

# Wellspring



A publication of the Health & Healing Council

E. PA Conference of UMC



Issue 4

November-December 2016

## Calling all EPA United Methodist Churches Join the: 10,000 Church Challenge

### Inside this issue:

No one alone has the resources necessary to fulfill the promise of Abundant Health. Therefore, the Global Ministries of the United Methodist Church seeks to engage at least 10,000 churches to develop support systems for health care treatment, education and prevention in their surrounding communities. The 10,000-church challenge provides an opportunity for congregations to open their doors and invite their communities in by sharing a message of healing and hope through health prevention, treatment, education and communication.

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We invite your church to participate in the work of reducing preventable deaths of children in every place through:

- Physical activity
- Healthy diet and nutrition
- Tobacco and drug-free living
- Mental health education and promotion

*If we can imagine no malaria, we can imagine abundant health.*

Source: General Board of Global Ministry website

Sign Up at: <http://www.umcmmission.org/Abundant-Health/churchchallenge>

Flu can make you miss work, school or even be hospitalized.

Get a flu vaccine to protect yourself and your loved ones.



**FIGHT FLU**

The CDC recommends a yearly flu vaccine as the most important step in protecting against flu viruses. Everyone six months of age and older should get a flu vaccine by the end of October, if possible. [People at high risk of serious flu complications](#) include young children, [pregnant women](#), people with chronic health conditions like asthma, diabetes or heart and lung disease and [people 65 years and older](#).

**DON'T WAIT FOR THE FLU 'BUG' TO STRIKE.**



## Stephen Ministry: The Missing Piece

By Peggy Strack, RN, BSN, E. Stroudsburg UMC

When I was hired as the Director of Congregational Care at East Stroudsburg United Methodist Church, one of my job expectations was to resurrect the defunct care team. After doing my homework, our church created several ministries that allowed church members to serve the Lord and to care for each other using their talents, passions, and spiritual gifts.

As a trained parish nurse, I was happy to use my continuing education budget to attend the annual Granger Westberg Symposium. While networking with many other parish nurses, I heard the phrase “Stephen Ministry” expressed by many of my peers. They raved about what a blessing it was to their congregations!

Upon arrival home, I determined to learn more. I discovered that a Lutheran pastor, Rev. Kenneth C. Haugk, Ph.D., started the ministry in 1975. He is also a trained clinical psychologist who discovered early in his ministry that there were not enough hours in the day to provide all the pastoral care needed by his congregation. He drew upon his psychology background to train members of his church how to walk beside their brothers and sisters in Christ during the trials of life, such as divorce, grief, illness, etc. Volunteers went through 50 hours of training, learning how to be good listeners, maintain confidentiality, and provide Christian support through prayer and Christian resources. They were not to give advice or try to fix the problems, but were to be a supporting presence to their care receiver.

This program was so successful that soon other pastors were asking him to train folks from their



congregations. Stephen Ministry was born! Today Stephen Ministry is present in churches of more than 170 Christian denominations. It is available in all 50 states, 10 Canadian provinces and 29 other countries. More than 600,000 people have trained to become Stephen Ministers, providing care to more than 1 ½ million people.

Stephen Ministry was the missing piece in our care team! We provided for many needs: transportation to church for those who needed a ride, casseroles during times of need, visitation to those who were hospitalized or no longer able to attend church, home communion, and more. But we did not have one-on-one care for people who needed more support during crisis situations.

God provided the vision and resources for Stephen Ministry to become an integral ministry in our church. It has changed the lives of those who have trained to become Stephen Ministers as well as the lives of those who have been their care receivers! I personally have learned so much. I wish I had known 35 years ago what I know now! All my relationships would have benefitted!

Jesus told his disciples that he had come that they might have life, and that they might have it abundantly. (John 10:10) I believe that Stephen Ministry is one of the tools that our Lord uses to bring His abundant life to a hurting world!





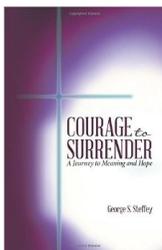
## Training for Church Members in Cardiac Emergencies

By Barbara Mitchell, PhD

As our congregations grow older, members are asking what can be done to deal with cardiac emergencies that may happen in church. Many churches consider CPR (cardiopulmonary resuscitation) training for key people, such as ushers, who are in attendance at all services. Defibrillators, which are portable electronic devices that automatically diagnose cardiac arrhythmias and administer shocks, may be effective in reestablishing an effective heart rhythm.

