

# Wellspring

*A publication of the Health & Healing Council*



*E. PA Conference of U.M.C*

**March-April, 2017**



## **MAKE A PROMISE!**

Take action to address children's health  
locally and globally

**10K Church  
Challenge**

CONNECTING THE CHURCH IN MISSION

 **Global Ministries**  
in The United Methodist Church

Your church is invited to help increase opportunities for healthy lifestyle choices through promoting:

- Physical Activity
- Healthy Diet & Nutrition
- Tobacco– and Drug-free Living
- Mental Health Education and Promotion

## **SIGN-UP YOUR CHURCH TODAY:**

**<http://www.umcabundanthealth.org/abundant-health-sign-up/>**

**Questions?**

**Contact your Conference Health Ambassador:**

Deaconess Sharon Hachtman

shhooma@live.com 570-460-7301

# 10,000 Church Challenge: Diet & Nutrition



## 5 Easy Ways to Eat Healthy on a Tight Budget - Tana Amen, RN, BSN

In a recent blog for the Daniel Plan website, Author Tana Amen offered some practical suggestions for eating healthy on a tight budget. We share these below and encourage you to go to <http://danielplan.com/blogs/dp/5-easy-ways-to-eat-healthy-on-a-tight-budget-2/> for the complete article.

### Tip #1: Make Your Food Budget Go Farther

Shop online in quantity to get free shipping. Or join a local wholesale “club” (perhaps split the price with friends or family members). Be on the lookout for fresh vegetables and other healthy foods.

### Tip #2: Prioritize Eating Healthy

Consider how you spend your money. Create a healthy food budget and consider cutting back on luxuries like expensive coffee drinks, etc.

### Tip #3: Be a Mindful Shopper

Make your trip to the grocery store an interesting adventure where you are the “hunter and gatherer”. Shop critically for foods that will nourish the minds, bodies, and spirits of your entire family. Consider buying in bulk and freezing fresh vegetables. Fresh fruits and meats are best, but frozen foods run a close second.

### Tip #4: Grow Your Own Food

Creating a garden has the added benefit of building quality family or community times together. Consider the healthy combination of exercise and fresh air.

### Tip #5: Go Local

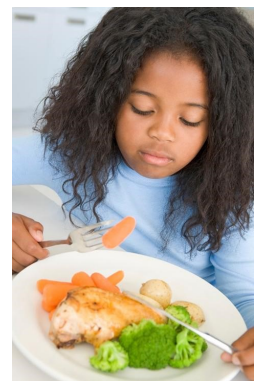
Find a local farmer’s market. Ask the farmers if they have special prices for buying seasonal vegetables in bulk. You can freeze, dry, or can what you don’t eat, or share it with another family.

## How to Eat Like a Toddler!!

Source: Church Health Reader, Fall 2016 ([chreader.org](http://chreader.org))

Nutritionist Nicolette Pace says that “babies have a natural rhythm when it comes to eating [and] at some point adults lose this rhythm.” She encourages us to try these tips to “better manage our weight”:

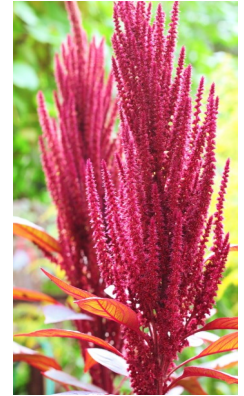
1. Eat only when you’re hungry, and when you feel full, push that plate away!
2. Take your time and try to enjoy at least 15 minutes for each meal.
3. Carry a snack-pack of fresh fruits or nuts. When you feel a “tantrum” coming on, grab your healthy alternative.
4. Designate a “high-chair” where you sit at a table and eat...rather than in the car or on the way to the next thing.



# 10,000 Church Challenge: Diet & Nutrition

Healthy Eating/Living by Barbara Mitchell & Ruth Thornton

We have been experimenting with using several different grains in our diets and we have found them delicious, filling and nutritious. **Quinoa** has been growing in popularity and is a terrific substitute for white rice. Known as the "super-grain" it is a complete protein containing all the essential amino acids. One cup cooked is 220 calories. Try it in soups and in salads, or as a substitute in rice pudding so your family can enjoy a sweet with better nutrition.



