

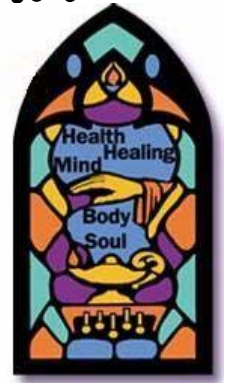
The Faith Health Link



Sowing Seeds of Wellness

Loudon Avenue Christian Church
Disciples of Christ (DOC)
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Sisters' Night Out

10th Year Cancer Awareness Celebration



"Sisters": from left. Dr. Seyi White, Danielle Alexander, Temeca Maddox
Dr. Karanita M. Ojomo and Lutheria Smith, Presenters and Survivors

The American Cancer Society once again joined with the Faith Health Ministry and sisters in the community for our Sisters' Night Out (SNO) event on Thursday, September 21, 2023 at St. John's Episcopal Church. Our theme for this year's event was ***Detect it! Treat it! Defeat it!***

Sister's Night Out is an event planned to bring Sisters together to share educational information on breast health with a focus on emphasizing the importance of early detection and treatment. Misconceptions and barriers to care that keep women, especially African American women, from accessing services were addressed. Receiving a diagnosis of breast cancer can be one of the most distressing events women ever experience, and women may not know where to turn for help. Early cancer diagnosis and treatment saves lives! The overall goal is to provide information and resources to assist individuals facing a cancer related diagnoses especially to a population that may be underinsured or uninsured. Our presenters: Dr. Karanita Ojomo, is a Radiation Oncologist at Blue Ridge Cancer Care and Dr. Seyi White is a Nurse Practitioner at Carilion Clinic Breast Survivorship. Meet our breast cancer survivor's on the next page and read their stories.

Faith Health Ministry

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

Saturday, November 18, 2023

10:00 am – 2:00 pm

Annual Blood Donor Drive at
Loudon Avenue Christian
Church





Survivors – In Our Own Words



On a bone-chilling day in December of 2014, the doctor's visit was not going to be like any of other visit. The news was devastating. The words breast cancer rang in the air like a loud bell for the young 35 year old. Without the help of outstanding doctors, family, new love, and close friends, I would not have gotten through all the grueling treatments, physical changes, immense pain, multiple surgeries, and lengthy recovery. Additionally, without the countless prayers of loved ones and my Lord and Savior being by my side, I would not get through this hard time in my life. Although I was the one going through all of these elements, I didn't let it damage my spirit. The only thing that kept me from letting breast cancer take over my life was praying, laughing and smiling with my loved ones. I now have learned to live life like its golden and live it to the fullest. **Temeca Maddox**

The Journey: I had pain in my right breast and after an exam a lump was found. I was told that I had Triple Positive Breast Cancer and would need chemo first to shrink the tumor and then a double mastectomy. Six rounds of chemo and a double mastectomy later, and a total hysterectomy, my body was far from what it had been. This “new body” didn’t fit into clothes like it used to, I had no feeling in my breasts, and I had no hair, and a complete lack of self-confidence. I hold fast to my faith in God. I’ve always wanted to keep a childlike faith. Today, I am healthy, however the fear that my cancer will come back is very real and I am at a higher risk of it coming back to my brain or lungs. I can’t dwell on that. Again, I keep the faith and give God the glory for this life. **Danielle Alexander**



On Thursday, 4/21/2016, I strolled into the Carilion Breast Care Center at 7:30am for a routine mammogram and never gave it a second thought. When I was called back for a diagnostic mammogram on Wednesday afternoon, 4/27, I was not worried. Arriving at the appointment with a positive attitude, I was unprepared to hear the words “You have breast cancer” as the radiologist spoke them to me in what seemed to be slow motion, not hearing anything he said after the initial statement because of the shock and horror, thinking what an inconvenient time this was to have breast cancer. So much going on with no time for breast cancer! But, breast cancer, like all cancers, shows up uninvited at the most inopportune time. But, God graciously provided a wonderful oncologist and amazing breast surgeon who performed my double mastectomy and plastic surgeon who began the reconstruction process on June 8, followed by 8 weeks of recuperation. On August 29th, another surgery replaced the painful expanders with the final implants. Thanks to the Oncotype DX test, we learned that chemotherapy provided no benefit. So, treatment consisted of surgeries, Tamoxifen for two years and Arimidex for another 8 years. Except for continuing muscle spasms, I am well, a thriver who celebrated seven years cancer free on June 9; and thank God for every moment of this journey. **Lutheria Smith**

Medicare Open Enrollment

When's the Medicare Open Enrollment Period?



