

Wellspring

A publication of the Health & Healing Council



E. PA Conference of UMC

Greetings to the Churches of EPA

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We begin this new season with a reorganization of our conference wellness structure. "Health & Healing Council" is now under the leadership of a steering team of registered nurses in partnership with Rev. Christopher Kurien, Dir. of Connectional Ministries and NancyJo Fielding, Exec. Dir. of Pension and Health Benefits. We covet your prayers and input in discerning best practices for offering our congregations information and initiatives to realize God's intention for our wellness. Each month we will share news of how churches in our conference are engaged in wellness programs.



GUIDING SCRIPTURE:

"I have come so that they may have life and have it to the fullest"

(John 10:10)

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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Stop The Flu In Its Tracks—Get Vaccinated

By Mary Wilson, RN, Health & Healing Council Chair

Influenza is a serious illness that can be life threatening, even for otherwise healthy people. People with weakened immune systems due to age, disease, medication, or allergies are at risk for hospitalization or even death. Pregnant women must be made aware of the risks to themselves and their unborn children. The "flu" is easily spread, by physical contact or inhaled droplets. Symptoms include headaches, fatigue, sore throat, cough, body aches, and high fever. The **best way** to prevent the "flu" is to get the vaccine. Less effective measures are to wash hands frequently, avoid people who are sick, eat a healthy diet and get proper sleep. Get immunized.

SPREAD THE WORD.....NOT THE FLU!

Health & Healing Ministry By Rev. Dr. Christopher Kurien

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Healing ministry of the church is misunderstood by many as merely involving physical healing. When we consider "Health and Healing Ministry" we must consider the total person, as well as our relationships with one another and the environments in which we live. Today in mainline denominations, healing ministry is often not taken seriously and this needs to change. The Old Testament portrays God as our healer God. Jesus and his disciples took healing ministry seriously as it is recorded in the gospels. The vision of wholeness or *shalom* is what God desires from us.

In Eastern PA Conference we are blessed to have a "Health and Healing Council". Let us claim the healing ministries in which our congregations already engage. Our churches provide counseling services, visit the sick, hold support groups, and care for the poor and needy in our neighborhoods. It is so important for us to become agents of healing in each community where God has placed us. As the church we can bring healing and health to a hurting world.

The early church of the New Testament prayed for healing and miracles did happen. When there

were conflicts in community, or where there were poor among them, they cared for those needs. People loved one another, sharing resources and support. There was joy and excitement to be part of a church family. I believe this is possible even today. We can expand the works of health and healing that we are already doing as we broaden our understanding into new spheres of wellness. I appreciate the enthusiasm of the nurses who serve on the steering team for our Health and Healing Council and support their efforts to equip our churches. I look forward to discovering what God can do among us in Eastern Pennsylvania Conference of the United Methodist Church.

The Scents of Christmas By Reverend Sarah Fernsler

In addition to being a healthy alternative to alcoholic party beverages, simmering this holiday punch creates delightful scents that link us to Christmases we have celebrated with loved ones over the years. The richness of the scents of the season may vary from family to family. My memories include the beautiful scents of the live fir of our Christmas tree and the fir branches and colored lights around our windows. I remember the scents of the foods we were cooking and baking for our holiday meals. Let us not forget that our Savior spent His first Christmas with the earthy smells of cattle and warm hay, and that the Three Wise Men also brought the rich spices of frankincense and myrrh to honor the newborn King of Kings!

Mulled Grape Juice

1 gal. red grape juice
5 cinnamon sticks
3 sprigs of fresh rosemary

12 whole cloves
2 orange slices

20 allspice berries
3 lemon slices

Place spices in muslin bag or wrap in cheesecloth. Place in a pot with grape juice. Bring to a boil, then simmer. Pre-warm punch bowl (using warm to hot water and then empty). Place punch bowl in the center of a wreath on serving table and pour in punch. Put orange and lemon slices and rosemary sprigs into the punch. Serve!

We Need Your Help...

Congregational Health Survey Coming Your Way in January 2016

One of our council's goals is to provide health and wellness materials, information and support for health ministries to the churches in the Eastern Pennsylvania Conference. We need your input in order to establish our objectives for 2016.

