

BALANCE MY CHOICE

# Wellness Pointers

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GARDEN OF PRAYER

**God never gives us discernment in order that we may criticize, but that we may intercede.**

**-- Oswald Chambers**



EMPLOYEE WELLNESS  
Southern Adventist University

SPIRITUAL

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

# The Land Rested

After settling in Canaan, God allowed His people to work the land. But every seventh year, God said, “the land shall have a sabbath rest, a sabbath to the LORD” (Lev. 25:4) and lie fallow. The Sabbatical Year allowed for the forgiveness of all debts, and any food that grew went to the poor and to the wild animals. Then every 50 years, on the year of Jubilee, the land not only rested but also returned to its ancestral owners. And all slaves walked free.

However, in 586 B.C., after God’s people failed to observe the Sabbatical Year for 490 years, God exiled them for the 70 special years they failed to give the land (see 2 Chron. 36: 20-21). All this was to show that the land belonged to God, not to those who lived on it (see Lev. 25:23). Although they worked the land, it was God who provided, and He made them stop working to prove it. For even when they rested, God supplied (see Ps. 127:2).

Some principles remain unchanged. Anyone who has ever lost a job or sensed true sacrifice in giving to God’s work has felt the tension faith required in the Sabbatical Year. Faith involves trust and trust implies risk (from our perspective). While God is never late, He also is seldom early.

The Father longs that we understand He provides *daily* bread, not careers by which we’re set for life (see Luke 11:3). God may keep us on the edge of our means, for there our need for Him is often more clearly seen.

**God, I ask for not too little and (dare I pray?) for not too much, but only what I need to remind me I don’t live by bread alone. You, alone, provide for me in daily doses. As with Israel in the wilderness before the Sabbath, so my own efforts to anxiously gather extra bread worms . . . and amount to nothing.**

*O God, never [allow] us to think that we can stand by ourselves, and not need thee. -John Donne*

# Caregiving from afar

There are an estimated 7 million long-distance caregivers in the United States. Although many miles can add difficulty to caring for an aging parent or loved one, you can still make a big difference.

**Emotional Support:** Schedule regular phone calls and use e-mail to share news, fun, and information. Give the person something to look forward to.

**Detective work:** Your loved one may sound fine on the phone, but how do you know? Ask questions like, “What’s for dinner?” rather than “Are you eating well?” If your loved one’s answer is “a box of crackers,” he or she may need more day-to-day care, or an extended visit. Simple, conversational questions can give you better insight into the person’s state of well-being.



image from <http://www.tips-to-organize-life.com/long-distance-relationships.html>

**Project management:** If you feel comfortable as a medical advocate, you could handle your loved one’s care, interpret doctors’ orders, or manage a professional caregiver. If you’re knowledgeable with numbers, take on finance and insurance issues. Hold a family meeting and divide responsibilities and finances. Using your skills on a specific set of long-distance tasks can help both the one needing care and other caregivers.

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# ROSEMARY SWEET POTATOES



## Ingredients:

3 large sweet potatoes

2 tablespoons extra-virgin olive oil

2 teaspoons coarse sea salt

1 tablespoon finely chopped fresh rosemary leaves

## Directions

Peel the potatoes. Cut into 1" slices. Place in a single layer on a baking sheet.

Sprinkle over the olive oil, salt and rosemary. Toss with fingertips to coat.

Place in a preheated 450 °F. oven.

Roast for 20 minutes or until potatoes are fork tender.

Makes 10 to 12 servings.

# Sweet Ways Honey Heals

Besides its sweet floral taste, honey may also be valued for health benefits

**Cough suppressant** - According to a study, parents reported their children coughed less when they were given a small dose of buckwheat honey before going to bed than when the parents gave them nothing at all or an over-the-counter cough medicine. Unlike standard cough medicines, honey is safe for children older than 1 and has no harmful side effects.

**Heart disease and cancer prevention** - Honey, especially dark varieties, contains high levels of antioxidants, compounds that may help fight diseases such as cancer and heart disease. Antioxidants help prevent cell damage by increasing your body's immune function.

**Burn care** - For a minor burn, applying honey may make the wound feel better. Honey absorbs moisture from the air and may help to keep the skin hydrated so it can heal.