Every year, Medicare's open enrollment period is **October 15 - December 7**. Now is the time to compare your current coverage to all your choices for 2024 and select the plan that best fits your needs and budget. Medicare's Open Enrollment period gives everyone with Medicare the opportunity to make changes to their prescription drug plans or health plans for coverage beginning January 1, 2024. But don't delay, the Open Enrollment period ends on December 7.

Why compare options for next year?

Just like your health, Medicare plans can change every year—and your current one might be changing. Plus, not all plans have the same benefits and out-of-pocket costs. By comparing all your options, you could find a plan that offers you better coverage, saves money, or both. Review your current plan, costs, and health needs. If your plans are changing, you should make sure your plans will still meet your needs for the following year. If you're satisfied that your current plans will meet your needs for next year and it's still being offered, then, you don't have to do anything.

Use **Medicare.gov** to easily compare prescription drug and health coverage options. Do a side-by-side comparison of Coverage, Costs, and Quality Ratings. Medicare.gov is the official source for information about Medicare and Open Enrollment. 1-800-MEDICARE or [Medicare.gov](https://www.cms.gov/).

<https://www.cms.gov/>



Why Get A Flu Vaccine?

Yearly flu vaccination is the best tool currently available to protect against influenza (flu), a serious disease which sickens millions of people each year. The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccination as the first and most important step in protecting against flu and its potentially serious complications. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

Reasons to get a flu vaccine:

- Flu vaccination can keep you from getting sick from flu.
- Flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults.
- **All persons aged 6 months of age and older, with rare exception, are recommended for annual flu vaccination**
- Flu vaccination is an important preventive tool for people with chronic health conditions.
- Vaccination was associated with lower rates of some cardiac events among people with heart disease, especially among those who had a cardiac event in the past year.
- Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).
- Vaccination helps protect women during and after pregnancy. Getting vaccinated also protects the baby several months after birth.
- Studies found that babies of women who got a flu vaccine during their pregnancy were about one-third less likely to get sick with flu than babies in unvaccinated women. This protective benefit was observed for four months after birth. • Flu vaccination also may make your illness milder if you do get sick.
- Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

Flu vaccines are available in doctors' offices, hospitals, clinics, and don't forget New Horizons Health Care.

<https://www.cdc.gov/>



COVID-19 is an illness caused by the SARS-CoV-2 virus.

The virus that causes COVID-19 continues to evolve and change. These changes occur over time and can lead to new variants. COVID-19 is very contagious and can spread quickly. It most often causes respiratory symptoms, but other parts of your body may also be affected by the disease. Most people with COVID-19 have mild symptoms, but some people become severely ill.

COVID-19 impacts the body differently from person to person.

COVID-19 can cause symptoms ranging from mild to very severe. These COVID-19 symptoms may appear 2 to 14 days after exposure and can include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This is not a comprehensive list of symptoms.

Why were COVID-19 vaccines updated?

People who were previously vaccinated with COVID-19 vaccines may no longer be adequately protected. The virus that causes COVID-19 evolves and changes often, which means it can escape the defenses the immune system built up against earlier variants. That's why the updated COVID-19 vaccines are designed to help protect against recent variants. <https://www.cdc.gov/>

COVID-19 vaccines are available in doctors' offices, hospitals, clinics, and don't forget New Horizons Health Care.

The tips below will help you learn about actions you can take to protect yourself, others, and help stop the spread of germs.

- **Avoid close contact.**
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home when you are sick.**
If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
- **Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.

- **Clean your hands.**
Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- **Avoid touching your eyes, nose or mouth.**
Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Practice other good health habits.**
Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Breast Cancer Awareness Month

Loudon Avenue Christian Church (LACC) shined the spotlight on Breast Cancer Awareness month.

Women on Action and The Ladies to Women Ministry pampered the sisters of LACC with Pampered in Pink on Saturday, October 28th followed by Worship in Pink with the congregation on Sunday, October 29th. Our very own, Kiana Bell, shared with the congregation a wonderful message, Home Run "Undefeated Champ" for youth Sunday.



All Blood Types *Needed*



Blood Drive

Loudon Ave Christian Church

Fellowship Hall 8th Street Entrance
730 Loudon Ave N W
Roanoke, VA 24016

Saturday, November 18, 2023
10:00 a.m. to 2:00 p.m.



The information provided in this newsletter is for educational and informational purposes only and does not constitute medical advice and is not intended to replace a consultation with an appropriately qualified provider