

Wellspring



Issue 3
July-August 2016

A publication of the Health & Healing Council

E. PA Conference of UMC

EPA Health Survey 2016

The Steering Team of the Health & Healing Council wishes to thank all who participated in the 2016 Health Survey. The largest group to respond were our pastors. The roles and responsibilities of respondents were diverse, providing a wonderful cross section of callings for clergy and laity alike. Many participants wear several "hats", serving their churches in multiple ways.

A total of 570 people took the survey, either in paper form or electronically on Survey Monkey. 161 churches were identified, while another 118 people did not name their home church.

Top health concerns of respondents are named in the chart below (in descending order, with aging congregations by far being the top issue).

Top 12 Health Concerns:

- Aging Congregations
- Health Barriers to Church Attendance
- Chronic illness, i.e. Diabetes, Stroke
- Obesity/Overweight
- Time Management/Busyness
- Depression/Sadness
- Disability/Accessibility Issues
- Wellness Challenges for Children/Youth
- Parenting
- Nutritional Needs
- Lack of Education on Health Issues
- Clergy Health Concerns

Top 13 Ministries Desired:

- Stress Management Classes
- CPR Classes
- Exercise Programs
- Weight Control Programs
- Mental Health Support
- Health Education Programs
- Defibrillator Placement/Education
- Counseling Services
- Health Screenings
- Support Groups
- Healing Services
- Health Fairs
- Smoking Cessation

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Many members of clergy and laity stopped by the Health & Healing Council table at this year's Annual Conference



Doris Farrar, RN, BS, FCN, is a retired Psychiatric Nurse Manager/Case Manager. She serves as a parish nurse at Asbury UMC, and is a clinical instructor for crisis assessment and techniques at Sacred Heart Hospital in Allentown.

Our lives today center around the quick flashes of news that travel at the flick of a button on computers and cell phones. This amazing technology has increased awareness of the different cultures, values, and mores of many countries. We all have one thing in common: that is the importance of promoting respect and acceptance of one another. This is easier said than done due to the various levels of maturity, family values and cultural traditions.

Mental illness is still an ongoing stigma for our society. Many do not accept it as a disease process that affects all cultures and families. The causes can be genetic, chemical, social and environmental. Nursing provides a way to build awareness and educate individuals in how to approach, guide and refer families to seek help. Our legislative laws were redirected in the 1960's so many mentally ill individuals were discharged from hospitals with no follow-up supportive measures. As a result, many have become homeless, and currently half the prison population is mentally ill. Parish nurses see a lot of these clients in the center city areas. The legislative laws need updating to insure ongoing treatment to help a person become stable and be guided to a better quality of life. The judicial and medical professions need to work together to better evaluate competency and treatment. The end result would improve the life of the individual and the wellbeing of the family.

What Can Churches Do to Foster a Sense of Belonging for Those with Mental Illness? ***(A Review by Sharon Hachtman, RN)***



One of the best articles I've read recently on mental illness centers around the need for churches to take on the stigma of mental illness through education and invitation. Dr. Michael Tanner writes that churches must begin by promoting understanding. He reminds us that there is probably no family, church or community that is not affected by mental illness, and yet "most churches go about their business oblivious to mental illness and to the alienation and suffering....on their doorstep and in their pews" (pg. 45). He gives some tips for every congregation to follow:

1. Pray for the "will to embrace" all
2. Educate clergy, staff, lay leaders and members
3. Regard people for who they are and whose they are, not for illness they have or for disadvantage that illness has worked in their lives.
4. Invite and encourage full participation of people with mental illness in church life and work
5. Enjoy friendship and fellowship with people who, among the many other qualities of their lives, have a mental illness. Be transformed! (Tanner, 45).

Tanner, Dr. Michael (Spring 2016). *Mental Illness and Belonging*. Church Health Reader. (chReader.org).
Shared with Permission.



"Dem Bones, Dem Bones, Dem Dry Bones!!"

Beat the Summer Heat by Avoiding Dehydration

Know the signs of mild to moderate dehydration:

- Dry, sticky mouth
- Increased thirst
- Sleepiness or tiredness, children are likely to be less active than usual
- Decreased urine output
- No wet diapers for three hours for infants
- Few or no tears when crying
- Dry skin
- Headache

How Much Water is Enough?

