

Wellspring



A publication of the Health & Healing Council

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Collaborating for Abundant Health

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Many church ministries are directly or indirectly related to the promotion of congregational or community health. When planning a church event, several ministry teams can **work together to have a greater health impact**. To demonstrate how this concept can be applied, the Conference Health and Healing Council is joining forces with Global Ministries and the Conference Church and Society Work Team at Annual Conference to promote the United Methodist Women's social justice campaign **to end maternal mortality**.

Each group is providing education via a table display at Annual Conference, being held June 13-15, 2019, to help attendees recognize the extent of the problem of maternal mortality. **Since 2000, the rate of maternal mortality in the United States has increased 26.4%**. Our country is the only developed nation whose rate didn't decline in the past 18 years. African American women have the highest rates of maternal mortality, dying at three to four times the rate of white women.

The Health and Healing Council's display will focus on the fact that many women are **unable to access proper health care** prior to, throughout, and after pregnancy. Health care is a basic human right. We need to work for affordable, accessible health care for everyone.

The Church and Society Work Team's display will focus on the racial justice aspect of maternal mortality. It will urge folks to become advocates for the action recommended by United Methodist Women. This involves contacting health care workers, advocacy groups, and law makers to get them involved in forming and funding **maternal mortality review committees**, which will come up with recommendations on how to end maternal mortality. Once the recommendations have been made, advocacy will be needed to see that all recommendations are fully implemented throughout the country so that all racial groups benefit.

The Global Ministry display will promote the Abundant Health program of the General Board of Global Ministries. Jesus came so that all may have abundant life, and this includes **health of body, mind, and spirit**. Our United Methodist hospitals and clinics around the world are working to see that all people, but especially children, have the care that will enable them to have abundant health.

Your church committees can work collaboratively to promote abundant health. Think creatively about how the missions committee, outreach team, Sunday School teachers, United Methodist Women and United Methodist Men could work together with the kitchen ministry, the worship team, and the health ministry team, or whatever groups you have at your church, to plan an event that would promote abundant health. When your event is over, send us a report of what you did, and we'll share it in a future issue of the Wellspring. Let's be collaborative so we can all have abundant health.

10,000 Church Challenge: Diet & Nutrition

Power Bowls

By Barbara Mitchell and Ruth Thornton

In our past articles, we have written about making inexpensive, lower-calorie soups, and trying a variety of grains, both modern and ancient. Recently, we have been excited about trying "Bowls." So, here are some thoughts about "Super-Bowls." We hope you will enjoy some of these.

Bowls can be made from ingredients you regularly keep in your kitchen. With Bowls, you have good taste, nutrition and variety. And you can keep to lower calories while still being full. Serving is easy, cooking is easy, and it's fun thinking up a variety of dishes and tastes. Most won't take over 30 min. to prepare.

So what do you need to stock your kitchen for bowls? You probably already have it:

Frozen veggies--corn, peas, edamame, broccoli, green beans.

Grains--brown and white rice, quinoa, couscous, and new varieties of grains such as barley, buckwheat, millet, farro, wheat berries, and many more. (Occasionally, try one you haven't had.)

Protein--chicken, hamburger, fresh fish, shrimp, eggs, cheese

Fresh fruits and veggies--Lemon and lime, mango, avocado, onions, cabbage, peppers (green, red, hot, or other), tomatoes, green string beans.

Beans--canned or dried; if canned, rinse thoroughly before using in a bowl.

Herbs & spices--(dried or fresh) dill, basil, cilantro, oregano, tumeric, curry. Can also add nuts.

Oils and sauces--These are for flavor, so use sparingly. Make your own sauces or use commercial salad dressings.



So you see, you are really ready to start with some tasty bowls! **First, let's go Mexican.** Start with quinoa or rice, black beans, corn, onions (sliced thin or spring onions), sliced avocado, cherry tomatoes, peppers (as hot as you like). This bowl can be served hot or cold. Start with rice, then pile on the vegetables. Beans and rice make a "perfect protein," but you can add cheese if you like. Make a sauce of extra virgin olive oil, cilantro and lime juice. Or you can add pico de gallo, which is a salsa made from chopped tomato, onion, cilantro, peppers, salt, and lime. If you serve it cold, slices of mango or orange on top would make it a bit sweet. You can serve the Mexican bowl with chips.

Try an **Asian Bowl**. Use rice, quinoa, or rice noodles. Pile it up with edamame, peanuts or cashews, shredded cabbage, tofu or shrimp, and top with mango or pineapple or any tropical fruit. Try a cilantro-lime sauce or sesame oil with lime (or a commercial sesame dressing). Serve hot.

