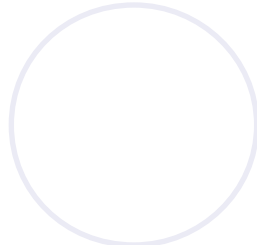


Health Ministries



Newsletter Date

Volume 1, Issue 1

BE AWARE OF SOME DIABETES SYMPTOMS

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision change
- Tingling/numbness in hands and feet
- Feeling very tired
- Infections that don't heal

PRACTICE THESE SIMPLE STEPS

Hand-washing 101

The World Health Organization reported that regular hand washing—after using the toilet and before eating—could save more lives than any other medical intervention, cutting worldwide deaths from diarrhea by nearly half and acute respiratory infections by 25 percent. Scrub with warm water and soap. It's best to wash for at least 20 seconds. Teachers often tell kids to wash their hands for as long as it takes to sing the ABCs.

ing faucets and knobs can help you avoid picking up germs.

with a tissue. Then, wash or sanitize your hands.

Stay Home

When you are sick, it is best to stay home. Encourage others in your household who are sick to stay home. Keep sick children home from school.



Caption describing picture or graphic.

Cough Strategy

Use an arm to cover a sneeze or cough. Or if you have time, cover your mouth and nose

Handle Usage

Use a paper towel on handles. Protecting your hands while grasp-

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ter is not intended to provide medical advice on personal health matters which should be obtained directly from a physician. Acting on any information provided without first consulting a physician is solely at the reader's risk.

WE WALK WITH A PRAYERFUL HEART

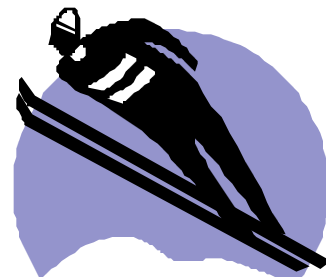
As part of the recent Wednesday Night Live offering, I chose to join the Prayer Walkers. This is a practice of praying and walking where one is located. To increase understanding of our prayer needs, we use the five senses of sight, hearing, smell, taste, and touch.

It is true God can touch us as we discover the many needs of prayer. As I walked through our community, I saw many homes with signs of children. This made me stop and pray that these children know Jesus and I prayed softly. Another home looked as though it

needed hours of work. My prayer for them was, "God, do these people need money to help them?"

As I ended my walk through the community, I stopped at our church and there, the cross mounted on the wall, I thanked God for the resurrection of his Son Jesus Christ.

We are commanded to pray without ceasing and God hears all prayers offered by these happenings. As prayer walkers, we walk with a prayerful heart. Thanks be to God.



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BUSY PEOPLE MAKE TIME TO EXERCISE

They are connected. The people photographed on page one are brothers and sisters in Christ who regularly attend worship services. Another connection is they make time to regularly exercise at one of the local YMCAs.

For them it's a way to increase energy, stimulate healthy aging, keep a routine, strive for a healthy heart, and maintain a favorable blood pressure reading. Only individual schedules, routines, and goals vary.

Whatever the venue, there is a sense of competence and accomplishment when goals are met. These exercisers actively support our church. Within this group are current and retired clergy, elders, Stephen Ministers, ushers, greeters, Session members, Wednesday Night Live participants,

Prayer Chain callers, Prayer Chain walkers, Presbyterian Women and circle members, Prayer Shawl knitters, Men's Club participants, Health Ministries Newsletter workers, Medical Equipment Closet volunteers, Care and Share and Care and Repair volunteers, choir members and one musician, a Bell Ringer, communion servers, church school teachers, CROP Walkers, and mission ambassadors.

At the YMCA individual routines include: walking (cross trainer), treadmill, machines, bikes, free weights, swimming, elliptical, bars, mats, rowing machine, aerobics and aerobics dance, yoga, Pilates, and zumba classes. They appreciate that a blood pressure machine is readily available along with the services of

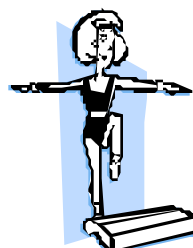
a cardiac nurse.

