

health & wellness news

Inspiration to meet your goals

Help to make your New Year's goals much more achievable



Checking in with Your Goals this New Year

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A SMART approach can move you beyond setting goals — it can move you toward reaching them. [Read more](#)



Do This, Remembering Me – A Book Review

By The Rev. Jerry Kolb

What's the most difficult pastoral care visit you've had to make? Many would say it is with a person that has advanced dementia or Alzheimer's disease.

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EyeMed Insight

Beginning in 2018, members who are enrolled in a Medical Trust active or retiree health plan will receive their vision benefits through EyeMed Vision Care's Insight network.

[Read more](#)



What's New in the eLearning Library!

If eating healthier is one of your goals for 2018, take our new nutrition course, *Your Next Meal: Finding Real Nourishment for Body and Soul*. Clergy, [click here](#) to check it out. Lay employees, [click here](#).



Book Look

How Then Shall We Live? Preacher, priest, ethicist, and author, Samuel Wells, has never been one to shy away from the difficult questions, and invites readers to think about a wide-range of issues.

[Read more](#)



Healthy Recipe

Apple and Caramel Crisp Snuggle up on the couch with a mug of your favorite hot beverage and a serving of this delicious, fragrant, satisfying, and best of all, low-calorie version of a dessert classic.

[Read more](#)

Did You Know?

According to the Hearing Loss Association of America, about 20% of Americans report some degree of hearing loss, and that number rises to over 30% by age 65. It is the third most common physical condition after arthritis and heart disease.*

For active members in a Medical Trust health plan, Amplifon Hearing Health Care offers a hearing discount program.

For retired members enrolled in a Medical Trust Medicare Supplement Health Plan, you have a hearing aid benefit, in cooperation with Amplifon Hearing Health Care and UnitedHealthcare. Amplifon Hearing Health Care provides access to a network of providers, hearing aid services, and supplies at discounted rates.

Learn more at www.cpg.org.

* <http://www.hearingloss.org/content/basic-facts-about-hearing-loss>

Submissions wanted!

Send us your stories and healthy recipes.

Have you or your congregation made a health change? We're looking for submissions for our Member Story and Healthy Recipe sections in the Spring issue of *Health & Wellness News*. The topic: Strength of Community – Fortifying Your Foundation. Email them to wellness@cp.org. They could be published in an upcoming issue.