Watch for email notification about the survey and please complete it within the designated time frame.

November is.....

- ◆ Diabetes Awareness Month
- ◆ COPD Awareness Month
- ◆ Lung Cancer Awareness Month
- ◆ Alzheimer's Awareness Month
- ◆ Hospice and Palliative Care Month
- ◆ Pancreatic Cancer Awareness Month
- ◆ National Family Caregivers Month
- ◆ Nov. 19 Great American Smoke-Out

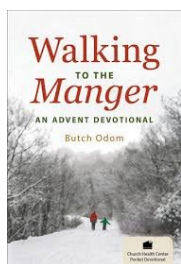


December is.....

- ◆ Safe Toys and Gifts Month
- ◆ Dec. 1—World AIDS Day
- ◆ Dec. 7-13 National Influenza Vaccination Month

- Encourage people to get tested for HIV
- Wear a red ribbon to build awareness
- Take action to support people living with HIV

Advent Read: "Walking to the Manger" by Butch Odom



Walking to the Manger is a collection of devotionals inviting you to make walking, reflecting and prayer a part of your daily Advent practice. Just as Mary and Joseph traveled the long journey to Bethlehem, the Christian season of Advent is a journey in which the traveling is as full of lessons as the destination. Every week begins with a psalm and the opportunity to set a "movement goal," or a reasonable physical challenge for yourself. Each day offers a passage of Scripture along with a reflection and prayer. As you walk toward the Christ-child through the words of the prophets and the apostles, we pray that you may become healthier in body and spirit. May you be blessed while walking to the manger.

(ISBN 978-1-62144-040-6)

Slow Cooker Fiesta Chicken Soup - <http://skinnymys.com>

- 1/2 cup diced onion
- 1 clove garlic, minced
- 1 (15 oz.) can black beans, rinse and drain
- 1 (15 oz.) can kidney beans, rinse & drain
- 1 (4.5 oz) can diced green chili peppers
- 1 (14.5 oz.) can diced tomatoes
- 2 1/2 cups chicken broth—
low sodium, fat-free
- 1 cup frozen or fresh corn

- Juice from 1 lime
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon black pepper
- Sea salt to taste
- 1/2 cup freshly chopped cilantro
- 2 raw chicken breast filets, skinless, cut into 1-2" cubes



Directions: Add all ingredients to slow cooker, stir to combine. Cover and cook on low for 6-8 hours.

Yields: 10 | Serving size: 1 cup | Calories: 192 | Previous Points: 3 | Points Plus: 4 | Total Fat: 3 g | Saturated Fats: 1 g | Trans Fats: 0 g | Cholesterol: 37 mg | Sodium: 202 mg | Carbs 21 g | Dietary fiber: 6 g | Sugars: 2 g | Protein: 20 g

Domestic Violence and Homeless Shelters Winter Gift List

Blessed are the merciful, for they will be shown mercy Matthew 5:7

Shelters serve persons from all walks of life, including men, women, children, and sometimes pets. Shelters may be long or short-term facilities for those in need. Ask your local shelter what items are needed currently. Along with giving financially and/or volunteering, helpful gifts may include some of the following:

- ◆ Backpack filled with personal-care items and toiletries that someone may use while at the shelter or when they leave.
- ◆ Winter coats, mittens and hats. Those without a warm place to stay run the risk of exposure when they leave the shelter.
- ◆ Towels and bedding items, such as sheets and blankets
- ◆ New underwear, shoes or boots, and socks.
- ◆ Baby monitors, disposable diapers, sleepers, bottles, and “sippee” cups.
- ◆ Books and educational materials for children to use at the shelter. Ask shelter staff if they have a “Mommy and Me” reading program, and inquire as to what types of books might be helpful to donate.
- ◆ Gift cards to local grocery stores, gas stations, or department stores.
- ◆ Inexpensive plastic rain ponchos
- ◆ Bibles and other reading materials to support the spiritual health of clients



Source: Mercy Parish Nurse and Ministry Program, *The Faith Connection*, November 2015

Wellness Works: Featuring Epworth UMC Lay Visitation Team

Epworth UMC in Bethlehem is blessed with a devoted group of laity who visit the sick and homebound. Coordinated by Pam Spadoni, the team has monthly assignments to visit homebound members and friends, as well as weekly assignments to make hospital and home visits, or telephone calls to the sick. Some weeks are quite busy and Pastor Jenny Sauerbraun really appreciates laity involvement. Visitors give cards with team member contact information to all those visited. This ministry strengthens our church family in so many ways. A family recently donated monies to the team after the death of their loved one because they so appreciated the loving care. The team also is blessed to be a blessing!