Experiment with different national or cultural dishes. For example, try **German** using noodles, ham, peas, even sauerkraut, with a heartier dressing. Invent your own bowls. For additional protein, you can add hard-boiled egg to cold dishes or soft-boiled or fried egg to hot dishes. What do you do with leftover rice? Make rice or quinoa pudding for dessert.

Some recipe ideas came from [Parade](#) (March 3, 2019) and [Prevention](#) (May, 2019) magazines.

10,000 Church Challenge: Diet & Nutrition



Metabolism

Why can one person eat like a growing teenager and not gain a pound, while another person's every indulgence shows up on the scale? Chalk it up to individual differences in metabolism, muscle mass and physical activity. Metabolism is the process by which our bodies convert what we eat into the energy we need to survive and function. It powers everything from breathing to blinking. A fast metabolism is like a hot furnace that burns through fuel (calories) quickly. A slow metabolism needs less fuel to keep a body running. It's tempting to blame weight gain on a slow metabolism, but there are ways to support metabolism and maintain a healthy weight.

- **Claim: Our metabolic rates can't change.**

The truth: While it's true that genetics help determine our metabolic rates, we can boost metabolism by increasing lean muscle mass. Muscle is metabolically active, which means that people with lean, muscular bodies need more energy to function than people with a higher percentage of body fat. Our muscle mass decreases as we age, and this contributes to a slower metabolic rate. But you can counteract this process by picking up the weights to help lessen this decline.

- **Claim: A diet of green tea and chili peppers will boost metabolism.**

The truth: No magic food will speed up metabolism. Some studies have shown that green tea and hot chilies temporarily boost metabolic rates, but the lift isn't very significant. The path to a healthy lifestyle includes a balanced eating pattern filled with nutrient-rich foods, not a diet doused in chili peppers.

- **Claim: Eating late at night slows metabolism.**

The truth: There is little evidence to support the fact that eating after 8 p.m. causes weight gain. However, you may be more likely to snack mindlessly in the evenings while watching television. Eat regular meals and snacks throughout the day to prevent extreme swings in hunger and fullness. If you're eating later in the evening, do so mindfully and put away the snacks when you're satisfied.

- **Claim: Very low calorie diets and skipping meals can jumpstart weight loss.**

The truth: Creating a large calorie deficit in attempts to lose weight can backfire. Our bodies are smart and programmed for survival. Severely limiting calories can make your body think it's entering a famine, and that it needs to do more with fewer calories. Your body adapts to the restricted caloric intake, and uses fewer calories to perform the same tasks.

Resist the urge to diet and instead prioritize healthful foods, including whole grains, legumes, vegetables and fruits, and fun physical activity. Don't forget about stress management and proper sleep. These healthy lifestyle behaviors contribute to overall well-being.

Information take from:

<https://www.eatright.org/>

[1 Corinthians 10:31](#) ESV

So, whether you eat or drink, or whatever you do, do all to the glory of God.

10,000 Church Challenge: Mental Health

Focus on Youth



It is normal for children and youth to experience various types of emotional distress as they develop and mature. For example, it is common for children to experience anxiety about school, or youth to experience short periods of depression that are transient in nature. When symptoms persist, it may be time to seek professional assistance. While most youth are healthy, physically and emotionally, one in every four to five youth in the general population meet criteria for a lifetime mental disorder and as a result may face discrimination and negative attitudes. As with physical health, mental health is not merely the absence of disease or a mental

health disorder. It includes emotional well-being, psychological well-being, social well-being² and involves being able to

- navigate successfully the complexities of life,
- develop fulfilling relationships,
- adapt to change,
- utilize appropriate coping mechanisms to achieve well-being without discrimination.
- realize their potential,
- have their needs met, and
- develop skills that help them navigate the different environments they inhabit.

The presence or absence of various combinations of protective

and risk factors contribute to the mental health of youth and efforts can be undertaken to promote positive mental health and prevent or minimize mental health problems. Youth with mental health disorders may face challenges in their homes, school, community, and interpersonal relationships. Despite these challenges, for most youth, mental health distress is episodic, not permanent, and most can successfully navigate the challenges that come from experiencing a mental health disorder with treatment, peer and professional supports and services, and a strong family and social support network.

(Information from Youth.gov)

“A new command I give you:
Love one another.

AS I HAVE LOVED YOU,
SO YOU MUST LOVE ONE ANOTHER.
BY THIS EVERYONE WILL KNOW THAT
you are my disciples,
IF YOU LOVE ONE ANOTHER.”

john 13:34,35



The Church on Health
First United Methodist Church of Germantown (FUMCOG)
By Barbara Mitchell and Ruth Thornton

FUMCOG, located in the Germantown area of Philadelphia, added to its budget funding to purchase a new defibrillator (AED). We are an urban church; we are full of people every day, and we are concerned about their health and safety. We have two organizations dedicated to child care and learning, an A.A. chapter, Scouting, and two families who are living at FUMCOG in Sanctuary in their search for asylum in the U.S.A. Another building on the grounds houses a victims' center. Our children are using the church gym every day. This means that there are about 125-150 adults and children in the building all day and some evenings. Our Sanctuary families remain in the building overnight. Our Sanctuary families are having at least two fundraising dinners a month, for which they cook. These dinners are attended by 150-200 people from participating churches, synagogues, and mosques each time.

