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8 Summer Steps for Healthy Living

For complete article go to: <http://www.webmd.com/women/features/8-summer-steps-for-healthy-living#1>
By Kathleen Doheny

- 1. Give Your Diet a Berry Boost:** If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.
- 2. Get Dirty -- and Stress Less:** To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out. Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the ground, being mentally grounded can help relieve physical and mental stress.
- 3. Floss Daily:** Floss every single day. Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria are low, your body has more resources to fight bacteria elsewhere.
- 4. Get Outside to Exercise:** Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming -- to shed that cooped-up feeling of gym workouts.
- 5. Be Good to Your Eyes:** To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.
- 6. Vacation Time!** Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind. Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.
- 7. Alcohol: Go Lite** - Summer's a great time to skip drinks with hard alcohol and choose a light, chilled alcoholic beverage (unless you are pregnant or should not drink for health or other reasons). A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation -- defined as one to two drinks daily -- alcohol can protect against heart disease.
- 8. Sleep Well:** Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime.

Upcoming Events for **AUGUST** RSVP to Mary Pat



Lunch and Learn
Returns August 17, 2017
Jane Howington
Hudson City Manager
12:00 – 1:00 PM
Parish Hall



BYOB Returns!
Better Your Own Brain
Thursdays 2:00 PM
Aug. 3rd – 31st
St. Mary Parish

Rector's Reflections



Dear Friends,

On July 11, Christ Church will officially be 175 years old. On that day in 1842, 37 people gathered at the Brick Academy at 37 Aurora Street to form Christ Church (from The Church by the Green by Jean Lefurgey). A lot has happened over the past 175 years to bring us to July 11, 2017.

In reading Jean Lefurgey's book about Christ Church, I found that the history of Christ Church tells a consistent story of tenacious people who overcame adversity time and time again. Some of the challenges were self-inflicted (poor money management that put the church in debt) and other challenges were caused by external forces. Who knew that shortly after making the 1929 decision to raze the original church and build what is now the chapel, the stock market would crash? But without exception, parishioners rose to the occasion and the church survived, creating a firm foundation upon which we can build.

As we move into a new chapter at Christ Church and begin to write the history of the next 175 years, we are not talking about survival. We are talking about growth, new life, renewed energy, ministry opportunities, engaging the neighborhood, and being more visible in our community. We are talking about how we can be the Good News in a world that is starving for hope. We have an abundance of both tenacity and gifts for ministry at Christ Church as we look to the next chapter in our life together and continue the good work that was begun in 1842 by a small group of people with little more than a dream for the Episcopal Church in Hudson.

Blessings,
Charlotte

Rector's Contact Information:

Contact Charlotte by email at charlotte.reed@christchurchudson.org

By phone in the church office: **330-650-4359** or by cell phone: **937-925-5200**

(before 9pm please, unless it's an emergency)

This number can also be used for text messages. Please give your name so Charlotte knows who is texting her.

Thank you!



Wednesdays at the Open Door Coffee Company July 19 & 26

Charlotte continues to hold office hours at Open Door Coffee Company (164 N. Main Street) on Wednesdays from 9am-11am. On the rare weeks that Wednesday is not an option for some reason, the alternate date will be in the e-blast the week before, the Sunday announcements, or if the change is very last minute, in an email.

Please come by for a chat as we seek to have a more public presence in Hudson.

The Rector's Vacation

Charlotte will be on vacation July 3-17.
The Rev. Allan Belton will be at Christ Church on July 9 and 16.
In case of pastoral emergency, please call Deacon Gretchen Green
at 330-603-1411 or The Rev. Belton at 330-926-9287.



Children's Corner

The summer is off to a great start with our kids in Children's Chapel! We have a good handful of kids coming each week and even had about 20 come on Pentecost! We are using the Godly Play curriculum, which uses Montessori based teaching and learning strategies, and are studying the Parables of Jesus. It has been great fun. I invite you to check it out for yourself as a helper any Sunday and get to know the amazing kids we have here at Christ Church!



I'm thoroughly enjoying getting to know the kids and families here as well as other members of the Congregation. Thank you for making me feel so welcome!

As the summer continues to unfold, stay tuned for a Family Fun Night later in the season!