The American Red Cross and American Heart Association both provide Adult and Child CPR and AED (Automated External Defibrillator) certificate training for a fee. A defibrillator costs about \$1400. Mr. David Seltzer of the Red Cross suggests that a church should purchase through them. It may be possible to find a less expensive model on line, but these usually do not give instructions on maintenance, replacing batteries post ownership and proper usage over time.

Before purchasing, check with organizations that give health grants. The “After School Program” at First United Methodist Church of Germantown applied for funding in 2007 from the Louis Savino Foundation of Yardley, PA for an AED. This foundation helps youth organizations acquire materials to prevent sudden cardiac death among young athletes. They gave a grant for 60% of the cost, with the provision that the defibrillator was placed in the church gym.



## Book Review: Courage to Surrender

By Rev. Dr. George Steffey (ISBN 978-1-4624-1175-7)

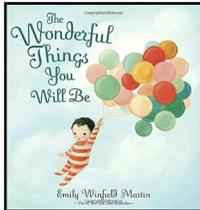
*Courage to Surrender* is an engaging story of hope that will captivate anyone interested in finding a compassionate community of Jesus's disciples. It is a story of how nine American teenagers from Pittsburgh, Pennsylvania, came to discover how to be the church; not the church of twentieth century in America, but a hopeful future-resurrected church for the twenty-first century. It is a church fellowship where people love one another with the extravagant love and grace of God, one in which a love for those in need flows out of their relationships with one another. It is a story of transformation, not only of individuals, but of a diverse fellowship of believers. In it you will find pain and healing, questions and answers, struggles, masks removed, radically change lives, some humor, and a lot of hope. It is written for young adults seeking meaning and purpose in life and for mature Christians frustrated with the fragmentation of the church and its preoccupation with rules, programs, buildings, and control. Nearly every chapter has its surprises. On first reading, it is simply a fascinating tale but on another level, it addresses the disparities in the world and the search for significance within us all. Readers will be encouraged and challenged.

Source: [https://books.google.com/books/about/Courage\\_to\\_Surrender.html?id=PEScCwAAQBAJ&hl=en](https://books.google.com/books/about/Courage_to_Surrender.html?id=PEScCwAAQBAJ&hl=en)

## Children's Book Corner: Promoting the Health of Our Youth

By Barbara Mitchell, PhD

In my search for children's books concerning health and wellness I looked for those which focus on issues children face today at school or in their neighborhoods. So many children observe or experience bullying, poverty, or problems around special needs. Every child thinks about what she/he wants to grow up to do as a career and what kind of person she/he aspires to be. The New York Times "Children's Best Sellers" is a wonderful source for helping parents find interesting and appropriate age-level reading.



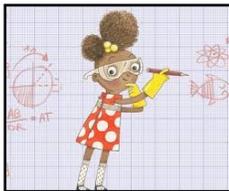
### **The Wonderful Things You Will Be**

Emily Winfield Martin Ages 3-7  
Explores and celebrates future possibilities.



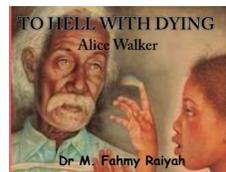
### **Locker Hero** Renee Russell.

Ages—Middle School.  
Max has a big problem in school with a bully named Doug.

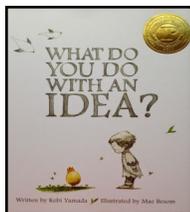


### **Ada Twist, Scientist**

Andrea Beaty Ages 5-7  
Introduces readers to a child who is born loving science

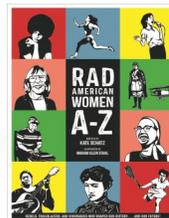


**To Hell with Dying** Alice Walker  
Marvelously illustrated story of an elderly gentleman beloved by all the children of his neighborhood, who succumbs to illness.



### **What Do You Do With an Idea**

Kobi Yamada Ages 5-8  
Encourages readers to tackle an "impossible" idea and give it room to grow.



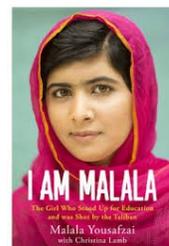
### **Rad Women** Kate Schatz

Ages 11-15. Features trailblazing women from all over the world.