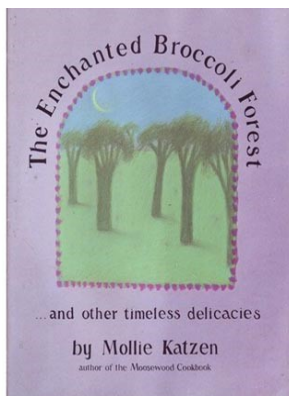
One very tasty grain is the **red wheat berry**. Since it takes two hours to boil and expand, we cook two cups at a time for a large batch for several meals. These berries are a little sweet and can be used as a breakfast cereal, either hot or cold. Serve them with raisins, nuts and milk and honey for a long-lasting breakfast. We combine them with other cold cereals or make salads with them. They are very filling and can be a complete meal. Experiment with a variety of vegetables and salad dressings. Try adding tuna or hard-boiled egg. For a sweeter version, add raisins, pomegranate, oranges, or apples. Wheat berries are excellent fiber but are not gluten free. You do not need bread with a wheat berry meal. One half cup cooked is 164 calories with 6 grams fiber.

**Spelt** is nutrient rich in vitamin A, niacin, potassium and calcium and high in dietary fiber (7.6 grams per cup). It is sweet and chewy and can be used similarly to wheat berries. Spelt is NOT gluten free or safe for those who have celiac disease. One cup is 246 calories.

**Amaranth** is another grain that is a "nutritional powerhouse" with high fiber, protein and vitamins. When cooked it is similar to Wheatina, but a bit crunchy and sweet. We mix it with other hot or cold cereals. It takes 25 minutes to cook; one cup is 251 calories. This can be enjoyed if one has allergies to wheat.

**Whole oat groats and steel cut oats** are more nutritious than plain rolled oats which are more processed. They take longer to cook, so try them first on a weekend. You'll find they have much more flavor than processed oatmeal. Try combining them with apple sauce, honey, or pure maple syrup for your sweetener and cover them with hot milk. One cup is 300 calories. This grain can also be enjoyed if one has allergies to wheat.

All these cooked grains can be added to pancake mix for a more nutritious breakfast than a plain white flour pancake. It makes a slightly heavier pancake. Remember that grains are carbohydrates and be sure to adjust your daily use of them as your diet needs.



Look for these grains in your supermarket, and if you don't find them, ask the manager to get them. We find them at our food cooperative. One good source of information on all the grains is Mollie Katzen's [The Enchanted Broccoli Forest](#) cookbook.

We will continue experimenting with other grains (millet, kamut, teff, wild rice) and report back to you on wonderful ways to prepare these masters of nutrition.

**Give us some feedback, and we'll publish your recipes. Send them to Barbara or Ruth at [baruth51@aol.com](mailto:baruth51@aol.com)**

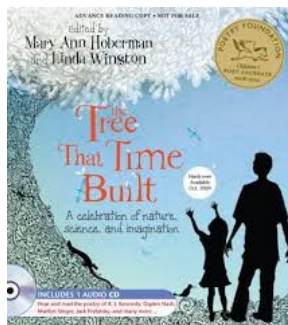
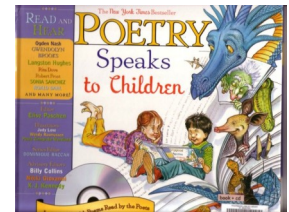
# 10,000 Church Challenge: Mental Health

## Children's Corner: The Power of Poetry by Barbara Mitchell, PhD

In this Wellspring issue I'd like to concentrate on the power of poetry and the joy it brings in promoting children's healthy growth. As all parents have observed, many of a child's first responses to language are to the rhythms and rhymes of speech and song. That's why we sing and baby-talk to our kids with gentleness and laughter. Poetry is ageless. A poem written for a child's understanding and simple enjoyment can grow into a profound idea for an adult.

The mastery of language helps children to belong and gives them a sense of power over their milieu. Poems add vocabulary, humor, depth, syntax and a relationship to the person who reads aloud to them. Two books I want to share with you each come with a CD in which a variety of poets read their own work.

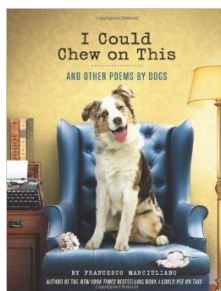
**Poetry Speaks to Children** (Sourcebooks, Inc., 2005) is full of poems about people and animals. The art work is colorful and delightful. You'll find classic poems we knew as children and the clever and inclusive voices of contemporary artists ranging from Shakespeare to poet laureate Rita Dove. This is a book for all ages.