Sarah Bhatia

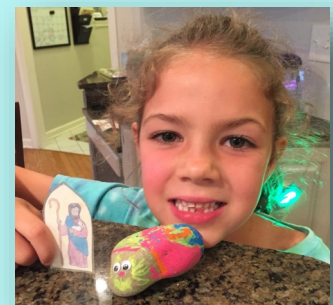
Update on Music Director Search

The Music Director Search Committee has been hard at work soliciting applications for our position and interviewing applicants. The deadline for applications was June 19 and the goal is to complete the interviews by the end of June. Mary Ann Switz has graciously agreed to serve as our organist through July or until we have a Music Director in place.

Please keep the Search Committee and our applicants in your prayers.

Flat Jesus is on the move!

Don't forget to take Flat Jesus with you on your adventures this Summer and text your pictures to Charlotte at 937-925-5200 or email Kathy Garber at kathy.garber@christchurchudson.org. We can't wait to see where he shows up this summer!



175th Trivia Question Answer:

37 people gathered on July 11, 1842 to form Christ Church Hudson



Notes of THANKS



Thank you to....

- ...all who helped to make our Memorial Day Parade presence a “memorable” one
- ...the choir for the lovely reception for Charlie Carr
- ...the Music Director Search Committee: Heather Swift, Eileen Gaston, Courtney Bixby, and Julie Micheletti as they continue their work
- ...Sue Leishman, CFO for the Diocese of Ohio, for her work on our annual audit

Dear Charlotte,

I want to thank you and the staff for the luncheon last week, and all who contributed time and talent to the terrific reception on Sunday.

The “purse,” almost overlooked at first, was a complete surprise and I am bowled over by the generosity of parishioners that it represents.

**My best to all,
Charlie Carr**



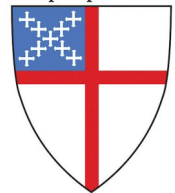
A Brief Note of Thanks from the Good Friday Offering

Thank you for your parish’s generous response to the Presiding Bishop’s call for support of the Good Friday Offering. On behalf of all those whose lives are improved throughout the Anglican Province of Jerusalem and the Middle East, please accept my profound and sincere appreciation.

Faithfully,

The Rev. Canon Robert D. Edmunds
Middle East Partnership Officer
Presiding Bishop’s Staff
The Episcopal Church

The Episcopal Church



Dear Friends,

Thank you for your gift received on 5/23/2017 in the amount of \$287.50 to the Diocese of Ohio’s Bishop’s Discretionary Fund.

This tangible expression of support for the life and ministry of the diocese will further empower our common service as the body of Christ.

Thank you for your generosity.

Gratefully,

The Rt. Rev. Mark Hollingsworth, Jr.
Bishop of Ohio





June Vestry Meeting Highlights



- The Vestry met on Tuesday, June 27 at 6:30 in the library.
- The meeting opened with prayer.
- The financial report was presented and the consent agenda was approved.
- Lou Young gave an update on a grant received from the Priscilla Graham Foundation for repair of the Beebe House columns. A thank you note to Ginger Rogers for securing this grant was signed by all the Vestry. Gabe Lefebvre reported that we hope to have new columns by Labor Day.
- Guy Wylie gave an update on replacement of the chapel shutters.
- Charlotte gave an update on the 2016 parochial report and audit. A thank you note to Tina Monreal for all her work on the 2016 parochial report was signed by the Vestry.
- Charlotte gave an update on the Music Director search. Applications have closed and hopefully a decision will be reached soon.
- The Vestry met with Leslie Pendleton, a consultant from Episcopal Church Foundation, about our upcoming Capital Campaign for much needed improvements to our facilities.



JULY

BIRTHDAYS & ANNIVERSARIES

Birthdays

John Hormel ~ 7/01
 Mary Ann Switz ~ 7/01
 Kevin Vaughn ~ 7/01
 Paul Westlake ~ 7/03
 Danielle Coombs ~ 7/4
 Larry King ~ 7/5
 Alexa Klespies ~ 7/5
 Mike Oberlin ~ 7/7
 Corinne Agnor ~ 7/8
 Greta Foster ~ 7/10
 Calvin Harvey ~ 7/11
 Tina Monreal ~ 7/11
 Bill Phipps ~ 7/11
 Robert Dieter ~ 7/13
 Doug Swift ~ 7/14
 Mary Ellen Wilson ~ 7/14
 Allie Heeter ~ 7/15
 Shel Schweikert ~ 7/17
 Matthew Burner ~ 7/19
 Dot Lang ~ 7/19
 Bonnie Mailey ~ 7/19
 Joeleen Rodriguez ~ 7/21
 Judy Murray ~ 7/23
 Emily Anglewicz ~ 7/25
 Jack Houlette ~ 7/26
 Ann Entenman ~ 7/27
 Lili Hendrickson ~ 7/27
 Joan Van Osdol ~ 7/27
 Cindy Pirie ~ 7/28
 Anna Barger ~ 7/30
 Samantha Malichis ~ 7/30
 Margo Kass ~ 7/31

