and learn about blood sugar and diabetes. For more information, please visit <https://www.heart.org/en/healthy-living/healthy-lifestyle/how-to-help-prevent-heart-disease-at-any-age>

Happy February,  
*Kimie*  
 Your Priest Wellness Nurse

## PRAYERS

*May the souls of Fr. Dave Maher and Fr. Jim Offutt, both of whom I had the privilege of getting to know as their Priest Wellness Nurse, rest in peace.*

*May Fr. Dan Lueckenotte and Fr. Christopher Aubuchon continue to have quick and complete healing.*

## Happy Saint Valentine's Day!

Remembered for giving up his life to uphold the Christian faith and the sacredness of marriage, Saint Valentine remains a model for all who work to build up and sanctify marriage and family life. Thank you for all you do with God's assistance to minister to engaged and married couples and help them lead one another to heaven.

