



# Health Beat



The official Newsletter of IC Parish Nurses and St. James Health Ministry

## Getting Healthy in the Wake of COVID-19

If you gained weight during the COVID-19 pandemic, you are not alone. According to the American Psychological Association, nearly 42% of Americans surveyed reported unwanted weight gain since the beginning of the pandemic. The average reported weight gain was 29 pounds! Weight gain was also reported in our pediatric population.

Excess weight can have detrimental effects on our overall health and has been associated with heart disease, diabetes, joint disease, and many other diseases.

Don't despair, though, there are steps that you can take to get back on track and lose unwanted weight!

- Avoid Shaming yourself.** COVID-19 was hard on all of us. Recognize the pandemic as a difficult time and *celebrate your desire to get healthier in the wake of COVID-19!*
- Identify and remove barriers to success.** During COVID, we tended to look for comfort in food, particularly junk food. Remove this food from your home so you won't be tempted!

- Establish a routine.** Having a routine helps to build healthy habits.
- Set realistic goals.** Instead of setting a goal of losing 40 pounds, set a short term goal to lose 5 pounds. Once you meet that goal, set a new one.
- Focus on your overall health, not your weight.** Focus on nutrition, activity, sleep, etc. Don't despair if the numbers on the scale don't move as quickly as you'd like.
- Monitor yourself or get an accountability buddy.** Self-monitoring behaviors typically leads to better results.

If you'd like some help

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### Special points of interest:

- Get healthy after COVID-19
- Make tomato basil salad!
- Hold a Family Olympics!

### Coming Up....

July IC Parish Nurse Meeting	7/12 6pm
St. James Walking Program	M/W 10am
Monthly Bereavement Meeting Eat-n-Park	7/24 10am

getting started on your health journey, contact Parish Nurse Veronica Gallo @304-476-2930



## Tomato Basil Salad!!!

Summer is the perfect time to pair tomatoes with fresh garden herbs for an amazing Tomato Salad. Try this recipe at your next summer gathering!

### Ingredients:

- 1/2 cup red cherry tomatoes
  - 1/2 cup yellow cherry tomatoes
  - 1 tbs fresh basil
  - 1 tbs fresh chives
  - 3 cloves garlic
  - 2tbs good olive oil
  - 1/4 tsp sea salt
- Finely mince garlic.

Place garlic and oil in a small serving bowl and let rest. Cut tomatoes in half. Snip herbs. Add tomatoes and herbs to garlic oil and sprinkle with salt. Stir gently. Can serve immediately, but is better after marinating a day!

## Editorial Team

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The Health Beat is the Official Newsletter of the IC Parish Nurses and St. James Health Ministry.

The mission of these groups is to enhance the overall health (mind, body, spirit) of our parishioners and community by integrating faith with the practice of nursing.

Our group is comprised of active and retired registered nurses, social workers, health professionals, and lay persons.

While we strive to provide parishioners and community members with up to date health information and education, our services are not meant to replace your health care provider. If you are experiencing problems with your emotional or physical health, we strongly encourage you to reach out to your health care provider to receive the care that you need.

If you need help accessing a health care provider, then we are happy to assist you!



## Kids Korner: Family Olympics

Here are some ideas for you and your family to enjoy the 2021 Summer Olympics.

1. **Host your own FAMILY OLYMPICS.** You can have individual or team competitions. Let everyone in the family pick a sport to include in the games. Examples of sports you might play include: badminton, basketball, biking, archery, volleyball, gymnastics, track and field, and much, much more!
2. **Have a Watch Party for the Opening Ceremonies.** Opening Ceremonies are on July 23.

3. **Play Olympic Trivia.** Look up facts about the Olympics and take turns quizzing family members.
4. **Pick the WINNERS.** Pick some events that you are interested in. See who in your family is best at picking the winners.

Whatever you choose to do, you'll be spending quality time with your family! **That's a win for everyone!**



The Summer Olympics kick-off on July 23 in Tokyo, Japan. The Olympics originated in Greece nearly 3,000 years ago! The Olympics bring athletes from ALL AROUND THE WORLD together to compete in over 300 sporting events!

This year, YOU and YOUR family can get in on the fun, too!