According to the Institute of Medicine, most healthy people can use thirst as a guide—and use both fluids and foods to stay hydrated. One's ability to notice thirst may decrease as one ages. Children are also more susceptible due to their relatively small body weights and high turnover of water and electrolytes.

Hydration needs can vary, depending on one's health, activity level and medications. If you're unsure what's right for you, talk with your doctor.

(www.mayoclinic.org/dehydration)



<i>Incredible Thirst Quenchers (% water)</i>	
Apple	86%
Tomato	95%
Strawberry	91%
Watermelon	91%
Cantaloupe	90%
Spinach	91%
Zucchini	95%
Celery	95%
Cucumber	97%

Recipe: Tropical Green Smoothie

Lancaster General Health LGHealthHUB.org/recipes

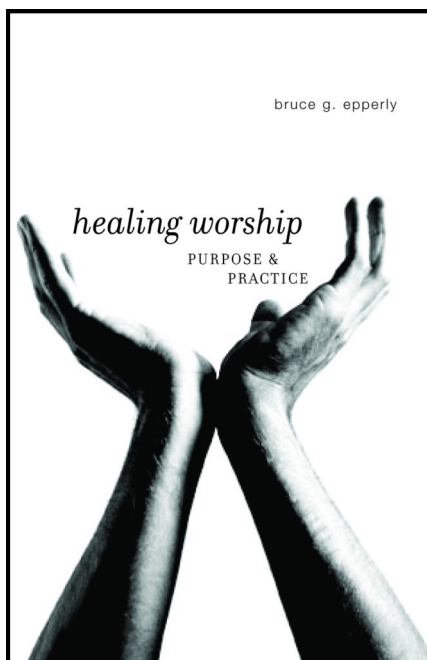
- 1 cup unsweetened almond milk
- 2 cups chopped kale, stems removed
- 1 large banana
- 1 cup sliced mango or pineapple (fresh or frozen)



Blend almond milk and kale until pulverized. Add fruit and blend until smooth. Makes 2 servings.

Nutritional Info: Per serving: 189 calories; 2 g total fat; 106 mg. sodium; 0 mg cholesterol; 42.2 g carbohydrate; 4.4 g protein; 6.2 g fiber

A Book Review - Healing Worship: Purpose & Practice



Healing Worship by Bruce G. Epperly, is a resource to enable pastors and other church leaders to integrate healing services into the total life of the church using a wholistic approach that connects healing liturgies with the theology, pastoral care, and social concerns of the church. This book gives practical tools for healing homilies and liturgies, theological reflection on the healing ministry of the church, pastoral self-care, and congregational health care ministries. (ISBN 0-8298-1742-5)

Wellness Works: Featuring Tabor United Methodist Church (Woxall, PA)

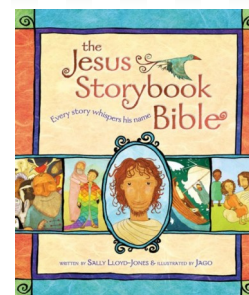
Healing Prayer Ministry

Tabor's healing prayer ministry begins with training based upon Jesus' command in Matthew 10:1 "Jesus called his twelve disciples to him and gave them authority to drive out impure spirits and to heal every disease and sickness." We believe we will see miraculous healings of both body and spirit. We offer two training opportunities. Tabor's Healing Prayer Ministry Training is a 6-week healing prayer training course based upon the book, "The Essential Guide to Healing – Equipping All Christians to Pray for the Sick" by Bill Johnson and Randy Clark. During our Sunday School hour, Tabor offers training developed by the Aldersgate Renewal Fellowship organization (www.aldersgaterenewal.org) called Methodist School of Supernatural Ministry (MSSM). Specifically, MSSM Sessions 3 and 7 of this training include learning to pray with the authority and power of Jesus for supernatural healing. We also offer specific healing prayer opportunity at Tabor on a weekly basis at our Thursday Night Healing Service. At 7:30 pm on most Thursday evenings a group meets to pray for healing and other needs. We also offer a prayer opportunity outside of our Tabor church property called "Market Place Prayer Ministry at Vernfield". On some Sunday afternoons, from 2pm to 4pm, prayer is offered to the public at the Vernfield Country Store at the intersection of Route 63 and Morwood Road. A trained prayer team staffs a prayer tent. We celebrate the healings that have occurred! Contact Rich or Sue Fetzer, Tabor's Prayer Coordinators, at woxallosc@yahoo.com with questions.



