



living **WELL** aware™
PATRICIA J. SULAK, MD

The Best in Wellness Information, Implementation, & Inspiration

Summer 2014 Newsletter

Seek and Secure Support: *It's About Living Longer and Livelier* by Patricia J Sulak, MD

Although I am an extrovert, I do like being by myself frequently, usually reading and writing. I also love being around my wonderful husband. Whether it's watching an inspiring, uplifting, or informational video, cooking, working out, or taking a get-a-way trip, Jeff and I can spend hours and days at a time together, and still not get enough of each other. That's great, but I realized I needed to extend my social network or what I refer to as **Essential Element to Health and Happiness #11: Seek and Secure Support** which I discuss in my recently released book *Should I Fire My Doctor?*

Yes, I have friends that I know would be there for me at a

Living Well Aware News

New Website!

Check out the new Living WELL Aware website!
www.livingwellaware.com
LWA has a brand new look including videos and BLOGS. There will be weekly health tips starting next week.

Should I Fire My

moment's notice, but I also wanted to hang with people in a group who would motivate me to be the best version I am capable of being. I had several friends and patients who were in Altrusa International Inc. of Temple. Altrusa is an international women's volunteer organization with a local group in my hometown. I attended as a guest about a year ago and was amazed at the number of projects they were involved in to help people in need in our community and throughout the world. They were definitely living out **Essential Element #6: Graciously Give Your Gifts**. I immediately decided to join. This group of wonderfully benevolent women helped get me to the next level of health and happiness. They not only opened doors for me to assist in helping others but also provided deep and sincere friendships that I know will last a lifetime.

Members of Altrusa are not only dedicated to helping others in our community and around the world, they are first and foremost always available to any member of the organization in times of hardship or need, or just to get together to have a darn good time. If someone is sick or has a death in the family, the group is there to support in anyway they can.

Joining a volunteer organization like Altrusa, Lions Club, Rotary or so many other groups is just one great way to expand our circle of influence. As stated by Ghandi, "The best way to find yourself is to lose yourself in the service of others."

In addition to joining Altrusa, I also found ways to socialize while working on **Essential Element #3: Make Movement Mandatory**. While I normally walk or jog by myself, I began going on long walks with friends. Mary and I go on several mile walks, and not only get in needed movement but, as we frequently say, "solve the world's problems" with our conversation. I also get to pick Mary's legal mind to learn more about an area I am deficient in. In addition to finding walking buddies, I'm

Doctor?

Available in Temple, TX

Melinda Bulls of CCF Investments, Inc is assisting with local sales of my book in her office at 803 S. 33rd St, Temple, TX 76504 near Ave H.

Cost which includes sales tax is \$18 cash or \$19 check.

Office hours M-F: 9 to 5pm
254-899-9944.

THANKS Melinda!!

Mark Your Calendar: Saturday, October 4, 2014: LWA for FIC

Altrusa International of Temple and Living WELL Aware are joining forces to raise money for Families in Crisis. The latest in healthy living will be provided by speakers who are all donating their time with ALL proceeds benefiting FIC. If interested in supporting this event, contact me via email at

sulak@livingwellaware.com

Stay tuned for details.

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about to take up another activity: biking. My husband ordered the bikes today so next week I should be cruising around the area. Why did I choose biking to add to my Make Movement Mandatory activities? There were several reasons. My youngest brother Mark encouraged Jeff and me to consider biking as an activity that would be easier on our knees, so we tried it out and loved it. In addition, I will now be able to spend more time with family members and others in my community doing something that we all love that is also extremely healthy while adding a new social network to my life.

Why is all this so important? The Terman study has been following the lives of over 1000 people since they were first selected in 1921! To quote from results of this project published in *The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study*:

"...having a large social network, engaging in physical activities that naturally draw you in, giving back to your community, enjoying and thriving in your career, and nurturing a healthy marriage or close friendships can do more than add many years to your life. Together, they represent the living with purpose that comes from working hard, reaching out to others, and bouncing back from difficult times. How fascinating to understand that those individuals who became involved with others in a consequential life would be improving their health as an unanticipated bonus."

What areas of your life do you need to improve? Physical health? Emotional health? Spiritual health? Financial health? Who can help you? Who can you help? Seeking and Securing Support is an essential element to health and happiness. It's about Living WELL Aware.

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