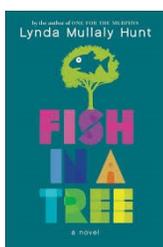
### **Wonder** R.J. Palacio

Ages - Middle School  
A boy with a facial deformity starts public school.



### **I Am Malala** Malala Yousafzai

Ages—Older Teens  
True, inspiring story of a Pakistani teen who was shot in the face by the Taliban because she advocated for education for girls and women. She won the Nobel Peace Prize in 2014.



### **Fish in a Tree** Linda Mullaly Hunt

Ages 10-14  
A new school teacher works with a disruptive girl to help her overcome dyslexia.

**Look for these books in your public library.**

## Abundant Life: Celebrating Accessibility

By: Barbara Mitchell, PhD

This summer my partner and I decided to make a vacation of visiting as many outdoor gardens and museums as we could during a two-week period. For me, a walking disabled person, it meant trekking acres and miles. How could we deal with access? Many places provide wheelchairs and some have scooters, but a scooter usually has a substantial charge associated with it, at times forty dollars for one visit. Often a wheelchair needs to be pushed and becomes hard on one's companion. So we rented a scooter from a medical equipment store for two weeks. The scooter could be taken apart and put into a car. This does require an able bodied person as the motor part can weigh as much as forty pounds.

But there was no limit to where we could go! How wonderful it felt to have my own mobility at any speed. How freeing it was to be able to ride on rough turf bouncing up and down. And how fresh it was to be outside for hours at a time. (Don't forget sunscreen.)

We spent a day in the Williamsburg neighborhood of Brooklyn, NY talking to people and sampling the stores and restaurants and viewing the Hudson River from its banks. Next we had a day playing with

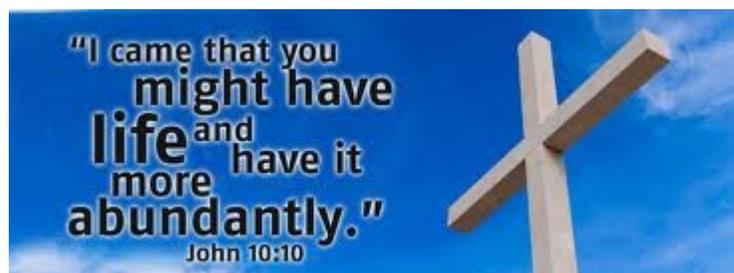


*"Most of all, have a great time!"*

dinosaurs at the Philadelphia Academy of Natural Sciences and then another day at the zoo. One day we went off to Longwood Gardens with its marvelous flowers and lily ponds and excellent restaurant. We did six miles of dirt paths in Fairmount Park in Philadelphia and had a lovely day at the Morris Arboretum with its humorous and historic model train exhibit and shady trees. Observing another river, we spent part of a very hot day walking along the Delaware at Penn's Landing. Rain limited us from doing more, but it gave us a chance to go to the movies.

I never thought we could have such an adventurous vacation right here at home, but we had two weeks full of enjoyment and learning and total freedom of movement.

If you plan to rent a scooter, check different medical supply stores for prices and try out the scooter before you load it into the car. Some are more comfortable, and some are sturdier for different terrains. But, most of all, have a great time!



## November: Diabetes Awareness Month

Diabetes is one of the leading causes of disability and death in the U.S. It can cause blindness, nerve damage, kidney disease, and other health problems if not controlled. One in 11 Americans have diabetes. Another 86 million adults in the United States are at high risk of developing Type 2 Diabetes. We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes in their lifestyle such as nutrition, exercise and stress reduction.

Are you at risk for Type 2 Diabetes? Take this quiz from the American Diabetes Association website:

<http://bit.ly/1o3MPaD>

## World AIDS Day—December 1

A global initiative to raise awareness, fight prejudice, and improve education about HIV, the virus that causes AIDS. Around the world, about 35 million people are living with HIV. In the United States, about 50,000 people get infected with HIV every year. It's important that everyone ages 15 to 65 gets tested for HIV at least once. Some people may need to get tested more often.

What can we do to make a difference? Encourage people to get tested. Let them know some health clinics offer free HIV testing. Wear a red ribbon, the symbol of HIV awareness and support. Tell people why you wear it. Direct people to the AIDS website.