### **The Tree That Time Built, a celebration of nature, science and imagination**

(Sourcebooks Jabberwocky, 2009, M. A. Hoberman and L. Winston, Eds.) is for a middle or high school level listener/reader. "The family tree of all life on earth might be called the tree that time built" (p. xi). These poems explore the "many kinds of living things," where they came from, why some are no longer here and how they relate to people. This book has lovely graphics but no pictures. It contains a glossary of poetry terminology and vocabulary as well as a short biography of each of the poets.

One poem I enjoy reading many times over is **Maya Angelou's "Human Family"** which can be found in many anthologies. This poem contains the refrain, "We are more alike, my friends, than we are unlike." It never fails to make me smile as she explores our uniqueness and likenesses around the world. What a great poem to read when families get together! I have even found it helpful in solving "differences" (arguments) among my young students.



For a family that is considering getting a pet or has just acquired a puppy or more, try reading with your children **I Could Chew on This and Other Poems by Dogs** (Francesco Marciuliano, Chronicle Books, 2013). It's chock full of drawings of many breeds, and, of course, poems of how dogs "see" their relationships to humans. You will chuckle, and perhaps better understand them.

Parents and children should make time to sit together and read. This not only improves a child's language and reading ability, but also binds us all in a sense of shared enjoyment. These are activities that promote mental and intellectual health.

Happy reading!

# 10,000 Church Challenge: Mental Health

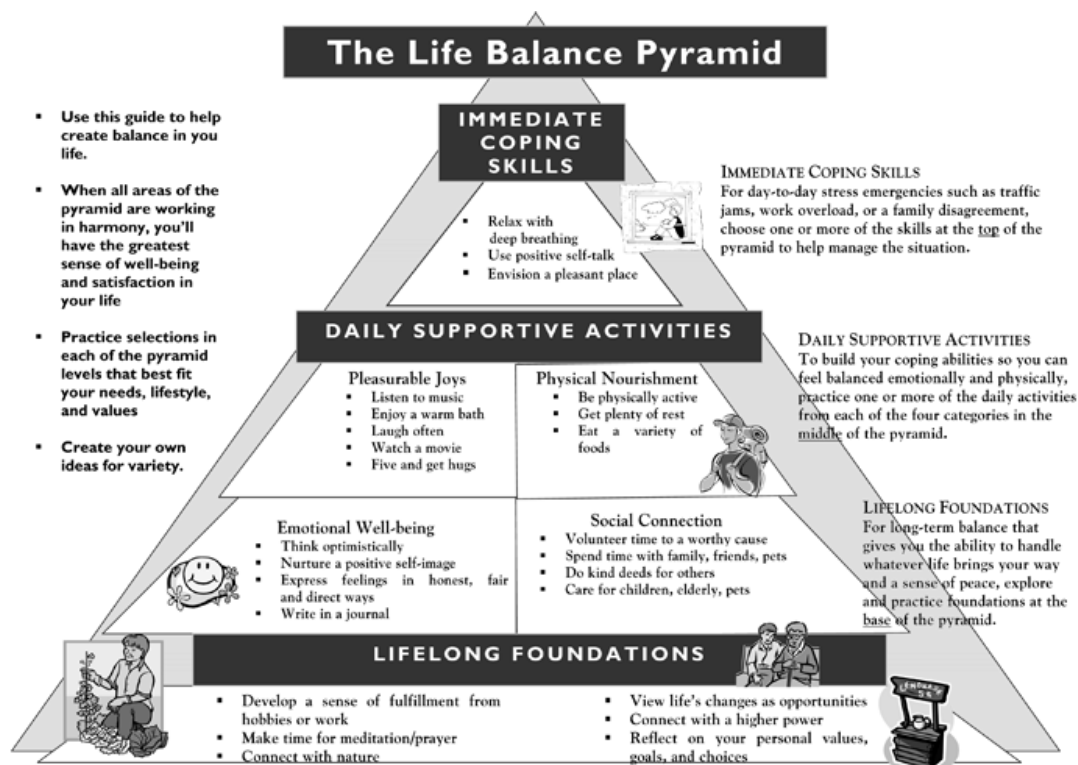
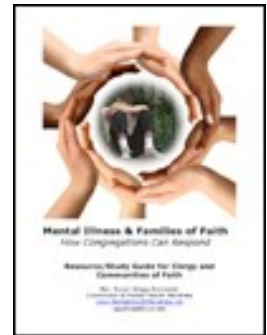
## Mental Illness and Faith Communities


