



Uchee Pines Institute  
30 Uchee Pines Rd  
Seale, AL 36875-5713

ADDRESS SERVICE REQUESTED

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PHENIX CITY, AL  
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The Uchee Pines  
Institute health  
and news letter



# emphasis: YOUR health

VOLUME 24, ISSUE 10, DECEMBER, 2013

MAY WE SEND "EMPHASIS: YOUR HEALTH" TO YOU BY E-MAIL INSTEAD? RESPOND TO [EYH@UCHEEPINES.ORG](mailto:EYH@UCHEEPINES.ORG)

## COMING EVENTS

Next Lifestyle Sessions  
at the Lifestyle Center  
begin January 5,  
January 26, February 2

New  
Lifestyle  
Educator  
6-month  
training program  
beginning  
January 6, 2014

## The Bottom Line

Live to be 100 – 5. Get at least six  
hours of shut-eye

In studies dealing with how disease spreads it was reported that sleeping too little (fewer than six hours) or substantially more (over nine hours) puts people at greater risk of death. Quality of life is also an issue. A good night's rest can help ward off stress, depression, and heart disease. Sleep is one of the most important functions the body uses to regulate and heal cells. Those who are aiming for the century mark make sleep a priority.



Inside  
President's  
Message  
Make a Difference

Crashed  
Computer  
Difficulties and Delays

Dr. Agatha  
Update

The Beginning  
of the End  
LE Life

Princess Loaf  
For the Holidays

The Bottom Line  
Live to be 100

This has been a good year for Uchee Pines in many ways, however, we have pressing financial needs that are not yet met. Please remember us in your year-end contributions. You can donate by check or on our website. More of your donation will go to our work, if you add the card processing fee of 2%.

## Giving Gives Health

by Kimberly Kodimer

As a child I remember hearing the oft repeated words of Christ, "It is more blessed to give than to receive." (Acts 20:35) In my childish mind I would try to convince myself that I was really more happy to receive than to give! But as I grew into maturity I began to accept the wisdom of those words spoken so long ago.

Giving is one of those things that we all know helps others, whether it be volunteering to make a meal for a couple who just had a baby, shoveling snow off the walkway for an elderly lady down the road, or being that interested listener to a lonely soul. But you know, giving isn't just for the recipient, it's also good for the giver!

A study published in 2006 in the *International Journal of Psychophysiology* recorded some of the benefits of those who gave either social support to others or helped through community and organizational involvement: lower

blood pressure, higher self-respect, less depression, and lower stress levels.

Those who volunteer or give help (either physical or emotional) to friends, family, or neighbors seem to actually live longer according to a study by the University of California, Berkeley, as well as one done by the University of Michigan four years later.

A study done in 2006 by the National Institutes of Health stated giving activates regions in the brain associated with pleasure, connection with other people and trust.

So giving can actually:

- Lower blood pressure
- Increase self-respect
- Lessen depression
- Lower stress levels
- Aid in longer life
- Increase happiness

Sounds pretty amazing! Who would have thought that, even physiologically, "It is more blessed to give than to receive"?

For more information on Uchee Pines, visit our website, [www.uchee-pines.org](http://www.uchee-pines.org), or call, 1-877-UCHEEPINES.



# crashed computer

## OF DIFFICULTIES AND DELAYS IN THE PRINT SHOP

*Things come to a halt when the main computer goes down.*

I came into my office on a November morning. Settling in at my desk in front of the window, I tried logging in on the computer. Round and round the curser turned. Waiting patiently I stared at the screen only to be disappointed as the computer restarted instead of logging in. After a few more tries without success, I called John, our IT man on staff. John came right over.

The situation didn't look good and after a thorough evaluation the diagnoses was in—the computer was dead.