<https://www.aids.gov/>

## Recipe: Slow Cooker Italian Meatball Soup

Courtesy of: Maureen Murphy, Consumer Trends, Nutrition & Lifestyle

- 1 lb. frozen, cooked Italian meatballs, thawed
- 1 3/4 cups beef-flavored broth
- 1 cup water
- 1 (19 oz) can cannellini beans, drained
- 1 (14.5 oz) can Italian style diced tomatoes
- 1/3 cup shredded Parmesan cheese

Directions: Spray 3-4 qt slow cooker with cooking spray. Mix all ingredients except cheese in cooker. Cover; cook on low heat setting 8 to 10 hours. Garnish individual servings with cheese. Serves 5. Consider adding green leafy vegetables, such as kale or spinach to increase nutritive value.



*Quick and easy to prepare. Ideal for cold weather meal*

### Slow Cooker Food Safety Tips: (USDA, Food Safety Information)

1. Begin with a clean cooker, clean utensils, and a clean work area.
2. Wash hands before and during food preparation.
3. Keep perishable foods refrigerated until preparation time.
4. Always thaw meat or poultry before putting into slow cooker.
5. Use the suggested size of slow cooker for your recipe.
6. Put vegetables in first since they cook more slowly.
7. Keep the lid in place, removing only to stir food or check for doneness.
8. While food is cooking and once it's done, food will stay safe as long as the cooker is operating.



Office on Women's Health Blog: By Jodie Fishman, MPH, Content Manager, Text4baby (9/9/16)

## Pregnancy & Motherhood: Tips in Your Back Pocket

<https://www.womenshealth.gov/blog/pregnancy-and-motherhood.html>

There's a lot to remember when you're pregnant or a new mom — not just doctor appointments, but things like which medications to avoid during pregnancy or breastfeeding, how and when to introduce solid food to baby, and when you and baby need tests and vaccinations. New issues seem to come out of nowhere, and all of a sudden you're adding Zika to the list of things you need to learn more about.

**Text4baby** offers pregnant women and new moms the health information and tips they need most, delivered right to the trusty device in their back pocket — their cell phone.



**Text the word BABY to 511411 (or BEBE for messages in Spanish),** answer a few short prompts. Reminders and useful info — timed to your pregnancy or baby's age — pop up on your screen three times a week.

These messages are free and don't count toward your totals if you have a texting limit.

You too can be in the know during pregnancy and baby's first year (like more than 1 million moms before you) by sending the simple, four-letter text: **BABY or BEBE** (for Spanish). Here's what **Text4baby** can do:

- **Provide high-quality health info.** **Text4baby** messages are reviewed by top women's health experts, including those at the American College of Obstetricians and Gynecologists (ACOG), Health Resources Services Administration (HRSA), Centers for Disease Control and Prevention (CDC), and more.
- **Remind. Remind. Remind.** **Text4baby** offers text message reminders about doctor appointments for you and your baby, as well as info on what to expect (shots, tests, etc.) at those appointments. You'll also get reminders and information on open enrollment for Medicaid and other health insurance subsidies, flu shot reminders, and more.
- **Ease your mind.** Concerned about recalls, guidelines, and outbreaks? **Text4baby** sends messages on those...[also] product recalls, guideline changes on products like car seats, and diseases like whooping cough and Zika.
- **Connect.** **Text4baby** connects you with resources (local and national) when you need them most. Resources include help for quitting smoking, substance abuse, postpartum depression, finding childcare,

### ***Who is My Neighbor?* by Henri Nouwen**

**“Love your neighbor as yourself” the Gospel says (Matthew 22:38). But who is my neighbor?** We often respond to that question by saying: “My neighbors are all the people I am living with on this earth, especially the sick, the hungry, the dying, and all who are in need.” But this is not what Jesus says. When Jesus tells the story of the good Samaritan (see Luke 10:29-37) to answer the question “Who is my neighbor?” he ends by asking: “Which, ... do you think, proved himself a neighbor to the man who fell into the bandits’ hands?” **The neighbor,** Jesus makes clear, is not the poor man laying on the side of the street, stripped, beaten, and half dead, but **the Samaritan who crossed the road,** “bandaged his wounds, pouring oil and wine on them, ... lifted him onto his own mount and took him to an inn and looked after him.” **My neighbor is the one who crosses the road for me!**

<https://helenl.wordpress.com/2011/07/20/who-is-my-neighbour-by-henri-nouwen/>

## Blessing of the Loaves



The Greek Orthodox Church has a tradition of celebrating Artoklasia, or the “Blessing of the Loaves”, which is a service to express gratitude. They remember Christ’s miracle of multiplying the bread and fish to feed the multitudes. As we enter this month of November and prepare for our own Thanksgiving, let us give thanks for food, health, family, friends and the many blessings God has provided throughout this year. As proponents of wellness ministries in our EPA Conference churches, we can bless the marginalized, grieving, widowed, orphaned, lonely, sick and homeless by taking homemade bread and soup to those on our prayer lists, or hosting a community Thanksgiving dinner. Our actions can help to heal and mend a fractured world.