This article is taken directly from the Mental Health Ministries, 2017 website. Please visit this site for valuable resources (<http://www.mentalhealthministries.net/>)

"The magnitude of mental illness in this country is staggering. According to the Surgeon General, one in every five Americans experiences a mental disorder in any given year, and half of all Americans have such disorders at some time in their lives. These illnesses of the brain affect all of us, regardless of age, gender, economic status or ethnicity. Nearly every person sitting in the pews has been touched in some way by mental illness. And yet individuals and families continue to suffer in silence or stop coming to their faith community because they are not receiving the support they so desperately need. They become detached from their faith community and their spirituality, which is an important source of healing, wholeness and hope in times of personal darkness. **THERE IS HOPE!**"

**FREE RESOURCE FOR CHURCHES:** [Mental Illness & Families of Faith Study Guide](#)

[Mental Illness and Families of Faith: The Challenge and the Vision, How Congregations Can Respond](#), is a **FREE** downloadable resource/study guide for clergy and communities of faith. It is also available to purchase as a bound hardcopy. This tool is designed to be used with clergy, members of congregations, family members and anyone desiring to learn more about mental illness and how to respond with compassion and care. It can be used as a small group study or as a resource to quickly find information on a specific topic when the need arises.



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## 10,000 Church Challenge: Tobacco-free Living

The CDC (Centers for Disease Control and Prevention) provides vital information on the dangers of secondhand smoke on children. Here, in encapsulated form are some cogent points the CDC makes in its brochure: **“How We Can Protect Our Children”**. This publication can be downloaded at: [cdc.gov/tobacco](http://cdc.gov/tobacco) or free copies may be requested by calling :

1-800-CDC-INFO (1-800-232-4636)

**Secondhand smoke comes from lit cigarettes and cigars, as well as from smoke breathed out by smokers.**

**Secondhand smoke is made of thousands of chemicals, many of which stay in one's body.**

***“You Can Run But You Cannot Hide!”***

Children cannot hide from secondhand smoke because

smoking pollutes ALL the air in their homes. Opening windows or using fans is ineffective, as is the use of air purifiers and air fresheners. Cars and public settings are also sources of smoke pollution.



### How Does Secondhand Smoke Hurt Children

Smoking during pregnancy can cause babies to be born too early with low birth weights. These babies are more likely to become sick or die. Babies and children who breathe secondhand smoke are sick more often with bronchitis, pneumonia, and ear infections

### How Do WE Protect Our Children?

- Don't allow people to smoke around your children
- Support family and friends who want to stop smoking
- Insist upon a smoke-free home and car
- Get rid of ALL ashtrays in your home
- Encourage your children not to smoke. Educate them on the dangers of smoking
- Get help from your doctor to stop smoking. Call the free quitline: 1-800-QUIT-NOW (1-800-784-8669)



2008 guidelines of the Department of Health & Human Services declare that tobacco dependency is a chronic disease, requiring repeated intervention and multiple attempts to quit. The encouraging news is that effective treatment can increase the rates of long-term success. Physicians are advised to screen patients at every visit by using the “5 A’s”:

1. Ask about smoking
2. Advise to stop
3. Assess willingness to make the attempt to quit
4. Assist patients in stopping through practical counseling, social support, pharmacological treatment, materials/ brochures
5. Arrange follow up through support groups, structured programs, i.e. Fresh Start. Give patients the phone quit line

**1-800-QUIT-NOW (1-800-784-8669)**



## 10,000 Church Challenge: Drug-free Living

### Ten Prevention Tips for Youth

[ncadd.org/about-addiction/underage-issues/ten-tips-for-prevention-for-youth](http://ncadd.org/about-addiction/underage-issues/ten-tips-for-prevention-for-youth)

**Don't Be Afraid to Say No:** Sometimes, our fear of negative reaction from our friends or others keeps us from doing what we know is right. Don't let someone else make your decisions for you. If someone is pressuring you to do something that's not right for you, you have the right to say no, the right not to give a reason why, and the right to just walk away.

**Connect with Your Friends and Avoid Negative Peer Pressure:** If you are hanging out with a group in which the majority of kids are drinking alcohol or using drugs to get high you may be headed toward an alcohol and drug problem.