With this number of people in the church, we decided to replace our old AED and to train several people. The Red Cross provided training for nine adults in CPR and AED use. We learned to service and help both adults and children. Among the trainees were church ushers, a custodian, an Eagle Scout from our troop, and our building manager. One thing we have learned is that, with a building as large and as active as ours, we will need a second AED for fuller access, with more trained people, particularly in the organizations that rent from us and that use our gym.



A Zoll AED costs about \$1500. The Red Cross training session of 3 1/2 hours costs \$1000. Our training was done in the church on a Sunday after church so that more people were available. There are some foundations that can help a church with funding. FUMCOG will add the above costs to our next budget to obtain a second AED; then we will keep a smaller amount for maintenance for the following several years. The AED batteries last 10 years.

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HEALTH CARE FOR ALL

Deaconess Barbara E. Drake RN, MSN, FCN



For most people, having abundant health depends on having affordable health care insurance. In Pennsylvania, 1.5 million residents are uninsured and another 2 million are underinsured. For those who have insurance, it is estimated that 98% would be in danger of financial ruin if they had a serious illness requiring expensive medical care.

The Social Principles of the United Methodist Church, which are a part of the Book of Discipline, state that health care is a basic human right, and that providing the care needed to maintain health, prevent disease, and restore health after injury or illness is a responsibility each person owes others and government owes to all. (Paragraph 162 V)

Because most Pennsylvanians believe our healthcare system is broken and that efforts to reform the system have not gone far enough, a grassroots citizens group called Health Care 4 All PA is promoting single-payer health care for all. A bill called The Family & Business Healthcare Security Act has been introduced in the PA Legislature. (House Bill 1688).

To learn more about single-payer coverage, the Health Ministry Team of **Union United Methodist Church in Havertown** planned a Community Forum, which was held on April 30, 2019 with Dave Steil as speaker to explain the bill he helped to develop. Dave Steil is a small business owner who served as Republican representative for PA District 31 from 1992 to 2008. He served as President of Health Care 4 All PA from 2011 to 2014.

Single-payer health care, as set up in the PA bill, would provide publicly funded, privately provided, cost-efficient, quality health care for all. It would be paid for using existing State and Federal Funds and a 3% personal and 10% business health and wellness fee. It would cover medical, dental, and eye care, plus physical therapy, mental health care, emergency transport, hospice care, addiction treatment, long-term care, preventive medicine, and prescription drugs. All pre-existing conditions would be covered. Medicare Part A would continue, but there would be no need for Medicare Part B or D, or any supplemental coverage. The only thing not covered would be elective cosmetic surgery. You would still pick your own doctor, who would help you determine the best course of treatment, with no insurance company dictating what could or could not be done.

Under our current healthcare system, the U.S. spends about twice as much per person on healthcare as the other 34 Industrialized countries (which all have universal healthcare), and our outcomes are not as good in some areas, including the rates of infant and maternal mortality. Between 17 and 30% of America's healthcare costs go to administrative costs of profit-centered insurance companies that deny coverage to pay for advertising, marketing, and CEO salaries. It is estimated that single-payer coverage would save \$2 billion per year.

When people talk about single-payer coverage, the biggest objection offered is that "it's socialized medicine." What they don't realize is that 50% of all health care in our country is already provided by the government through Medicare, Medicaid, VA benefits, and care of federal employees and the military. Administrative costs for Medicare are only 3%, and bulk-purchasing of pharmaceuticals by the VA saves 50%, demonstrating that the government can be cost-effective.

There are currently 26 states proposing single-payer healthcare. If any state can pass the bill and prove that the system works and saves money, it will make it easier for other states to do the same. Single-payer healthcare is already endorsed by the City Councils of Philadelphia, Pittsburgh, and Erie, the AFL-CIO of PA, the PA Council of Churches, the PA League of Women Voters, the PA Association of Staff Nurses and Allied Health Professionals, PA Business for Sensible Healthcare, and Physicians for a National Health Program.

You can get more information at <http://healthcare4allpa.org>. If you support this idea, you can write letters to the editor, talk to small business owners and organizations like the Rotary, and communicate your support to your elected officials. The message is "Everybody In. Nobody Out." This is a justice issue and a practical money-saving issue that affects the financial security of families and businesses, local governments, and school districts. The proven savings are shared by all, while all are receiving the health care they need and deserve.



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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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