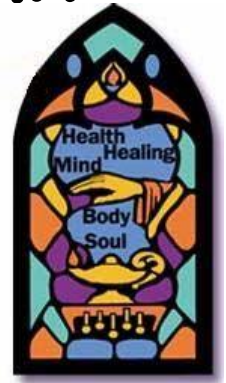


The Faith Health Link



Sowing Seeds of Wellness

Loudon Avenue Christian Church
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Bible Verses to Help You Cope with Holiday Stress

Is the upcoming stress of the holiday season beginning to take a toll? Do you find that no matter how hard you try to keep things simple or memorable; the unwanted guests of anxiety, frazzled nerves, and the wave of frustration find a way to emerge and steal your joy? It just might be seasonal stress is! If so, take a deep breath – in and out and let's seek the Lord this season. Bring Him your praises along with your worry, fret, and stress. Trust me, God can handle it. Lay all those burdens at His feet and let this wonderful season filled with promises and Truth wash over you. Let our mighty God flood you're striving and weary soul with His sense of peace. Here are a few Bible verses to tuck in your heart when the tidal wave of worry tries to knock you down.

Proverbs 3:5-6

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Lamentations 3:22-24

Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The LORD is my portion; therefore I will wait for him."

Psalms 94:19

When anxiety was great within me, your consolation brought me joy.

Matthew 11:28-30

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

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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.



John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Exodus 14:14

“The LORD will fight for you; you need only to be still.”

Philippians 4:6-7

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”

Psalms 28:7

The LORD is my strength and my shield; my heart trusts in him, and he helps me.
My heart leaps for joy, and with my song I praise him.

Luke 12:25

Who of you by worrying can add a single hour to your life?

Philippians 4:19

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

May this holiday season be filled with less stress and more precious memories you can hold near and dear to your heart.

Medicare Open Enrollment

What is Medicare Open Enrollment?

Medicare open enrollment is a designated time window each year when people with Medicare can review features of Medicare plans offered in their area and make changes to their Medicare coverage.

The annual open enrollment period runs from October 15th to December 7th, and any changes made during this time go into effect on January 1st of the following year.

This year’s open enrollment is particularly important. For the first time, enrollees with Part D or Medicare Advantage plans will have a \$2,000 annual out-of-pocket spending cap on covered prescriptions. The cap only applies to drugs that are covered by your plan, so it’s more important than ever to review your plan options to make sure your drugs are covered.

This limit could also prompt insurers to make other changes to their costs and coverage, so investigate your options carefully. If you miss open enrollment, you may not have another chance until next year to switch, except in limited circumstances.

Need Assistance to Help You Navigate Medicare?

The **Virginia Insurance Counseling and Assistance Program (VICAP)** is part of a national network of programs that offers FREE, unbiased, confidential counseling and assistance for people with Medicare.

Locally, there are counselors at your Local Area Agency on Aging Office that can assist you. Call and make an appointment with one of the counselors if you have any concerns. 540.345.0451, ext. 3046.

[Medicare Open Enrollment Fact Sheet 2025](#)

Flu, COVID-19, and RSV Facts

Respiratory viruses like [flu](#), [COVID-19](#), and [RSV](#) cause hundreds of thousands of hospitalizations and thousands of deaths during each year’s fall and winter virus season. One of the best ways to protect yourself is by getting vaccinated. A vaccine can keep you from getting very sick and needing medical care for these illnesses. Flu, COVID-19, and RSV vaccines help people *risk less* severe illness and *do more* of what they enjoy.

Who is at risk for severe illness from flu, COVID-19, and RSV?

Some people are at higher risk for severe illness from these respiratory viruses than others.

You are considered high risk for a severe case of flu or COVID-19 if you:

- Are 65 years or older
- Are pregnant
- Have certain health conditions such as obesity, asthma, diabetes, or heart disease
- Have a weakened immune system.

You are considered high risk for severe RSV if you:

- Are 75 years or older, or
- Are 60–74 years old and live in a nursing home or have certain health conditions such as:
 - Diabetes
 - Heart disease
 - Obesity
 - Lung disease

It's normal to have questions about vaccines. Below are answers to commonly asked questions about flu, COVID-19, and RSV vaccines.

Flu vaccines

Do flu vaccines cause the flu?

You can't get the flu from a flu vaccine because flu vaccines use either a dead or weakened form of the virus or no virus at all. Some people who are vaccinated still get the flu after vaccination, but even if you get the flu, being vaccinated helps your symptoms stay milder.

I got a flu vaccine last year, so why do I need one again?