## When Christmas is Blue

Christmas with all its celebration and gaiety can be a very difficult time for those who struggle with loss, sorrow, and grief. Memories of past experiences and the pain of present circumstances can become overwhelming. Many churches now offer “Blue Christmas Services” in ministry to the people in their communities, sometimes working together with other neighborhood churches.

Perhaps this prayer, taken from a Blue Christmas Service offered by Union United Methodist Church of Havertown, best expresses the healing nature of this form of worship:

*God of mercy, hear our prayer in this Advent season  
for ourselves and our families who live with the painful memories  
of loss, sorrow, the despair of depression, fear, or unhappiness.  
We ask for strength for today, courage for tomorrow, and peace for the past.  
We ask these things in the name of Jesus Christ  
who shares our life in joy and sorrow,  
death and new birth,  
despair and promise. Amen.*

### Some On-Line Resources:

<http://www.umcdiscipleship.org/resources/blue-christmaslongest-night-worship-with-those-who-mourn>

<http://nouwen-network.com/christmas.html>



Be devoted to one another in love. Honor one another above yourselves...  
Share with the Lord’s people who are in need. Practice hospitality... Rejoice  
with those who rejoice; mourn with those who mourn. Romans 12: 10,13,15

## When Walking is the Last Item on Your Daily “To-Do” List

Courtesy of: <http://blog.myfitnesspal.com/5-ways-squeeze-walk-live-longer-2>



The research is clear when it comes to the many health benefits offered by a simple daily walk. Decreased risk of hypertension, high cholesterol, diabetes and heart disease are just a few of the more obvious perks you garner when you get out and pound the pavement each day. Indeed, new research out of Germany presented at the European Society of Cardiology Congress demonstrates that a 25-minute daily walk at a brisk pace can add upwards of three to seven years to your life.

While most of us understand why getting in regular exercise is important, actually putting that knowledge into practice and finding time to walk each day can be tricky. Work, kids, chores, social obligations and other things often take priority over taking care of ourselves.

### BREAK THINGS UP

Research has demonstrated that three separate 10-minute walks throughout the day are more effective in reducing cardiovascular risks than a single 30-minute walking session. So, maybe you take the dog for a quick 10-minute walk around the block in the morning, get 10 more minutes in during your lunch break and put in another 10-minute jaunt while your kids warm up before their soccer game.

### TAKE THE LONG WAY

As a society, we increasingly value convenience. While that allows us to cram more into each day, it also reduces the amount of physical activity we get. Be purposeful. Whether it's walking to the bathroom on a different floor of your office building, choosing a parking spot further from shop entrances, or doing loops around the playground while your kids play, there are plenty of ways to rack up that daily step count.

### WALK & TALK

Phone meetings, interviews, social calls and coffee dates: These are all things that can be done in motion. Rather than convening around a table, why not lace up those walking shoes and have a conversation on the move? Exercise has been shown to boost brain function, so you may even find that you're sharper than usual during those walking meetings.

### PARTNER UP

Not only does research prove that an exercise buddy can help increase our confidence in working out, it also shows that we tend to push harder and longer when we have that moral support. What's more, having someone waiting for you at the curb each morning also offers an element of accountability, which will help boost adherence to a walking program over time.

### ALWAYS COME PREPARED

We often find free moments throughout the day; unfortunately, we're usually unprepared for them. That's why you should have a pair of good walking shoes at the ready at all times! Stash a pair under your desk at work or in the trunk of your car. That way, if opportunity presents itself, you can simply “throw on your kicks” and log some steps.

Dear God,

We come to You in the spirit of the healing Jesus. Healing and health are important to us and to the people we serve. Guide us in your work, and show us what is important to do. Give us the sense to begin with ourselves, and give us the strength and vision to guide others toward health. We understand that our vision of wellness may not match the practical situations we face, so we ask for your guidance to convey calm and trust so that others can discern your vision for their lives. We pray this in the name of Jesus, our model for an involved and compassionate life! Amen

(Author: Ruth Thornton)

**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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