Care For the Caregiver:

(Office on Women's Health, U.S. Dept. of Health & Human Services)

<http://www.womenshealth.gov/publications/our-publications/fact-sheet/caregiver-stress.html>



What is an informal caregiver?

Any one who provides unpaid care for another person in need, such as a child, an aging parent, husband or wife, relative, friend, or neighbor. Most Americans will be informal caregivers at some point during their lives. A 2012 survey found that 36% of Americans provided unpaid care to another adult with an illness or disability in the past year. Nearly three in five family caregivers have paid jobs in addition to their caregiving.

Caregiver stress is due to the emotional and physical strain of caregiving. Remember that you need to take care of yourself to be able to care for your loved one. Learn some ways to manage stress and find resources.

How can I pay for caregiving services?

Medicare, Medicaid, and private insurance companies will cover some costs of home health care. Other costs you will have to pay for yourself. If the person who needs care has insurance, always check with the person's insurance provider to find out what's included in the plan. If you or the person who needs caregiving also needs health insurance, learn about services covered under Marketplace plans at HealthCare.gov.

For more information about caregiver stress, call the OWH Helpline at 800-994-9662 or contact the following:

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| • <u>Centers for Medicare and Medicaid Services (CMS), HHS</u> | Phone Number: 800-633-4227 |
| • <u>Eldercare Locator, Administration on Aging, HHS</u> | Phone Number: 800-677-1116 |
| • <u>National Institute on Aging (NIA), NIH, HHS</u> | Phone Number: 800-222-2225 |
| • <u>Family Caregiver Alliance</u> | Phone Number: 800-445-8106 |
| • <u>National Alliance for Caregiving</u> | Phone Number: 301-718-8444 |
| • <u>National Family Caregivers Association</u> | Phone Number: 800-896-3650 |
| • <u>National Respite Locator Service</u> | Phone Number: 919-490-5577 |

What caregiving services can I find:

Spiritual support through your local church. Inquire about Stephen Ministry or other caregiving ministries

Consult your personal physician and get regular check-ups

Meal Delivery

Home health care, i.e. nursing or physical therapy

Nonmedical home care, i.e. housekeeping, cooking, or companionship

Making changes to your home, such as installing ramps or modified bathtubs

Legal and financial counseling

Respite care, which is substitute caregiving (someone comes to your home, or you may take your loved one to an adult day care center or day hospital)

Blue Christmas - Finding Meaning When Dealing with Loss and Hardship

Psalm 42:5-6a – Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God. (NIV)

"Christmas can be a painful and lonely time for some people. At our candlelight service, we light a Blue Christmas candle for those who are grieving, hurting, or ill during the festive season. This poem is recited as the blue candle is lit. It's a very meaningful and emotional time for some members in our congregation." ...John Stuart



A Blue Christmas Poem by John Stuart

There's no room at Christmas for sadness, there's no place for hearts that are blue.
All the world wants to hear is a word full of cheer, not a sigh, not a tear, not from you.

There's no room at Christmas for loneliness, there's no place for your emptiness and grief.
All the world wants is peace, mistletoe and Christmas trees, not a heartache that mars its beliefs.

There's no room at Christmas for sickness, there's no place or time to be ill.
All the world wants is health, prosperity and wealth, not a pain that can spoil its goodwill.

There's no room at Christmas for Jesus, there's no place for His family, too,
All the world would not share, no one seems to really care, a stable will just have to do.

Yes, there's room at Christmas for sadness, there's a place in God's heart for you.
For He knows pain and loss, which He felt on the cross, so this candle is lit here for you...
For Christ knows what it's like to be blue.

PresbyCan Daily Devotional Website (<http://www.presbycan.ca/2008-12-05/christmas>)

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