

The HEARTbeat...



October-November 2007

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Happy Fall!

As the weather begins to cool down, we settle into the routines of Fall and begin planning for our holiday traditions and get-togethers. It's a wonderful time to share with friends and family by having a pumpkin decorating party or sharing what you're thankful for at a pot-luck dinner. Please take the time to thank someone important in your life for making this past year better.

That means this letter is my opportunity to thank you, because you *are* important in my life. Each class you teach me something new or at least remind me of something I need to start doing again. I am grateful for the great questions you ask, for making me laugh, for sharing meals and *most of all I am grateful you have let me get to know you.*

Bunches of Thanks!

Toni



WHEN OTHERS ARE ANGRY WITH YOU . . .

ACCEPT WHY THE PERSON IS ANGRY

*Remember, although you may not like how he is expressing his feelings, he does have a right to feel the way he does.

APOLOGIZE

*Tell the person they are important to you.

*Say "I'm sorry for _____."

*Say exactly what you did that was wrong.

Example: "I'm sorry for not showing you respect by telling you that I was going to be late."

*Be sincere.

MAKE UP FOR YOUR MISTAKE

*Offer to replace the object.

*Offer some type of kindness action in return.

*Say what you will do instead next time.

*Talk it over.

*Talk in a calm and apologetic voice.

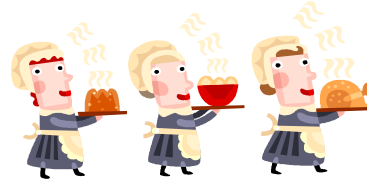
LISTEN.

*Be sincere and respectful of his thoughts and feelings.

*Thank him for understanding and being willing to forgive you.

TAKE A BREAK

*Sometimes, it is best to let that time pass and then talk it over. (Taking a walk is a good idea; make it at least 20 minutes long.)



BEING THANKFUL FOR . . .

CLOTHES
FRIENDS
HOME
PATIENCE

FAMILY
FUN
JOB
RELAXATION

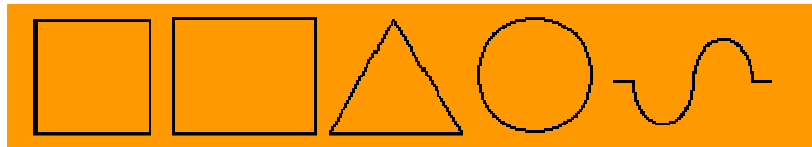
FOOD
HEALTH
LAUGHTER
SHOES

A	J	S	L	A	U	G	H	T	E	R	D	F
G	H	O	J	F	R	I	E	N	D	S	K	L
Q	W	E	D	C	E	T	A	Y	U	I	R	O
E	P	C	A	X	L	F	L	C	H	V	E	B
C	R	E	C	L	X	O	P	I	N	G	L	N
N	M	F	E	O	T	M	T	L	M	K	A	J
E	F	I	O	P	T	H	F	H	E	S	X	A
I	A	U	Y	L	Z	H	X	C	E	V	A	B
T	M	O	N	Y	T	D	O	R	U	S	T	Q
A	I	I	S	H	O	U	B	M	M	N	I	C
P	L	S	H	O	E	S	R	W	E	Q	O	X
L	Y	M	F	Q	T	J	O	B	M	S	N	K

What shape are you?

(www.personalityquiz.net)

Look at the shapes below and decide which one you like the best. Don't think about it too much, there is no right or wrong answer—this is just for FUN! For even a little more fun, take the quiz with a friend or family member to see the ways you are alike and different.



If you chose the **SQUARE**, you probably feel most comfortable when things are steady and you have clear directions on what to do. You like things to be put back where they were found. You will work hard until your task is finished, even if it is doing the same thing over and over again.

If you chose the **RECTANGLE**, you probably like structure and things staying regular. You will work to make things better by organizing and having meetings. It is important to you that things be done the right way, making sure to follow all the rules.

If you chose the **TRIANGLE**, you probably like to set goals. You enjoy planning things out before you do them. You will work really hard to accomplish your plan. You look at the big picture and will sometimes forget to look at the little details.

If you chose the **CIRCLE**, you probably like to go to lots of events and talk. You work things out by talking about them and smoothing things out (a circle has no points or edges). You like for everyone to get along.

If you chose the **SQUIGGLE**, you probably are very creative and think out of the box. You like things to change often and get bored easily if things stay the same. You are a big idea person.

Meatloaf

(www.kraftfoods.com)

Prep Time: 5 minutes
Total Time: 1 hour
Servings: 6

Calories: 310
Total Fat: 8g
Saturated Fat: 3g

1 ½ lb. extra lean ground beef (you can use ground turkey also)
1 ½ cup ketchup
1 pkg. (6oz) chicken flavored stuffing mix
1 egg, lightly beaten
1 onion, chopped
1 tsp. Italian seasoning

PREHEAT oven to 350.

MIX meat, 1 cup of ketchup, stuffing mix, egg, onion, and Italian seasoning.

PRESS evenly into 8x4-inch loaf pan.

SPOON remaining ketchup over meatloaf.

BAKE 55 minutes.

**CUT YOUR TOTAL TIME IN HALF

Instead of making one large loaf, make single serving sizes and a quick fix meal by filling muffin tins with the meat mixture. Bake for 20-25 minutes at 350 until meatloaf muffins are golden brown.



WALKING:

The PERFECT Workout

Walking is a great way to get exercise. Walking is easy, convenient, and inexpensive—all you need is a good pair of shoes. Nearly anybody can do it at any skill level. You can do it almost anywhere, anytime. Just 30 minutes a day can help you live longer and help keep you from developing numerous chronic diseases.

STRETCH FIRST:

To avoid pulling a muscle, it is important that you do a few simple stretches before you hit the road.

PUT A SWING INTO YOUR STEP:

Pump your arms while walking to help work your abdominal muscles, as well as the muscles in your arms, biceps and shoulders. This also increases the heart-strengthening benefits of your workout.

HOW MUCH TO WALK:

You should start slowly and gradually increase your distance and speed, especially if you haven't been active. Try walking two to three times a week. Set short distance goals and then try to improve them each week. Try to increase the number of days you walk a week, or walk a bit faster each week.