**Make Connections with Your Parents or Other Adults:** As you grow up, having people you can rely on, people you can talk to about life, life's challenges and your decisions about alcohol and drugs is very important.

**Enjoy Life and Do What You Love:** Learn how to enjoy life and the people in your life, without adding alcohol or drugs. Alcohol and drugs can change who you are, limit your potential and complicate your life. Get out and get active in school and community activities such as music, sports, arts or a part-time job. Giving back as a volunteer is a great way to gain perspective on life.

**Follow the Family Rules About Alcohol and Drugs:** As you grow up and want to assume more control over your life, having the trust and respect of your parents is very important. Don't let alcohol and drugs come between you and your parents.

**Get Educated About Alcohol and Drugs:** You cannot rely on the myths and misconceptions that are out there among your friends and on the internet. Your ability to make the right decisions includes getting educated. And, as you learn, share what you are learning with your friends and your family.

**Be a Role Model and Set a Positive Example:** Don't forget, what you do is more important than what you say! You are setting the foundation and direction for your life: "Where are you headed?"

**Plan Ahead:** As you make plans for the party or going out with friends you need to plan ahead. You need to protect yourself and be smart. Don't become a victim of someone else's alcohol or drug use. Make sure that there is someone you can call, day or night, no matter what, if you need them. And, do the same for your friends.

**Speak Out/Speak Up/Take Control:** Take responsibility for your life, your health and your safety. Speak up about what alcohol and drugs are doing to your friends, your community and encourage others to do the same.

**Get help!:** If you or someone you know is in trouble with alcohol or drugs, get help. Don't wait. You don't have to be alone.

## Turn the Tide Rx: Facing the U.S. Opioid Health Crisis



The Surgeon General of the United States is urging medical care practitioners to "Turn the Tide" on the opioid health crisis, giving his personal witness that "everywhere I travel, I see communities devastated by opioid overdoses. I meet families too ashamed to seek treatment for addiction". He recognizes the struggle to balance pain treatment with the potential of opioid addiction, and urges medical practitioners to follow three steps in treatment:

- ◆ Educate themselves to treat pain safely and effectively
- ◆ Screen patients for opioid use disorder and connect them with evidence-based treatment
- ◆ Educate the public to recognize addiction as a chronic illness and NOT a moral failure

Visit <http://turnthetiderx.org/> and learn more.

## 10,000 Church Challenge: Activity

### PICKLEBALL ROCKS

#### Intergenerational Activities

Pickleball has exploded on the sports scene. Played on a court with paddles and Wiffle-type balls, this sport is enjoyed by people of different ages and abilities who want a fun workout. Why not consider this, and other activities as opportunities for intergenerational bonding in our churches.

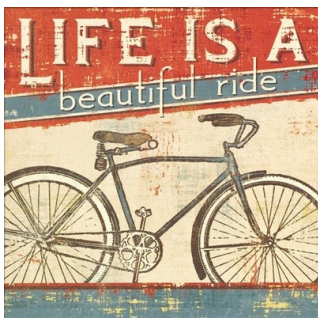
#### Find Your Own Path to Physical Activity

According to the CDC “being healthy means the same thing for everybody—staying well so we can lead full, active lives. Having the tools and information to make healthy choices and knowing how to prevent illness is key to being well, with or without a disability.” If you or somebody in your family has a disability and wants to add more routine physical activity, here are steps you can follow:

Visit your doctor and talk about how much and what kind of physical activity is right for you. Discuss your barriers to physical activity and ask your doctor to connect you with programs and resources. Be active your way. Decide what kind of physical activity you enjoy and add physical activity to your everyday life. Start slowly based on your abilities and fitness level. Have fun with family and friends. Invite your loved ones to have fun with you. For example, together you might play outside with a ball, dance, or walk or wheel around the neighborhood.



#### Walking for Health



Abundant health involves physical activity that is appropriate for each of our capabilities. Churches can provide ways for folks to become involved in a variety of activities. One possibility is a walking club. Two years ago, Union UMC in Havertown started a “walking club” as a follow-up to a study of the book The Daniel Plan by Rick Warren. Participants gathered at the high school track two evenings each week after dinner from spring, through the summer and into the fall. We walked in groups of two to three based on the speed that was comfortable for each one.