Devotional Books to Share with Children

Summer Reading to Promote the Spiritual Health of our Children



Give Me Grace

Cynthia Rylant (babies and toddlers)

Bless Us All

Cynthia Rylant (babies and preschoolers)

Thank You Prayer

Josephine Page (Pre K—K)

Little Visits series

Mary Manz Simon (preschoolers)

The One Year Devotions for Preschoolers

Crystal Bowman/Elena Kucharick

The Jesus Storybook Bible

Sally Lloyd Jones (Ages 4-8)

"Did You Know" devotional series

Nancy S. Hill (Ages 6-10)

Jesus Calling

Sarah Young (independent readers)

At Home with God

Gavin Long (multi-generational)

One Year of Dinner Table Devotions

Nancy Guthrie (multi-generational)



Recipe: Gluten Free Oatmeal Chocolate Chip Breakfast Cookies

(For the child in all of us)

Recipe: Hello Healthy: <http://blog.myfitnesspal.com>

2 medium ripe bananas, mashed

1 cup of uncooked Quick Oats (certified gluten free)

1/4 cup Chocolate Chips (certified gluten free)

Preheat oven to 350 degrees. Spray a non-stick cookie sheet with cooking spray or use a non-stick silicone baking sheet. Combine the mashed bananas and oats in a bowl. Fold in the chocolate chips and place a tablespoon of each on the cookie sheet. Bake for 15 minutes. Cool and enjoy!

Serves 8. Serving Size: 2 cookies

Nutrition Information:

Per Serving: Calories: 96; Total Fat: 3 g; Saturated Fat: 1 g; Monounsaturated Fat: 0 g; Cholesterol: 0 mg; Sodium: 0 mg; Total Carbohydrates: 18 g; Dietary Fiber: 2 g; Sugars: 8 g; Protein: 2 g

“Sabbath: Break...or Brick?”

A retreat created FOR clergy spouses BY clergy spouses

Sat., October 1, 2016—morning or afternoon

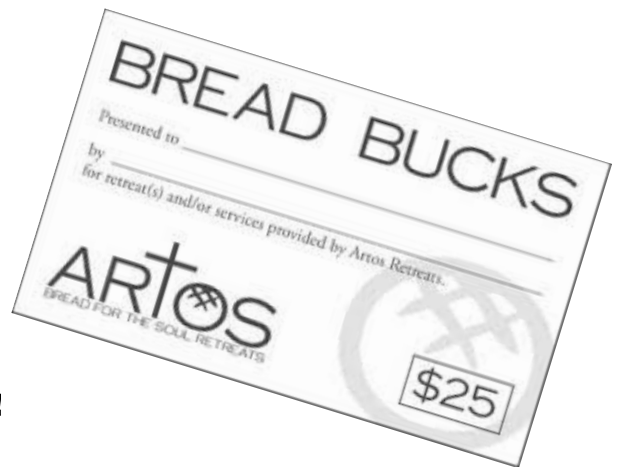
Mariawald Retreat Center, Reading, PA

Retreat fee: \$50

Give a “Bread Bucks” coupon to your pastor’s spouse and positively impact the health of both!!

Register at:

ArtosRetreats.org or call 717-492-4238



The Academy for Laity

Building A First-Aid Kit for Church Health

August 13-14

The Inn at Reading

Your church probably has at least one first aid kit to deal with cuts and scrapes. But do you have a “first aid kit” that can deal with all the health issues of your congregation? Do you have a health ministry that involves the congregation in improving their physical, mental, emotional and spiritual health? Can folks from your community find help to stop smoking, deal with stress, cope with grief, and develop healthy eating and exercise habits?

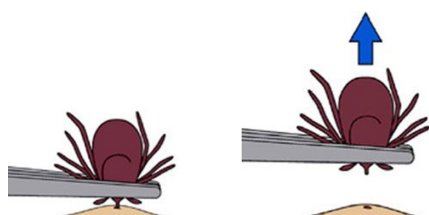
Discover practical ways to build a “first aid kit” that contains the building blocks for a viable health ministry.

Registration form is available on the CSM website: <http://www.christservantministries.net> and online at the Conference website: www.epaumc.org. Registration deadline: July 22, 2016.

