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## February 2012

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Yes, it's the end of the day.

Yes, it means my kids head to bed so I have some time to myself.

More often than not, though, it's when I get to hear what's going on inside my boys' heads.

I confess that by bedtime, the last thing I want to do is tell one more story, answer one more question, or hear all about something that happened at school that day.

What I've learned, though, is that bedtime is often primetime for hearing a child's heart. It seems most kids slow down enough at bedtime that the thoughts in their head turn into conversation that often has some depth to it.

Because of this, I muster every ounce of patience I have to capture the bedtime MOMents that I know will one day cease to exist.

What about you? What's your favorite MOMent of the day? Drop by the [Hearts at Home Facebook page](#) and share your favorite MOMent of your day!

*Jill*

Wife of Mark  
Mom to Anne, Evan, Erica, Kolya, and Austin  
Nana to 22-month-old Rilyn

## 10 Foods for a Longer Life

Are you trying to provide healthy foods for yourself and your family? Add some of these "super foods" to your shopping list!

**Green Tea:** Has groups of concentrated antioxidants and boosts metabolism for smaller body size!

**Garlic:** Contains allicin which is antibacterial and anti fungal. Fights cancer, strengthens cardiovascular system, decreases fat storage and fights inflammation and redness from acne.

**Grapefruit:** Grapefruit as a regular part of your diet can decrease insulin levels and contains large amounts of lycopene (the cancer fighting antioxidant in tomatoes).

**Greek Yogurt:** This yogurt has been separated from the whey that sits on top of the yogurt and the straining process removes excess sugar, leaving rich protein as well as being packed with calcium.

**Avocado:** Contains good MUFA (monounsaturated fatty acid) fat. These fats improve cholesterol, lower triglycerides, and lower risk of heart disease and stroke.

**Eggs:** High in protein and loads of nutrients, eggs are the best way to start your day and a study published recently showed that people who replaced carbs with eggs lost weight 65% faster.

**Quinoa:** There are more nutrients per serving in this grain than any other, including twice the amount of fiber and protein along with healthy fats.

**Bell Peppers:** Full of antioxidants, especially the colorful ones! The amount of vitamins and nutrients in these brightly hued veggies pack a world of benefits including improved immunity, protection against sun damage, cancer fighting and boosted metabolism.

**Almonds:** 23 nuts can improve memory because of the amount of MUFAs. Yes, they may be high in calories, but high fiber and protein make this snack worth it! (try subbing chopped almonds for bread crumbs or crackers in your next meatloaf!).

**Swiss Chard:** 16 vitamins and nutrients, 35 calories, 300% of recommended vitamin K,



100% vitamin A, 16% vitamin E, fiber and phytonutrients makes you think twice about this easily passed over green!



## **Check out some of the 2012 Hearts at Home conference workshops!**

*Top Ten Messages You Want Your Kids to Get - Linda Anderson*  
*Confessions of an Imperfect Mother - Julie Barnhill*

*Frumpy to Fabulous in 30 Days - Shari Braendel*  
*Are You Living In CHAOS?- Marla Cilley aka The Fly Lady*

*Practical Parenting Tips - Michelle Duggar*  
*When Our Kids Make Decisions We Don't Agree With - Brenda Garrison*

*What To Do When God Says "Wait" - Jami Kaeb*  
*Get a Grip On Your Finances - Marianne Miller*

*Encouragement for Overworked Working Moms - Sabrina O'Malone*  
*Tried and True Ways to Earn Money From Home - Marilee Parrish*

*The Smart Stepmom - Laura Petherbridge*  
*Thriving As A Single Parent - Laura Petherbridge*

*Three Gifts of Sex - Lorraine Pintus*  
*50 Ways to Improve Your Relationship With Your Husband - Marilee Parrish*

*Help Your Child Develop a Dating Philosophy - Jill Savage*  
*You Don't Have to Be Extreme to Save Money - Jill Savage*

*How To Fight For Your Marriage - Dr. Juli Slattery*



Registration is open for all three 2012 Conferences!

**Don't Wait! Best Value Registration Deadline  
for the National Conference, March 16-17 in Normal, IL,  
is February 15!**

**REGISTER NOW!**

## **A MOMent With God**

*"Be strong. Take courage...God is striding ahead of you. He's right there with you. He won't let you down; he won't leave you. Don't be intimidated. Don't worry."*

*Deuteronomy 31:8*

**Do you want to pray regularly for your children  
and their school?  
Join a *Moms In Prayer* group today!**

Moms In Touch, International is now sporting a new name. It's still the same wonderful organization that gathers moms to pray for their kids and their schools.



For more information about Moms in Prayer International and to inquire about a group in your community, visit [www.MomsInPrayer.org](http://www.MomsInPrayer.org). A demonstration video of a Moms in Prayer group is also available [online](#).

## 10 Ways to Say "I Love You" That Don't Cost a Dime

Valentine's Day is just a few weeks away. What are you giving to your Valentine? Some of the most valuable gifts we can give, don't even cost a dime. Try some of these ways to send a message to the one you love!



1. Write a love letter or poem. Tell him the things you love about him.
2. Join him in accomplishing a task that he often does alone.
3. Make his favorite dessert...even if you don't like it.
4. Clean out his car for him.
5. Using a dry erase marker, write a love note on the rear-view mirror of his car.
6. Give him a back rub.
7. Join him in an activity that he enjoys.
8. Surprise him by tucking love notes in places he'll find them throughout the day.
9. Have a candlelight dinner for two after the kids go to bed.
10. Send him love texts every hour throughout the day.

## ***Hearts at Home helps you...***



- ***Feel refreshed and ready to embrace the challenges of motherhood.***
- ***Improve your time management and run your home more smoothly.***
- ***Lead your children to God with creative faith-building activities.***

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