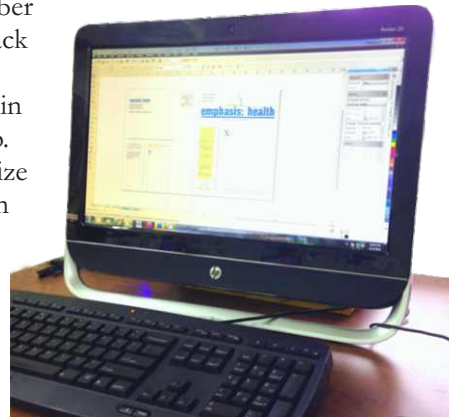
Now, this wasn't just any computer. This was the main Print Shop computer. The one that contains all the main forms, documents, recipes, newsletters, books, and brochures for *all* our departments. This was a computer with years worth of valuable documents and files.

I prayed while John worked to try to save the hard drive.

Hours later all of the important documents were rescued. Praise God!

By December things were back to normal and moving along in the Print Shop.

We apologize for the delay in sending out the *Emphasis*, but praise God everything was saved!



*Below: LEs while on their Mission Trip*



## the beginning of the end

Early in the morning of December 4, the Lifestyle Educator trainees loaded into the Uchee Pines bus and headed off for their two week mission trip. Their journey will take them to New York and New Jersey. This is the final leg of their six-month program. Their Dedication service will be held the day after they return.

What is LE life like? One trainee summed it up in this short poem:

*New faces, new experiences;  
Taking a step of faith  
Into unentered territory;  
Who knows what to expect?  
Days are moving,  
Friendships are growing,  
Months are fleeting,  
Homework is building—  
Agriculture, Nutrition, Car mechanics too  
Hydrotherapy, Anatomy & Physiology—  
Just to name a few.  
Now the day has arrived, the last day of class..  
Who knew that time would fly so fast!  
Now the mission trip awaits us;  
A new chapter is about to begin.  
I wonder what surprises The Lord has within?*

*—Shanice Saunders, Class of December 2013*

## Dr. Agatha

On November 22, 82-year-old Dr. Agatha Thrash, co-founder of Uchee Pines Institute, suffered a stroke while lecturing at the Lifestyle Center on campus. Since then Dr. Thrash is gaining strength and seems to be improving daily, but is still unable to converse much. She says short sentences and shows that she has the information she needs to communicate but is not able to do so verbally. Dr. Wynn Horsley, our Medical Director states: "The stroke of Dr. Agatha Thrash is not caused by the build-up of cholesterol and saturated fat that causes most strokes. In contrast, this stroke was caused by a rhythm problem, which changes blood flow and often leads to blood clot formation. Later break-up of the clot can lead to a piece of the clot flowing in an artery to the brain where it will cause blockage of blood flow, i.e., a stroke looking like other strokes, though the cause is quite different. There is no single clear cause of this rhythm problem." Dr. Thrash has been successfully battling this heart rhythm problem with lifestyle and herbal remedies for many years. We appreciate your continued prayers on her behalf.



*Are you attending the Generation of Youth for Christ (GYC) conference in Orlando, FL this January? If so, be sure to visit the Uchee Pines booth in the exhibit hall. We would love to see you!*

**Princess Loaf**

- 2 c. dry bread chunks
- 2 c. cooked rice
- ½ c. walnuts, chopped
- 1 green bell pepper, chopped
- 2 stalks celery, diced
- 1 c. minced onion
- ¼ tsp. sweet basil
- ½ tsp. garlic powder
- 1 tsp. salt
- 1 Tbsp. parsley
- 2 tsp. sage
- ¼ c. cashews
- 1 c. water
- 1 tsp. onion powder
- 2 Tbsp. Chicken Style Seasoning\*

Blend cashews and water till smooth. Mix with remaining ingredients in a bowl. Place in sprayed casserole dish, cover, and bake for 45-60 min. at 350° F. Uncover and bake for 15-20 min. Serve with gravy.

\*Mix all ingredients. Store in tight container. Use as seasoning:

- ¼ c. parsley flakes
- 2 Tbsp. onion powder
- ¾ tsp. paprika
- 1 tsp. salt
- ½ tsp. each thyme, celery powder, sage, marjoram, garlic powder