

The Faith Health Link



Sowing Seeds of Wellness

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"We've come this far by Faith, leaning on the Lord..."

We are now almost a year into the pandemic that stopped life as we know it in its tracks. Everyone in some way has been affected by the coronavirus, COVID-19. Many have experienced periods of discouragement, depression, loss of life, employment, and other life changes directly related to the COVID-19 virus. There are things that we are unable to do anything about based on what has transpired, but we can look forward and take precautions that will keep us safe, along with our Faith remembering that **"We have come this far by faith, leaning on the Lord. Trusting in His Holy word, He never fail us yet."** In 1956, Albert Goodson, penned the words to this song, at a time when he was discouraged and depressed. He said that one day he sat down at the piano in a friend's home and he began to play a melody running through his mind. As he played, he heard the Lord speak to him saying, we have come this far by faith. Yes my sisters and brothers, we have also come this far by faith and God has kept us. So be encouraged and trust God with the plan for our lives.

Even though we are currently living in an environment where information is constantly changing, there is information that we have received from the beginning such as wear a mask, wash your hands, and watch your distance that has not changed but remains consistent for our health, safety, and wellbeing. I encourage you to be encouraged, keep the faith in the fight to diligently prevent the spread of COVID-19 by consistently practicing the "3 Ws":

- **Wear** a mask - Wear a mask with two or more layers of washable, breathable fabric that covers your nose and mouth and fits snugly against the sides of your face to help protect yourself and others.
- **Watch** your distance - Stay 6 feet apart and avoid crowds. The more people you are in contact with, the more likely you are to be exposed to COVID-19.
- **Wash** your hands - Use soap and water for 20 seconds, especially after you have been in a public place, or hand sanitizer if soap and water are not available.

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

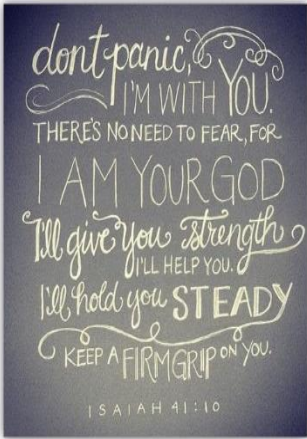
Vision

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.



Virtual Wear Red Sunday, February 7, 2021 in support of Heart Disease in Women, especially our African American Sisters.

Take Care of Your Mental Health!!!!



During the winter months and after things have calmed down from the holiday season, individuals can find themselves, feeling down or even a little blue. However, this year studies have shown that more individuals due to the COVID-19 pandemic, are experiencing increased isolation, fear and anxiety, stress, loneliness, as well as symptoms of depression.

Although there has not been significant data, from the impact of the COVID-19 pandemic to date, there are recommendations that appear to be showing some promising outcomes that help with taking care of your mental health, during this unprecedented time in our country (Psychology Today, 2020).

Some of the research, shows that participating in some form of physical exercise to include virtual exercise programs, can improve your overall well-being. (Psychology Today, 2020). So, taking a short walk, dancing to your favorite song, or even making up your own exercise routine, can help to elevate and improve one's mood.

God's word tells us in Isaiah 41:10 NKJV ***"Fear not for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand."*** Spirituality, whether it is saying a prayer, attending church virtually, reading scripture, and or other spiritual materials; can be a positive outlet to help with anxiety and or depressive symptoms.

Other recommendations to help keep your mental health intact, include continuing to have social interaction, by making calls to family and friends or even doing zoom calls. Listening to your favorite musical selections, journaling, practicing self-care, participating in relaxing breathing exercises in which you inhale and exhale from a count 1 to 10; can all help promote a healthy mind-set.

And lastly, keep busy by participating in some type of structured activity that you genuinely enjoy! Things such as hobbies, cleaning, sewing, adult coloring, participating in church committees, virtual

groups/programs, practicing mindfulness, are all great ways to improve your mood, and to take good care of your mental health.

****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 Deacon Sister Tanyia Jones, LCSW, C-SWHC Chair: Faith Health Ministry



Heart Disease in African American Women

Each year Loudon Avenue Christian Church (LACC) supports the American Heart Association's signature women's initiative, Go Red for

Women. It is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women.

It is no longer just about wearing red; it is no longer just about sharing heart health facts. It is about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they cannot bear to live without. Making a commitment to your health is not something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today.

Heart disease is the No. 1 killer of women, killing more women than all forms of cancer combined. Nearly 80 percent of cardiac events can be prevented, however cardiovascular diseases continue to be a woman's greatest health threat.

Here are a few unsettling stats:

- Cardiovascular diseases kill nearly 50,000 African American women annually.
- Of African American women ages 20 and older, 49 percent have heart diseases.
- Only 1 in 5 African American women believes she is personally at risk.
- Only 52 percent of African American women are aware of the signs and symptoms of a heart attack.
- Only 36 percent of African American women know that heart disease is their greatest health risk.

How big of a problem is this? About 49% of African American women over age 20 have some type of heart disease, like:

- Clogged arteries in the heart, arms, or legs
- Stroke
- High blood pressure
- Angina (chest pain)

That means nearly **1 in every 2 Black women** in the U.S. has heart disease.