This course is developed and presented by registered nurses of the Health & Healing Council .

Are You in Touch with These Little Creeps?

Prevent Tickborne Diseases



- ⇒ If you find a tick attached to your skin, don't panic. Use fine-tipped tweezers. Grasp the tick as close to the skin's surface as possible.
- ⇒ Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- ⇒ After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- ⇒ Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick. Visit <http://www.cdc.gov/features/stopticks/> for more information on how to "Stop Ticks".

Alzheimer's & Dementia Seminar: 3 CEUs For Nurses

Mark Your Calendars: October 7, 2016

Nationally renowned dementia expert Teepa Snow is coming to the Lehigh Valley to present a special Alzheimer's and dementia seminar for health care professionals, caregivers, and senior advocates.

For more information, call 610-770-2036 or visit www.seniorhelpers.com/UDC-Seminar-Series



Community Resources for the Visually Impaired

Submitted by: Amy Luckowski, PhD RN, and Mark Luckowski, BSW



American Foundation for the Blind (afb.org),

(Programs and services designed to help improve the lives of people affected by vision loss. Provides resources and support directly to individuals with vision loss and their family, as well as to businesses, employers, and professionals who provide services to blind and visually impaired people)

Lions clubs www.leaderdog.org/lions

(Leader Dogs programs and other financial support)

Local Telephone Companies

(Check with the phone company for the form needed to request free directory assistance. Form may require a physician's signature.)

National Federation for the Blind (nfb.org)

The ultimate purpose is the complete integration of the blind into society on a basis of equality. This objective involves the removal of legal, economic, and social discriminations; the education of the public to new concepts concerning blindness; and the achievement by all blind people of the right to exercise to the fullest their individual talents and capacities.

National Library Service for Blind & Physically Handicapped <https://www.loc.gov/nls/>

(Most libraries have audiobooks to borrow at no cost. The National Library Service for the Blind and Physically Handicapped also has a free lending service for talking books, magazines, and music materials)

PA Association for the Blind and Visually Impaired www.pablind.org/

(Eye examinations, glasses, and home evaluations)

PA Dept of Labor & Industry, Bureau of Blindness and Visual Services https://www.portal.state.pa.us/portal/server.pt/community/blindness_and_visual_services/10367 (Counseling, guidance, vocational evaluation, blindness skills training, mobility (travel) instruction, activities of daily living, vocational and college training, occupational tools and equipment, job placement services)

TV Providers

(Descriptive movies and TV shows may be available, with a narrator describing the action in between the dialogue)

*There is no lovelier way of thanking God for your sight
than by giving a helping hand to someone in the dark.*

Helen Keller

Blessings: A Poem by Mary Farrell

We will be together in these places.
We will watch out for each other.
We will listen to whatever needs to be said.
We will not be fearful or anxious or prodding when it seems
that silence is the only possible response.



We will wait for the slowest.
We will sooner or later catch up with the fastest.
We will dry the tears of those who are weeping and know
That they will dry ours when the time comes.

We will let ourselves begin to feel at least a little of the
pain of those we have considered our enemies.

We will let ourselves feel the pain of being thought of
as someone else's enemy; not the pain of being
thought of as someone misunderstood, but the pain
of acknowledging all those strands of history that
have put so many barriers between us.

We will not forget the joy of life; we will not forget to
be grateful. We will do our best to stir in each other
the courage to act with love and justice in our particu-
lar lives.

Health & Healing Steering Team Welcomes Two New Members:

Barbara Mitchell holds her doctorate in education, and has long worked in the area of teaching and administration. She served as one of the first peace corps volunteers, and was stationed in the Philippines.

Ruth Thornton holds her doctorate in biochemistry. She most recently retired from the Philadelphia College of Osteopathic Medicine where she was a department chairwoman for over 20 years.

Barbara and Ruth are members of First United Methodist Church of Germantown where they actively engage their church, district, and community in health ministry advocacy.

Wellspring A publication of the Health & Healing Council

OUR VISION:

To be a vessel for promoting God's intention of wellness for all people.

OUR MISSION:

To serve as a resource and communication link to promote physical, mental, emotional, social, and spiritual well-being in the churches of the Eastern Pennsylvania Conference and the communities which they serve.



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The Health & Healing Council welcomes ideas and article submissions on health and wellness topics. We reserve the right to select and edit articles for publication. For additional information please contact:

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