

SCFS WELLNESS NEWSLETTER



STEINWAY CHILD
AND FAMILY
SERVICES, INC.
22-15 43rd Avenue
Long Island City, N.Y,
11101

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Issue 19

Tips for a Better Life in 2009

1. Take a 10-30 minute walk every day. While you walk, smile, it is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes a day and observe your breathing. Take the phone off the hook and turn out the lights.
3. Eat more foods that grow on plants, and less that are manufactured in plants.
4. Drink green tea and plenty of water. Eat blueberries, wild salmon, broccoli, almonds & walnuts frequently.
5. Try to give three people (at least) a reason to smile.
6. Don't waste you time and energy on gossip, issues of the past, negative thoughts or things
7. Eat breakfast like a king, lunch like a prince, and dinner like a pauper.
8. Life may not be fair, but it is good.
9. Don't take yourself so seriously. No one else does.
10. You don't have to win an argument. Agree to disagree.
11. Make peace with your past so it won't spoil the present.
12. Don't compare your life with others. You have no idea what their journey is all about. We all wear masks.
13. No one is in charge of your happiness but you. Fake it until you make it.
14. **Forgive everyone for everything.**
15. Frame every so-called disaster with these words: 'In five years will this matter?'
16. What other people think of you is none of your business.
17. However good or bad a situation is, it will change.
18. Your job won't take care of you when you are sick, your family and friends will. Stay in touch!!
19. Envy is a waste of time. You already have all you need.
20. Remember that you are too blessed to be stressed.
21. Give yourself an acknowledgement for your accomplishments
22. Remember to give thanks daily for your many blessings.

~Excerpted from article from Harold G. Coker

There is a knowing in this universe that opens flowers in their time that gives me strength to grow. The wisdom of this primal source is always mine to tap for I am one with all, and all is mine to know.

~Danaan Parry

You can never change what you tolerate.

~Joel Osteen

Don't talk about the way you are, talk about the way you want to be.

Make today so beautiful it will be worth remembering.

This is the life God gave me and I will make the most of it.

Doing is never enough if you neglect Being.

~Eckhart Tolle

We survived slavery because we held onto one another. The moment we found independence, we began to commit suicide.

~Dr. Tesehloane Keto

THE SCFS GYM

Our gym will be re-opened soon and we need donations of VHS exercise tapes and CD's that you don't need. It you have some exercise equipment that is in good shape, we will dust it off and add it to our gym.

Call P.C. Vaughan at X126 or C. Himmons at 167

The Mighty Crunch

Studies have shown that apples may help prevent cancer because of their high levels of phytochemicals that are loaded with antioxidants.

Eating apples has been consistently linked with reduced risks of lung cancer, heart disease, asthma, and type2 diabetes.

The apple also helps with respiratory health and aids in weight loss and lowered glucose levels. The Red Delicious apple was found to have the highest level of polyphenols than seven other popular types

Add diced apples to your green salad.

Mix apples nuts and berries and add to plain or vanilla yogurt.

Layer apple slices with turkey slices, low fat cheese on whole grain bread. Heat in a pan until the cheese melts. YUM!

Best in Bean

You can't beat beans!

They are packed with protein, fiber, vitamins B, copper, iron, magnesium, potassium, and zinc. They are cheap and versatile.

They are the backbone of every traditional cuisine on the planet.

There is a problem that comes with beans. If you cook them yourself they take a long time. First soaking, then boiling... it could take hours. If you buy them they

come with tons of sodium!

The one brand I have found so far that is low in sodium is **Eden Organic No Salt**

added Beans. They come in many varieties like Aduki, Black, Black Eyed Peas, Soybeans, Butter Beans, Cannelloni, Garbanzo, Great Northern, Kidney, Navy, and Pinto. Bonus Eden doesn't use BPA-laced epoxy that lines most canned foods today. BPA can mimic estrogen.

This chemical is suspected of causing the risk of cancer, heart disease diabetes, and causes abnormal changes in the brains of fetuses and babies.

Sauté some cannelloni with fresh spinach and garlic, add some kidneys into that vegetarian chili and make a pot of black bean soup with fresh vegetables.

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Services
with a
human
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A Crash Course in Leadership

The 10 most important words:
"What can I do to help you be more successful?"

The 9 most important words:
"I need you to do this, and this is why..."

The 8 most important words:
"That is my mistake and I will fix it".

The 7 most important words:
"My door is always open to you."

The 6 most important words:
"Let's focus on the problem."

The 5 most important words:
"You did a great job."

The 4 most important words:
"What do you think?"

The 3 most important words:
"Follow my lead."

The 2 most important words:
"Thank you."

The most important word:
"you."



You're Hair

Considering it is technically dead tissue, we spend a lot of time, money and energy on our hair.

Hair is almost all protein, so attaining a strong vibrant mane starts with eating enough protein. Low fat cottage cheese has 14 grams of protein in half a cup.

Zinc reduces shedding, so snack on pumpkin seeds frequently.

Take one to three 250 mg capsules of borage oil, evening primrose oil or flax seeds 1-3 times a day.

For natural highlights, pour lemon juice on your hair before heading into the sun.

Add a few drops of essential oils to ordinary shampoo. Dilute half an eight ounce bottle of shampoo with water and add 6-8 drops of lavender or citrus oil.

Mix one egg with a small amount of shampoo and apply to your hair for five minutes.

This shampoo omelet helps feed the protein in your hair.

Men, if you are going bald, go short. Don't do the comb over!

Use botanical oils like olive, jojoba, sweet almond and coconut oils. Coconut is great for thick hair. Dampen your hair and apply small amounts of the oil until your hair is covered. Cover with a shower cap and warm towel for a half-hour. Rinse and shampoo as usual.

Wrap damp hair in a towel and let the cotton absorb the moisture for a few minutes, instead of rubbing. This will help protect against split ends.

Before you shower, brush your hair from front to back, then lean over and brush upside down with a stiff boar-bristle brush to stimulate circulation and prevent the build-up of styling products.

Message your entire scalp when shampooing to stimulate the hair follicles.

Rinse with cool water to help tighten scalp pores and firm hair fibers. It also reduces hair limpness and increases sheen and body.



The Refinement of Thinking

A Peace That Passes All Understanding

Affirmations

"Faith doesn't always instantly deliver me, but it always carries me through."

"I am a peacemaker, not a troublemaker."

"I Stay in Peace."

"I use my words to bless my life."

"I have confidence in myself."

Say Affirmations hundreds of times until you believe them

Some people have lost all of their possessions, their children spouse, reputation or physical abilities. In some cases they are found with nothing that gave them a sense of identification (e.g. war, slavery, Katrina) Then inexplicably the anguish or intense fear gave way to a deep peace and serenity and freedom from fear. That is the truth of the Spirit, the ultimate truth of who you are, the I Am.

Not everyone who has experienced great losses has the awakening. Many see themselves as a victim of circumstances, other people, or unjust fate. This thought and the feelings of anger, resentment and self pity that grow from the thought form creates a new and more contracted ego. When tragic loss occurs some people become bitter or deeply resentful; others become compassionate, wise and loving.

The difference is acceptance of what is, a yielding to life. Inner resistance will create more outer resistance (negativity).

If the shutters are closed the sun can't come in.

When you yield internally to life, a new dimension of Being and consciousness opens up. Your actions will be in alignment with the whole, and supported by the creative intelligence. This intelligence allows you to become one with a state of inner openness and Peace.

Coincidences happen. Be open and they will.