When asked, there's a variety of answers as to what keeps them going. For Ralph Wagner it's his wife, Joan.

For Chris Romig, "It's feeling better but it takes real self discipline and encouragement from family and friends."

Jim Murphy likes all of it and the desire to stay fit.

Nancy Bradtmiller just likes feeling better. For Georgie



By Dorothy Murphy, Managing Editor

Ann Fedako it is the variety of equipment and "A desire to keep my bones

My eleven-year-old grandson, Tucker DeGregory, has been dancing since he was three years old.

“Why?” I asked him. “It’s my life,” he exclaimed.

Tucker, what is the earliest time you remember wanting to dance?

When I was three years old—in preschool—my mom took me to see Mikhail Baryshnikov perform, and I decided right then that I wanted to be like him.

When did you start taking lessons, and how long have you been taking them?

I first took lessons from ages three to five, but I didn’t feel the other children were serious enough, so I left that dance school. I started up again when I was seven and my mom found a new dance school called SADA in downtown St. Petersburg, Florida. I have been taking ballet, tap, jazz, modern, hip hop, and African for the last five years.

What form of dancing do you like best?

Why?

I like all types of dance, but I really think I like modern the best. It seems to be the perfect middle point for me between ballet and jazz. I love the music, too, because it’s mystical. The whole dance form is a lot like yoga, but

it’s dance.

What are some of your most memorable performances?

My first performance was “Animal Crackers” from a Shirley Temple movie. I also remember my first Urban Jam (That’s a Southeastern U.S. regional dance competition.) Three other boys and I danced to Michael Jackson’s “Dangerous” and received “Best Overall” for the whole competition. I also liked doing a dance called “Imagine.” This is a “lyrical,” which is similar to ballet. We used older and younger dancers—where the older dancers were looking back at the younger ones as themselves—wishing they could live their lives over. I really liked that message.

What are your immediate plans for continuing your training?

I’d like to broaden my company associations and get my name



Tucker DeGregory and grandmother and VPC member, Lissie Thomasson.

know n. My first step will be this summer, when I have a five week scholarship to the Sarasota School of Bal-

let. By high school, I’d like to attend the Alvin Ailey American Dance Theater Summer Intensive Program in New York City or the Debbie Allen Dance Academy



FROM ONE GENERATION TO THE NEXT

in Los Angeles.

What are your ultimate career goals?

Initially, I want to become a singer and dancer on Broadway. After that, though, I’d really like to become a choreographer for the Alvin Ailey Dance Company.

“To catch the reader’s attention, place an interesting sentence or quote from the story here.”

WHAT WE EAT MATTERS

A few years ago, I read an article which startled me. On average, by age 60, Americans were taking three kinds of daily prescriptions to stay healthy. Medications were taken to regulate high blood pressure and lower bad cholesterol. Other common conditions were arthritis, orthopedic pain, and heart problems.

About that time, after much trial and error, my husband Ron was diagnosed with a mysterious condition known as Cardiac Syndrome X. This is a condition which patients experience pain (angina) but they do not have coronary artery disease. It's a mystery because the cause is not clear. It is not a life threatening condition. New research has shown that it is most likely caused by a form of angina called micro vascular angina. This is a condition in which the small blood vessels in the heart (capillaries) tighten or constrict. This tightening reduces the blood flow in the heart and causes angina. These capillaries are tiny and they do not increase the risk of heart attack. They are also too small to detect with standardized tests which doctors normally use to see larger vessels.

A childhood disease of the hips also caused Ron to suffer from increasingly severe hip joint pain.

Doctors told him these symptoms could be helped. You guessed it—with medication. Pain relievers, ace inhibitors

and statins were prescribed. Blood pressure meds were added to the mix. Much to his chagrin, Ron was about to become one of the statistics of a mature adult who was taking prescription drugs.