What You Can Do to Lower Your Risk of Heart Disease

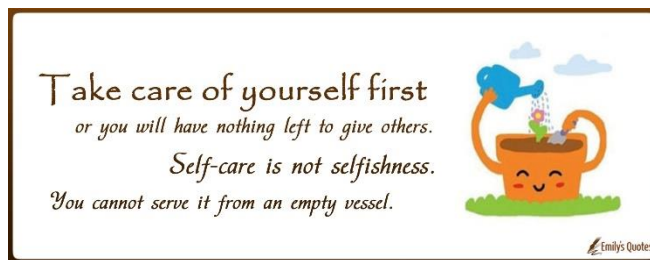
Fortunately, while the numbers and risk factors do not paint the prettiest picture of heart health in Black women, there are lots of easy steps you can take to turn your risk around. A good place to start is in the mirror. You and your everyday habits are the key to preventing heart disease. The CDC recommends adopting heart-healthy habits, such as:

- Making sure your diet includes lots of fruits, vegetables, and fiber
- Aiming for a diet low in sodium, sugar, saturated and trans fats, and cholesterol
- Staying active with 150 minutes of activity every week (walking, bike riding, etc.)
- Not smoking or using other tobacco products
- Limiting the amount of alcohol, you drink

Finding out if heart disease runs in your family is another important step to take toward getting heart healthy. And, of course, talking to your doctor about your heart disease risk is always a good idea. Together, you can come up with an action plan to stop heart disease before it stops you.

[Heart Disease in Black Women: The Big Issue You Might Not Know About - Black Women's Health Imperative \(bwhi.org\)](https://www.bwhi.org/heart-disease-in-black-women-the-big-issue-you-might-not-know-about-black-women-s-health-imperative)

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Keep Your Health on Track During COVID

By now, we all know about important practices to slow the spread of COVID-19, such as wearing a mask, maintaining physical distance from those outside your household, and washing or sanitizing your hands.

But staying healthy during the pandemic also means staying on top of your regular health needs. If you have put off appointments for chronic health conditions, preventive care screenings, or immunizations, do not wait. Medical facilities throughout the valley have implemented rigorous safety procedures to ensure you can safely visit their medical offices and hospitals. Many offer telehealth options for many primary and specialty care needs.

While each of us have our own unique health needs, here are some simple strategies that will help you stay safe and healthy throughout the months and years ahead.

1. This Season a Flu Vaccine is More Important than Ever!

Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself, your family, and your community from flu. A flu vaccine this season can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients. If you have not gotten your flu vaccine yet, get vaccinated now. **The more people vaccinated; the more people protected. Do your part. Get a flu vaccine this fall.**

2. Do not postpone preventive care

Preventive care includes immunizations and screenings to detect possible diseases and help you stay well. Examples include well-care visits and checkups, blood pressure screenings, cholesterol checks, colon cancer screenings, Pap tests, mammograms, and prostate cancer screenings.

Delaying or skipping these services can increase your risk of serious illness.

3. Seek care for Medical Emergencies

For many emergency conditions such as stroke, heart attack, or appendicitis, timely care is essential. In the case of a stroke, for example, more brain damage occurs with each hour that passes. If you need emergency care you should not avoid or delay it.

4. Familiarize Yourself with All the Ways you Can Get Help

Virtual care in the form of telephone and video visits has allowed many physicians to continue treating patients while still adhering to social distancing recommendations. These types of visits are very effective for evaluating and counseling individuals on a number of medical issues but have limitations when it comes to preventive measures such as cancer screenings. Facilities are working hard to make sure you can get the care you need in the safest way possible. This includes symptom screening, physical distancing, and enhanced cleaning and disinfecting, as well as requiring all who enter the facilities to wear a mask.

The current pandemic is a reminder to all of us to actively participate in our own health care and be mindful of our physical health. Keep communicating with your health care team, whether that is through timely phone calls, video visits or in-person appointments. Ask your health care provider about any wearable devices that may help you track your health conditions. Take responsibility for increasing your knowledge about your risks, prevention, and treatment of chronic conditions. Share information with those who live with you or others you care about to help optimize their physical health.

[Maintaining physical health during Covid-19 - Food & Health \(msu.edu\)](https://www.msu.edu/health/physical-health-during-covid-19)

The Importance of Self-Care during the COVID-19 Pandemic

We can agree that we have all been impacted by the COVID-19 pandemic in some way, and many of us may be struggling to juggle new stressors and challenges. Please keep in mind that during this time, self-care is more important than ever. Self-care is attending to your physical, emotional, intellectual, and spiritual laccparishnurse@hotmail.com

needs. You practice self-care when you intentionally set aside time to do something for yourself that will rejuvenate you rather than drain you. It does not have to be elaborate or cost any money. Practicing self-care means making healthy choices that can be incorporated into your daily routine.

What you can do

- **Take care of your physical health:**

Try to make healthy food choices, stay active by exercising, get enough sleep, and stay hydrated by drinking plenty of fluids, such as water. Avoid alcohol and drugs. Taking deep breaths, stretching, and meditating can also contribute to achieving a state of physical wellness.

- **Connect with others:**

Staying connected with others is important at a time when physical distancing may make us feel isolated. Use the telephone and videoconferencing to stay connected with family, friends, and loved ones, and to collaborate with colleagues.

- **Establish a routine:**

Setting a schedule and maintaining a routine can help you physically and mentally prepare for your day. Balance daily tasks and work responsibilities with activities that you enjoy.

- **Stay informed:**

Stay informed so that you can accurately determine risk and take appropriate precautions and actions. Remember to moderate your time spent watching, reading, or listening to news stories.

- **Manage stress:**

Try to direct your energy towards things that are within your own control.

Finally, remember that being kind to yourself will not only help you stay calm during this challenging time, but will also help ensure that you have the energy and strength you need to take good care of you.

