

The Faith Health Link



Sowing Seeds of Wellness

Loudon Avenue Christian Church
Disciples of Christ (DOC)
730 Loudon Avenue
Roanoke, VA 24016
540/342-8852

loudonavenuecc.org

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Take Care of Your Body

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”

1 Corinthians 6:19-20

Airline attendants say it well: if the plane hits turbulence and the oxygen masks come down, place a mask on yourself first before turning to help others. This is absolutely critical. If we don't, we may not be able to help anyone. Well, we've all hit the same turbulence known as COVID. In the midst of COVID we all need to take good care of ourselves, our bodies, and our minds. More importantly God wants us to take care of our bodies. God created our body. He wants you to take care of it. Illness, disease, and death are going to happen. No one, not even Christians are immune to it.

Self-care is a discipline. It takes dedication, time, and effort to grocery shop, cook healthy meals, and workout. Just like reading the bible, and praying are considered spiritual disciplines, the process of taking care of your body to glorify God is also a spiritual act. God wants us to take care of our bodies for some of the following reasons.

- **It Glorifies God** - We do that when we care for our body and live a healthy lifestyle. This is our primary purpose in life – to glorify God. We do that when we care for our body and live a healthy lifestyle.
- **You Are Taking Care of Your Body – His temple** - God's Holy Spirit lives inside a believer. After we accept Jesus into our heart, God gives us His Spirit to help us live the kind of life He wants us to live. We are obligated to care for our body which is His temple.
- **Being Healthy is Being a Good Witness** – Acts 1:8 reminds us that we are to be witnesses for other people. People look for us to be models of the Christian faith. We ought to desire to live our lives in a way that represents our faith well.

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Mission

Our mission is to develop a culturally, competent, Biblically informed, wellness ministry to meet the physical, mental, social-emotional, and spiritual needs through education, outreach and counseling that is affordable, accessible, and available

Vision

The vision of Loudon Avenue Christian Church Faith Health Ministry is to address the needs of the congregation and community that promote wellness of the Body, Mind and Spirit, based upon the will of God in our lives



Save the Date

Tuesday, October 19, 2021
Virtual Advance Care Planning
Informational Zoom

- **You'll Have More Energy to Do God's Work** – Ephesians 2:10 helps us see that we are God's masterpiece, created to do the good things that He had planned a long time ago for us to do. We all know that the more fit and healthy we are the more energy we will have.

Today is the perfect day to start making healthy changes. Start small and don't try to do everything all at once. Get out for a walk every day, drink more water, up your veggie intake, or eat your meals at home of fast foods. Small daily changes over time can add up to huge health benefits a year from now. Most importantly remember this about your body.

God created. Jesus died for it. The Spirit lives in it. So we better take care of it. [Reasons Why God Wants You Healthy, Fit and Well \(faithandhealthconnection.org\)](http://Reasons_Why_God_Wants_You_Healthy_Fit_and_Well_faithandhealthconnection.org)



Reduce your Anxiety by Reducing your Stress

July 2021 was National Minority Mental Health Month, and this came about in 2008 to promote the importance among minority groups and

people of color, to take care of their mental health. Studies show that people of color experience risk factors such as discrimination and cultural stigma when it comes to seeking mental health treatment. According to the Center for Behavior Health Statistics and Quality, minorities compare with the rates of the general population when it comes to having mental health concerns. However, there does appear to be disparities in seeking help and treatment, for mental health concerns, among minority sub-groups. (Psychology.org)

One of the most common mental health disorders is anxiety disorder. About 18% of the general population in the U.S. suffer from anxiety disorder, with women having a higher rate than men. One of the main contributors to anxiety is high levels of stress (Mental Health of America.org) scripture tells us in Philippians 4:6-7(NIV) do not be anxious about anything, but in every situation by prayer and petition, with thanksgiving, present your requests to God. Prayer and meditation are known effective ways to help reduce

stress in your life, which overall decreases symptoms of anxiety.

Other useful recommendations to help reduce and cope with stressors include:

- Uncluttering and getting organized
- Writing things down, instead of depending on your memory
- Quitting... trying to fix others
- Exercise
- Getting outdoors
- Journaling your thoughts and feelings
- Eating more healthy food selections
- Getting enough sleep
- Relaxing-ex. listening to your favorite song

Being Christians, we have many examples in the Bible where Jesus, tells us not to be stressed or to worry. One of the more familiar instances is when Jesus was sleep on the boat with his disciples during the storm, and he tells the wind and waves in Mark 4:38-40(KJV) Peace be still, and the storm calmed immediately.

**Please note this above information is for educational purposes only, if you feel that you may be experiencing a mental health crisis, please contact your primary care physician, for further guidance and intervention.*

Submitted by Sister Tanyia Jones LCSW, C-SWHC
Chair, Faith Health Ministry

Are You Starting Your Day Off Right?

When you feel tired throughout the workday, you might blame it on a late night or poor sleep. But your morning routine might actually be what started you out on the wrong foot.

We have been told how important sleep is to wellness. But our wellness also begins each morning when we open our eyes. Here are some tips to start the day off right:

- **Wake up, get up:** Spending an extra 20 minutes in bed on your phone or going back to sleep does two things to your body. First, it tells your body that it should stay sleepy. And second, if you fall back to sleep and end up snoozing, you will be waking up in the middle of REM sleep, which can leave you disoriented and even more tired.
- **Rehydrate:** Getting fluid in your body after sleeping all night makes sense; your body is thirsty. Having a cup of water or tea will help you begin to

hydrate and will also prevent irritability and tiredness, which are common symptoms of dehydration.