Flu viruses can change from year to year, so the flu vaccine is updated to help target the current strains of flu. You should get a flu vaccine every year so that you're protected against the latest flu viruses spreading in your community.

COVID-19 vaccines

Do COVID-19 vaccines cause long-term side effects?

Most people have either no side effect at all or mild side effects after getting a COVID-19 vaccine. Like with any medicine, rare but serious reactions to vaccines can happen. Data show that for every 1 million doses of COVID-19 vaccines given, five or fewer severe allergic reactions occur.

The COVID-19 virus has changed a lot. The 2024–2025 COVID-19 vaccines have been updated to target the newest variants. If you're up to date with the vaccines, you're more protected from severe illness even if you get COVID-19.

Why should I keep getting COVID-19 vaccines?

COVID-19 is still around and still making people seriously ill. Last year, 900,000 people were hospitalized and 75,000 people died from COVID-19. You are at higher risk for severe COVID-19 if you're 65 years old or older; pregnant; have a health condition such as heart disease, obesity, or asthma; or have a weakened immune system. COVID-19 vaccines help protect you from COVID-19's worst outcomes.

RSV vaccines

What is RSV?

Respiratory syncytial virus, or RSV, is a common respiratory virus that usually causes mild, cold-like

symptoms. But for older adults and infants, RSV can cause disease deep in their lungs.

Have RSV vaccines been studied enough?

In clinical trials, RSV vaccines were proven to protect people from getting really sick from RSV. The most common side effects are a sore arm, lack of energy, and headache, and those symptoms don't last long. Severe allergic reactions are rare.

RSV can be very dangerous, especially for people 75 years or older, or people 60–74 years old who live in a nursing home or have certain medical conditions such as diabetes, heart disease, obesity, or lung disease. It can make them have trouble breathing or develop an infection deep in the lungs. But a dose of an RSV vaccine helps protect you from serious symptoms.

General vaccination questions

Can I get more than one of these vaccines at the same time?

You can get more than one of this season's vaccines at the same time. You might have more side effects if you get more than one of these vaccines at the same time, but any side effects should be mild and should not last long. Some of the most common side effects are arm pain or swelling, headache, and fatigue.

How do I know a vaccine is recommended for me?

Talk to your health care provider about which vaccines are right for you.

[Flu, COVID-19, and RSV Facts | HHS.gov](https://www.hhs.gov/flu-covid-19-rsv-facts)



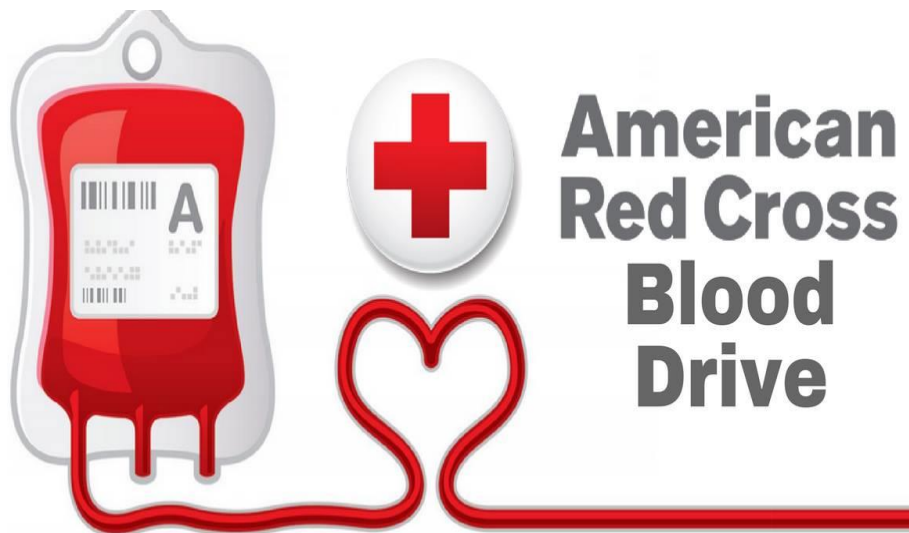
The information provided in this newsletter is for educational and informational purposes only and does not constitute medical advice and is not intended to replace a consultation with an appropriately qualified provider

Come and be a part of our Community Blood Drive

When: Saturday, November 16, 2024

Where: Loudon Avenue Christian Church
730 Loudon Avenue
Roanoke VA 24016
Fellowship Hall – 8th Street Entrance

Time: 10:00am – 2:00 pm



Save a Life, Give Blood

Call the church secretary, 540.342.8852, and she will sign you up
in one of the time slots available

OR

Sign up to donate at [RedCrossBlood.org](https://www.RedCrossBlood.org) using sponsor code Loudon