

SUMC On the Move...
A component of the Faith Community Nursing Ministry



As the days of social distancing evolve into months, we continue to focus on the mountaintops and not the valleys. We know that we must exercise healthy practices and safe social distances, but we continue to miss our church family and our church activities. Life may have *stalled*, but it's time to *shift* into the next *gear*!

Last month, you received the Broderick's "to do" list. With 5.5 Inches of "play-doh snow" on 4/16, we molded our three delightful grand kiddos. They were completely melted by 4/18, and now delightful spring days beckon us outdoors. The cedar trees have almost been eradicated and now we're looking for thistles! *Spring has fully sprung!*

As you spend more time outdoors, make water your #1 drink.

"Reflections on a Water Bottle"

*Keep a positive attitude and stay active.
Stay hydrated and apply sunscreen frequently.
Control your stress, your weight, your blood pressure, and your vices!
Eat a balanced diet, including at least 5 fruits and vegetables daily.
Maintain adequate sleep, and brush/floss daily.
Sit up straight.
Better yet ... get up and go!*

*Inspired by the 2019 Great Plains Annual Conference complimentary water bottle