- **Morning shower:** Night showers, though they sound like a good idea, actually do the reverse of what you need right before going to bed. In order to sleep, your body needs to lower its temperature. A shower at night prolongs that cooling process and can make it hard to go to sleep.
- **Move:** Exercising or even a brisk walk or stretch the first hour you wake up has proven to help energize the body to prepare for the rest of the day. It increases endorphins (endorphins are **chemicals produced naturally by the nervous system to cope with pain or stress**) and gets oxygen and nutrients flowing in your body, which in turn helps the lungs and the heart to be at active and awake rates.
- **Helpful sounds:** Whether you use your phone, your favorite song, an alarm or a radio station to get you awake and going, it's important to avoid music and sounds which evoke a sleepy lullaby tune and stress-inducing chords.

Altering these habitual tendencies will cause a significant shift in your energy levels throughout the day. These steps may help you feel less tired and possess a healthier, positive outlook throughout the day.

Summer Heat Safety Tips



A summer of fun in the sun is looking a lot more possible this year compared with last year, thanks to COVID-19 vaccines that have changed the course of the pandemic in the United States. However, while not forgetting about our COVID precautions, we need to be aware of the risks associated with heat and to know how to stay safe in summer weather. Find out how to properly prepare for and protect yourself and your loved ones from soaring temperatures.

Basic Summer Heat Safety Tips

Everyone should follow these basic heat safety tips in order to avoid the dangers of heat exposure. Keep these suggestions in mind:

- During the hottest hours of the day, stay inside. If possible stay inside an air-conditioned building. The hottest hours of the day are typically from mid-morning to midafternoon.
- Dress lightly, and when sleeping, use lightweight, breathable covers.
- Drink plenty of water and other fluids. When temperatures climb above 90 degrees, it's important to drink plenty of fluids, preferably water. Those who are overweight and in humid conditions need even more.
- Avoid drinking alcohol and beverages that are carbonated or contain caffeine when temperatures are high, as they can lead to dehydration.
- Keep blinds and curtains closed from morning until the late afternoon to block extra direct heat from sunlight.
- Move your exercise routine to early morning or later in the evening.
- Never ever leave a person or a pet in the car in hot conditions while you run to do a quick errand. People and animals can succumb to heat exposure and death very quickly in a hot car. Cars can become overheated quickly and when overheated become like ovens. It's never safe.
- Properly supervise children during outdoor play, being sure to monitor them closely and frequently.
- Seek medical care right away if you become nauseous, start vomiting or experience cramps.
- Stay on the lowest level of your home.
- Use a fan. Don't place the fan directly in front of a window because it may push hot air in. Try placing the fan so that it blows in the room and out the window instead.
- Use small appliances like slow cookers and tabletop grills rather than your traditional oven or stove to keep kitchen heat to a minimum.
- Verify that seat belts and car seat restraints are not too hot before buckling yourself or anyone else into a car.

By taking these simple precautions, you can avoid serious heat-related health issues. [Summer Heat Safety Tips | LoveToKnow](#)

Advance Care Planning: The Conversation



What is Advance Care Planning?

Advance care planning is about planning for the “what ifs” that may occur across the entire lifespan, such as being maimed in a

motorcycle crash at a young age, and not just for older adults approaching the end of their lives.

Advance care planning allows people to make health care choices before they become ill, such as whether they would want to be on life support and who should make health care decisions for them if they can't. The pandemic is now raising difficult new questions, as well, and for younger people. For example, if you were allowed only one visitor in the hospital, who should it be? And if you can't care for yourself after you leave the hospital, where would you want to live? This is a challenging time. There are many things that are out of our control. But there are some things we can do to help us be prepared — both for ourselves and the people we care about.

Who Will Decide When I Can't?

An important step in that conversation is to choose a health care proxy (also known as a health care agent, power of attorney for health care, or surrogate

decision-maker). That's the one person who speaks on your behalf if you can't make your own health care decisions. If you were unable to speak due to an accident or illness, your proxy would advocate for you. That's why it's really important to plan now since we can't predict the future.

What does it mean? Your proxy can talk with your doctors, nurses, and other members of your care team, and read your medical records. They would use what they know about the health care you want to make decisions about tests, procedures, and treatments if you became too sick to make those decisions yourself.

The proxy does not make financial decisions for you — they only speak for you about health care decisions.

Five Wishes is changing the way we talk about advance care planning.



Faith and spiritual traditions can play a huge role in our lives. As a Christian planning for dignified care should also be an important part of who we are. In the Tuesday, October 19th zoom presentation we will share with you how using the Five Wishes can get the

conversation started. *Five Wishes* It's more than just a document. *Five Wishes* is a complete approach to discussing and documenting your care and comfort choices. It's about connecting families, communicating with healthcare providers, and showing your community what it means to care for one another.

Five Wishes allows you to express:

- The person you trust to make decisions for you
- What types of medical treatment you would want – or not want
- What is most important for your comfort and dignity
- What important spiritual or faith traditions should be remembered
- What you want your loved ones and healthcare providers to know about you

Talking about death is ultimately talking about life — about who and what matters to us, and how we can live well even when we are dying. Rather than being motivated by fear and anxiety, we can open these discussions from a place of care and concern.

Remember if you do not say what you want someone else will and it may not be what you want!