Anniversaries

Doug & Heather Swift ~ 7/1
 Peter & Ginny Young ~ 7/2
 Larry & Sue King ~ 7/9
 Midge Karam & Ed Wiles ~ 7/10
 Jim & Dot Lang ~ 7/10
 John & Lee Ong ~ 7/20



Thank you for your continued help in making our “200” campaign a huge success. So far this year, we have collected over 200 each of cans of yams, jars of baby food, honey jars for the Bishop, boxes of cake mix and icing, cans of pet food, and prescription bottles. We are over the half way mark for our knitting group goal and have just kicked off our “200” toothbrushes campaign. Let’s keep it going!



200 Toothbrushes! Give the gift of smile and better health!

As part of the #whatsyour200 campaign honoring the 200th anniversary of the Episcopal Diocese of Ohio, Christ Church will be collecting 200 toothbrushes in the month of July.



Mary Pat DeLambo, RN, our Community Wellness Nurse will share these toothbrushes with the low income seniors and disabled residents who are served by Laurel Lake’s Personal Health Partner program in Stow, Cuyahoga Falls, and Twinsburg. The American Dental Association recommends changing your toothbrush every 3 – 4 months to prevent the buildup of harmful bacteria. As a “non-food” item, toothbrushes cannot be purchased by those using the Supplemental Nutrition Assistance Program (SNAP), often referred to as “food stamps.” Your donation will brighten smiles and improve health. Good oral hygiene is important in overall health and has been linked to the prevention of respiratory infections, dementia, heart attacks, strokes, and gum disease. Your generosity is greatly appreciated!

Phone: 330-650-4359
Fax: 330-655-0695
On the Web: www.christchurchudson.org

 Find us on Facebook!
<https://www.facebook.com/ChristChurchHudson>

Clergy
The Rev. Charlotte Collins Reed, Rector
Charlotte.reed@christchurchudson.org

Affiliated Clergy
The Rev. Allan Belton, Priest
The Rev. Gretchen Green, Deacon

Staff
Kathy Garber, Parish Administrator
kathy.garber@christchurchudson.org
Mary Ann Switz., Interim Organist
Mary Pat DeLambo, RN, BSN, Med.
Community Wellness Coordinator
mdelambo@laurellake.org
Sarah Bhatia, Director of Christian Education and
Youth Ministry, Sbhatia@christchurchudson.org
Susie Vanaman, Parish Accountant
Svanaman@christchurchudson.org
Dennis Hido, Sexton
Darlene Gresco, Housekeeping
Theresa Venham, Housekeeping

Vestry
Lou Young., Sr. Warden
lgmyoung@gmail.com
Bob Zuhl, Jr. Warden
rwzuhl@aol.com

Kay Eileraas
Eileen Gaston
Roxanne Grattan
Janet Greer
Gabe Lefebvre
Susan Mailey
Guy Wylie
Marilyn Hansen, Treasurer, ex officio
Linda Irving, Clerk, ex officio

Christ Church Hudson is a Parish of the
Episcopal Diocese of Ohio -
www.dohio.org

SUNDAY SUMMER SCHEDULE

8:00 am Rite I/Quiet—Chapel
10:00 Rite II/Festive—Church
with Children's Chapel
11:30 Coffee Hour

Nursery available for children
3 and older 9:00—Noon



Summer Sunday Schedule:

In July, and August,
our Sunday morning schedule is:

8am: Holy Eucharist in the chapel
8:45: Coffee in the Parish Hall
10am: Holy Eucharist with Children's Chapel
11am: Coffee Hour in the Parish Hall

Church Offices will be closed on Monday, July 3rd and Tuesday, July 4th in observance of Independence Day.

