

Wellspring



*A publication of the
Health & Healing Council*

E. PA Conference of UMC

Summer 2018



The Health and Healing Council continues to ask for your church's participation in the "10,000 Church Challenge". Our focus will continue to be on four focus areas set by Global Ministries: physical activity, healthy eating, tobacco and drug-free living, and mental health education.

SIGN-UP YOUR CHURCH TODAY:

Go to:

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

Thank you for joining the 10,000 Church Challenge!!

ABUNDANT HEALTH IN OUR CHURCHES

By Deaconess Barbara Drake, RN, MSN, FCN at Union UMC Havertown, PA

Many of our churches signed up at Annual Conference 2017 to participate in the Abundant Health Church Challenge. The current number of EPA Conference churches signed up is 61, which is reported to be the largest number of any conference! Now, the question is, "What have you done in the past year in the areas of physical activity, healthy eating, tobacco and drug-free living and mental health education?"

Have you started a walking group, provided healthy recipes for church suppers, referred people to smoking cessation groups, worked with a community group combatting drug addiction, or started a support group for people dealing with depression? These are just a few of the things you might have done.

Our EPA Conference Health and Healing Council would like to hear how you have encouraged healthy living. Use the "Sharing Report" form at our Annual Conference table or email bedrake15@aol.com to describe what your church is doing. By sharing your creative ways of inspiring abundant health, you can encourage other churches to get involved.

The General Board of Global Ministries is encouraging churches to hold "Hulapalooza Events", featuring hula hoops for exercise, and sharing of all kinds of health information. Have fun while promoting health of body, mind, and spirit.

1 Corinthians 10:31 So whether you eat or drink or whatever you do, do it all for the glory of God.

The Opioid Crisis

Amy Luckowski PhD, RN, CCRN, CNE

Across the United States, opioid overdose deaths are epidemic. Illegal drugs like heroin are not the only problem. Prescription opioids are ordered by physicians to relieve pain. When used correctly, they can promote healing. However, when used incorrectly, or illegally, they can lead to overdose, addiction, and death.

In Pennsylvania, the overdose rate is increasing, with 3,383 overdose deaths in 2015, and 4,642 in 2016. An average of 16 people died daily in our state from opioid overdoses. They took too much of the drug, either intentionally or unintentionally. Recognizing opioids can be challenging because they come in many forms, including tablets, capsules, cough syrups, patches, and injectable liquids. Their names include Heroin, Methadone, Morphine, Fentanyl, Duragesic, Codeine, Tylenol #3, Vicodin, Percocet, Oxycontin, Dilaudid, and Demerol. Opioids can cause sedation which progresses to unconsciousness. Breathing slows down and can stop. The pupils of the eyes become pinpoint, and lips and fingernail beds become blue.

The emergency treatment for an opioid overdose is Narcan (Naloxone). This drug blocks the effect of opioids. You can obtain Narcan from your family physician, a clinic, or pharmacy at a cost of about \$55. If you have a family member or friend struggling with addiction, you might consider keeping the life-saving Narcan nearby.

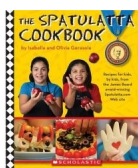
Prevention is of utmost importance. Many people do not finish their prescriptions and have bottles of painkillers in their medicine cabinets. Anyone with access to the home could steal the bottles. Realtors and folks selling their homes should be aware

that people pose as potential buyers to gain access to medications. So clean out your medicine cabinets and take unwanted medicine to an official drop-off box at a pharmacy or police station. Awareness of the opioid epidemic is key to address this public health concern.

Book Review by Barbara Mitchell & Ruth Thornton

The Spatulatta Cookbook

by Isabella and Olivia Gerasole



The recipes in this book are healthy and can be made safely. The directions are easy to follow and fun to make and eat. **Fruit kebabs** are easy, and ingredients are great for any time of the year. Each kebab will contain a mixture of four fresh fruits, such as melons, banana, strawberries and pineapple. They need to be big enough to stay on a skewer. You will need: Small cookie cutters like stars, hearts, circles; a butter knife; small bowls; 6-8-inch bamboo skewers; a serving plate; and plastic wrap.

Wash strawberries and remove stem tops. Cut melon and pineapple into 1/2 inch thick slices. (An adult can help with this.) Use cookie cutters on these slices to make different shapes. Peel banana and cut into chunks. Carefully slide the fruit onto skewer in any order. Lay the finished skewers on a serving plate and cover with plastic wrap. This should make about 6 kebabs. Refrigerate until ready to serve them. Add a large grape or maybe a piece of coconut to the skewer, too.

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Mosquito & Tick-Borne Diseases
Mary Wilson, RN, BSN, MS

Don't let common pests spoil your

summer fun. Mosquitoes and ticks pick up bacteria, viruses or parasites when biting an infected person or pet and carry them to the next person bitten. **West Nile virus** is an infection spread by **mosquitoes**. Most people infected with it have no symptoms or mild fever, aches and fatigue for a couple of days.

Zika virus is more common in the tropics and causes few, if any symptoms. The major risk is to babies infected by it before birth. They may be born with brain or eye defects. Pregnant women should take precautions to prevent infection if traveling to areas known to have Zika infections. To avoid mosquitoes, keep windows closed or use house screens with no holes and cover baby strollers with insect netting. Get rid of standing water where mosquitoes lay their eggs.

Ticks can carry a variety of diseases including **Lyme Disease** and **Rocky Mountain Spotted Fever**. Common symptoms of Lyme are a red ring-like rash around the bite & flu-like symptoms. If not treated early, symptoms may include joint pain & swelling. With Rocky Mountain Spotted Fever, symptoms appear in 2-14 days after the bite and include fever, headache, muscle pains, nausea, vomiting, and rash. Without early treatment, serious complications may occur.

When outside, use insect repellent with an approved ingredient such as DEET, which is safe even for pregnant women and children over age 2 months, and use the product as directed. Wear long sleeves and pants, and socks with closed toe shoes.

Watch for ticks after being outside. Remove ticks promptly by using tweezers, slowly pulling up. Clean with soap and water.

If any symptoms develop, notify your health care provider.