

*Summary of the October, 2012 Program***Forgot Those Resolutions?****Fall Back on Them for Health's Sake**

Speaker: Alina Stoothoff, BS, CMPH (the Centers)

The program for the North Central Florida Post-Polio Support Group on October 14th was presented by Alina A. Stoothoff, Liaison/consultant of “the Centers”, an accredited healthcare organization.

Ms. Stoothoff began the program by reminding us of the resolutions we made in January, 2012 both personally and as a group. Not too many hands went up! She then ask, “How many of you have kept them so far?” To quote Ms. Stoothoff: “For health’s sake fall back on them.”

- DO NOT be too proud to ask for help when you need it.
- Keep a positive attitude
- Have an evaluation from a qualified doctor
- Have a muscle evaluation done by a qualified physical therapist
- Pace yourself and don’t get too exhausted
- Monitor your time spent volunteering. DO NOT overextend.
- Re-evaluate traditions that may be too difficult for you to keep.
- Have patience with yourself & others.
- Get yourself organized.
- Use assistive devices when recommended and needed.

Re-take control of what you can. Review and renew the 2012 plan and make changes to update it as your life changes. Remember to stay committed to what is best for “YOU”. As you reflect back and look forward, try to pay attention to where you are now.

- Drink Less Alcohol
- Eat Healthier Food
- Get a Better Education
- Get a Better Job
- Get Fit
- Lose Weight
- Manage Debt
- Quit Smoking
- Reduce, Reuse & Recycle
- Save Money
- Take a Trip
- Volunteer & Help Others

Ms. Stoothoff really encouraged each of us to get in the habit of journaling (not a diary). A diary is a day-to-day journal of personal events, whereas “journaling” is keeping a record of your day to day commitments so you can look back, study those commitments, and adjust your lifestyle so you can stay on track. It’s a GOOD thing to make written

commitments or to even tell someone, like a good friend about your journaling. It is also healthy to start a “gratitude” or “accomplishment” journal. She then provided each of us with note pads as a starter kit.

She then reminded us that “the cause and the cure of our stress is within each of us,” and “our ATTITUDE determines our success.”

If we succeed in keeping resolutions we will soon create new habits. We can and will develop personal control, be committed to our goals, and have a healthy lifestyle. She then gave us a review of ways to manage our stress.. such as deep breathing, stretching, exercise, massage, eating well balanced meals, praying and/or meditating each day.

Last and most important: learn to laugh, smile and have fun. Scientific studies show that changes in your body and changes in your physical behavior, will impact your thinking, your mood, your emotions and your ATTITUDE.

We thank Alina Stoothoff for another encouraging program.

Summarized by support group president, Carolyn Raville