The “club” attracted a few experienced walkers and some sedentary folks. All set their own goals for the number of laps walked each evening. I found that my endurance increased over the months of good weather, and now I look forward to reactivating the club this spring. Barbara Drake





## Wellness Ministry Training Opportunities: CEUs For Nurses

**Adventist WholeHealth Wellness Center** (610) 685-9900. (<http://awhn.org/contact/>) Reading, Wyomissing Area

**Thursday, March 16 12:00 – 2:30 pm: Behavioral Health and Faith Community Nursing FREE 2 CEUs**

Addresses the role of the Faith Community Nurse in providing behavioral health care in the faith community. It also illustrates how the faith community can minister effectively to the mentally ill.

**Thursday, April 20 12:00-1:30 pm: Far-Reaching Health Fairs FREE 1 CEU**

Participants learn how to plan and implement impactful wellness experiences for their community, as well as hands-on techniques and strategies.

**Health Ministry Team Building Workshops (Training and all materials are FREE) Ongoing.**

Eight-hour workshop is designed to introduce health ministry concepts, models, resources and development strategies to health professionals and lay persons interested in health ministries. Classes are taught from a Judeo-Christian foundation and are open to all faiths. Also addresses community health issues and identifies keys in implementing successful health awareness campaigns and lifestyle change program planning.

**Parish Nurse Coalition of the Greater Lehigh Valley** (610)-871-5888 <http://www.shh.org/community-services/parish-nursing/>

**April 21-23 and May 6-7 Foundations of Faith Community Nursing certification program**

**Thursday, March 30 4:30 -8:30 pm: Gaining Wholistic Health Understanding of our LGBTQI Brothers & Sisters FREE 4 CEUs**

**Thursday, June 8 8am-4pm: Behavioral Health and Addictions FREE 6-7 CEUs.**

**Thursday, July 27 1-5pm: Faith Community Nurse Program Intersection with Center for Humanistic Change FREE 4 CEUs**

**Thursday, Sept. 28 1-5pm: Healthy People 2020: How can We Move the Needle With Our Programs? FREE 4 CEUs**



### Host A Red Cross Blood Drive

By: Amy Luckowski, PhD RN



The faith community nurse (FCN) can collaborate with the Red Cross to have their church be a blood donor site. Go to the website at [redcross.org](http://redcross.org) and find the tab about hosting a drive. There are many other resources there as well including who is eligible to donate and the process itself.

In my experience, the Red Cross representative meets with the FCN about 3 months prior to the drive. The meeting is less than a half an hour but a comprehensive schedule is planned out and all the tools to run a successful drive are discussed. The first chore is to reserve a large space at the church. Chairs and tables must be available.

Advertising the event is important. Contact your church secretary for the policies and procedures for submitting information to the monthly newsletter, weekly bulletins, and the website. Often you must submit the information a month to several weeks ahead. It is helpful to use statistics and other relevant information such as how great the need is and how many people are helped by one donation to recruit donors. For example, many people do not know that 16 year olds can give blood with parental consent. Your contact information is important to share so people can contact you with questions. The Red Cross will often call previous and local donors to alert them about your drive. You can follow the amount of people who are signing up via the website and also sign up those people who might struggle with the internet. The Red Cross provides posters to put in the church and brochures to leave out for people to read. I designed a trifold poster that I update with a new poster every year. I leave it on a table with the brochures at the church entrance.

On the day of the drive, insure the church is open about 2 hours before the start time. The driver will arrive first and do all the setup of tables and chairs. The FCN should be present in case there are issues. There is no need to stay at the church the entire time. The FCN can stop back at the beginning of the drive and speak to the charge nurse to make sure all is running smoothly. Also it is helpful to come back at the end to make sure that the room is cleaned up and the church locked. After the drive, the Red Cross representative will contact the FCN with the number of donations and make plans for your next drive.

## This Year



Hang on to your truth and respect the truth of others.  
 Choose to be happy. Forgive those that you can forgive  
 and seek the forgiveness of someone who deserves it.  
 Do something outside of your comfort zone.  
 Be the voice for someone who has no voice.  
 Be quiet strength. Be the type of kindness that is strength.  
 Remember that love is a verb.  
 Choose healthy foods, activities, and people.  
 Fall six times, get up again seven, persevere.  
 Wish people a lovely day.  
 Live honestly, truly, and with integrity.

Author Unknown

## *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 topics. We reserve the right to select and edit articles for publication. For additional information please contact:

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