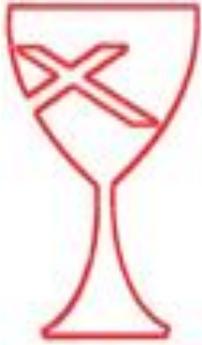


The Faith Health Link



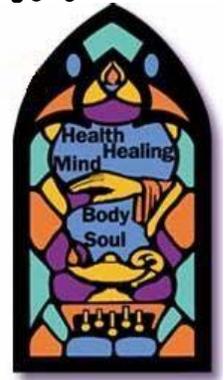
Sowing Seeds of Wellness

Loudon Avenue Christian Church

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How Faith Impacts Your Health

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. III John 1:2 (NIV)

Faith can have a positive effect on your physical health by encouraging healthy lifestyle choices and behaviors. Faith and health are interconnected in various ways that can significantly impact an individual's well-being. Here are some key points on how faith and health can make a difference.

Mental Health: Faith practices, such as prayer, can reduce symptoms of depression, anxiety, and loneliness, providing a support network and a sense of belonging.

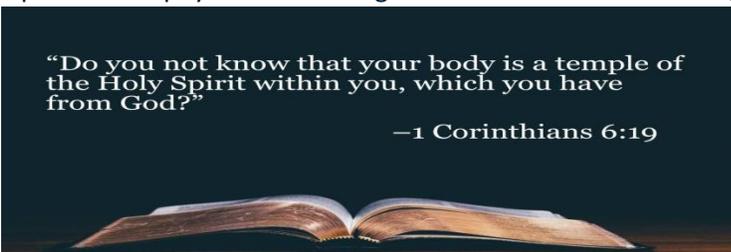
Physical Health: Many religions encourage healthier lifestyle choices, leading to better physical health outcomes. Regular religious attendance is linked to healthier behavior like proper nutrition, exercise, and rest.

Emotional Well-being: Spiritual practices like prayer and meditation can create routines that reduce stress and anxiety, helping individuals feel connected to themselves and others.

Holistic Care: Incorporating spirituality into health care can enhance patient care, focusing on the whole person rather than just the disease.

Community Support: Faith communities provide social support, reducing feelings of isolation and promoting healthy behavior

These aspects of faith and health highlight the importance of nurturing both spiritual and physical well-being for overall health and healing.



“Do you not know that your body is a temple of the Holy Spirit within you, which you have from God?”

—1 Corinthians 6:19

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
SISTERS' NIGHT OUT
THURSDAY, OCTOBER 9, 2025

Do Not Be A Victim of a Medicare Scam!

Are you getting calls from individuals saying they are calling on behalf of Medicare?
Is your telephone ringing frequently throughout the day from unknown callers?
Are you receiving calls on your caller ID from telephone numbers you do not recognize?
If you answer Yes to any of these questions, the call MAY BE a Medicare Scam.

What follows in this edition of The Faith Health Link is information on how you protect yourself and not be a victim of a Scammer. It's important to know the signs of a Medicare scam so you can protect yourself and your personal information, like your Medicare number or Social Security number.

Understanding the warning signs of a potential scam can help you protect yourself and your loved ones from individuals who are imitating Medicare representatives.

Scammers pretending to be from Medicare or a related healthcare organization can use your information to commit medical identity theft. This is a serious crime that can have devastating effects on your life and livelihood.

Medicare will never call you unexpectedly and ask for personal or sensitive information such as your Social Security or Medicare number.

Tips for identification

- A general rule is to avoid answering an unfamiliar, unknown, or blocked phone number. But scammers can “spoof” the number that appears on your caller ID so that it looks like a legitimate phone number.
- The goal is to trick you into answering the phone and speaking with the caller as though they are a trusted representative.
- If you do answer the phone and the caller claims to be a Medicare representative, hang up immediately. Call the phone number on your Medicare card or Medicare statement to verify the caller’s authenticity.

A scam caller will likely do one or more of the following:

- ask you to provide or verify personal information
- offer free medical devices, medical supplies, prescription medications, genetic tests, or other services
- ask you to activate, verify, renew, replace, or upgrade your Medicare card
- tell you that your benefits are at risk unless you take steps to protect your account or your access
- pressure you to switch plans or buy additional coverage
- tell you that you have an unpaid or overdue balance and ask for payment
- ask you to make a decision or take action immediately to avoid a negative outcome

If you hear one of these red flags or otherwise feel uneasy or uncertain about a caller, end the phone call immediately. You don’t have to explain why or tell them that you’re ending it — just hang up the phone!

Scammers may also call, text and email saying things like:

"You need to activate or renew your Medicare card."

"We'd like to send you a free genetic testing kit."

"Medicare has authorized us to send you a free (knee, back or elbow) brace."

"You qualify for a refund on your Medicare costs."

It’s important to understand that a Medicare representative **will not** call you out of the blue. **Medicare will call you only if you:**

- are already a member of a Medicare plan and have requested a phone call from your agent or plan provider
- called the Medicare helpline and left a message asking for a return phone call

- called the Medicare helpline and spoke with a representative who said they would call you back
- filed a report of suspected fraud and a representative is calling you to follow up on the investigation.

Remember, never give your Medicare card or number to anyone except your doctor or people you know should have it.

Report errors and concerns

If you suspect Medicare fraud, do any of these:

- Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.
- Call the fraud hotline of the Department of Health and Human Services Office of the Inspector General at 1-800-HHS-TIPS (1-800-447-8477). TTY users can call 1-800-377-4950.
- Visit tips.oig.hhs.gov to file a complaint online.

Before you file a complaint, carefully review the facts, and have this information ready:

- Your name and Medicare Number (as listed on your red, white, and blue Medicare card).
- The name of the doctor, supplier, or facility that you think committed fraud. If possible, also include any identifying number you might have, like a provider or supplier number. [Crushing Fraud, Waste, & Abuse | CMS](#)

Tips for Staying Hydrated During the Summer Heat

Water. It's one of the most important elements for all living things. Up to 60 percent of the human adult body is made of water. It's essential for biochemical reactions, supplying nutrients throughout the body and removing waste, and maintaining blood circulation and body temperature. It aids in digestion, prevents constipation, cushions joints, stabilizes the heartbeat, and protects vital organs and tissues.

Without it, or without enough of it, we can become dehydrated. Dehydration might show itself in the form of muscle cramps, fatigue, thirst, and other unpleasant symptoms. Our thinking and cognition can suffer. We might lose appetite, experience mild constipation and lightheadedness, or kidney stones.

Getting enough water every day is important to keeping your body functioning correctly. Your body needs more water when you're in warmer climates,

physically active, running a fever, and having diarrhea or vomiting. It's easy to go through your day without thinking about how much water you've had to drink or forget to take those sips until you start to feel bad. But, especially in the summer heat, water is vital to helping your body stay healthy and hydrated.

Stay safe, cool, and hydrated this summer. Feeling dehydrated or experiencing signs of heat stroke? If symptoms are severe such as confusion, fainting, or a high body temperature, call 911 immediately. For less severe symptoms seek medical care.

Hydrate to Feel Great: Tips for Preventing Dehydration

To prevent dehydration, it's essential to stay hydrated throughout the day. Here are some tips to help you stay hydrated.

Follow these tips To avoid dehydration!

1. Carry a water bottle with you regularly.
2. Keep a water bottle near your bed or favorite chair.
3. Do not wait until you are thirsty=by this time, you are already dehydrated.
4. Eat hydrating foods like watermelon, cucumber, tomato, oranges, celery, spinach, strawberries, broccoli, grapefruit, and peppers. They all contain a high percent of water.
5. Try serving beverages in a brightly colored or garnished glass-they are more enticing to drink.
6. Try infusing your water with mint, lemon, orange, or lime to add flavor.
7. Drink water before each meal.
8. Set an alarm or reminder to drink water throughout the day.
9. Replenish when you sweat.
10. Avoid alcohol, sugary drinks, and/or caffeine. [staying hydrated in summer heat - Search](#)