Medications have possible side effects. The scientist in him wanted to see if his symptoms and overall health could be improved without meds. While not enough is known about Cardiac Syndrome X to list prevention techniques, he knew adopting heart-healthy habits which included exercise and diet would be a good start. What he discovered in his extensive research challenged some of the conventional wisdom concerning healthy eating.

He learned that some low-fat healthy diets were not for all heart patients. Ron was getting sicker by staying on a low-fat diet. Carbohydrates, found in healthy foods like fruits, rice, breads, and grains (not to mention the high fructose syrup in just about everything) were packing on the pounds, elevating his blood pressure and blood sugar levels.

One of his main sources was a book called Life without Bread, How a Low Carbohydrate Diet Can Save Your Life, by Christian Allan, PhD and Wolfgang Lutz, M.D.

Another source was Diana Schwarzbein, M.D., an endocrinologist who treats diabetics. She too, traced the relationship



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between common degenerative diseases and lifestyle.

The advice of these two authors rang true for Ron. In the spring of 2004, he experimented with adding natural fats to his diet, cutting out processed food, and keeping carbohydrates to 72 grams a day.

This was not easy. Keep in mind there are seven to ten grams of carbohydrates in two tablespoons of ketchup or jelly, about 20 grams in one slice of bread or a small serving of pasta, 35 grams in a serving of rice and about the same in a small apple.

The regimen was strict. He went back to eating red meat, snacking on nuts, and cutting back on



By Pastor Lyn Olson

fruits. After several months on this routine, his hip pain disappeared.

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

It was the urologist who found the prostate cancer. And took care of it.

It was the urologist who found the kidney cancer. And took care of it.

And then, a few years later, back for a semi-annual checkup on those, it was the urologist who alerted me to the diabetes.

And I'm taking care of it.

The first two diagnoses, of course, had me much more apprehensive. (Read: *scared!*) The finding of elevated blood sugar wasn't as troubling nor as unexpected. My mom had had type two diabetes and I knew heredity was a major factor in the disease. So I had half expected it (as, I'm afraid, our kids now have to.)

My first thoughts upon the diagnosis were of having to "stick needles into myself" and eat nothing ever again with any sugar in it. The former, of course, is hyperbole and the latter is plain wrong. To say nothing of impossible. You could no more avoid sugar than avoid fat though some people, foolishly scrupulous, try to.

The first thing I did upon my diagnosis was to find and sign up for a class. Many hospitals and health care facilities offer them. The earliest I could get myself into one was at the hospital at Lakewood Ranch, a three-day overview for new diabetes patients that proved both alarming and calming as knowledge often does.

Alarming because diabetes is not to be taken lightly. The greatest

cause of amputation of extremities is diabetes. A great cause of eye problems, even blindness, is diabetes. A frequent cause of kidney failure, and dental woes and ... on and on. Lecturers showed all-too-graphic Power Point presentations of the possible results of diabetes *when not carefully treated and controlled!* But then the chief instructor laid out the principles of such treatment and control and that was --

Calming because type two diabetes can, indeed, be treated and controlled without drastic life-changes.

- Medications are the first defense and there are some very effective medicines on the market these days. I take Januvia and Metformin, a frequently prescribed combination. I have no side effects.
- Diet is the other first defense. (You can't say it's second, because it works in tandem with the pills and is of highest importance.) You need to reduce sugar intake and there are several com-



By Jack Perkins

mendable sugar substi-

tutes available. You need to reduce general carb intake. As a pasta lover, that had me worried. But, as so often happens, an enterprising entrepreneur had already figured that one, too. Attending a Dia-



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betes Fair up in Tampa I came across a pasta brand called "Dreamfields," and later found it in most supermarkets. It's more expensive than regular but somehow (the science is beyond me) the carbs have been treated in such a way that most are rendered indigestible and thus of no concern to the diabetic. Whereas a portion of normal pasta would have some 40 grams of carbs with the Dreamfields there'd be only 5 net grams. Which meant, I could still enjoy pasta. I'd make other diet changes but the greatest would be simple portion control. Eat less. What a concept! Diabetes magazines and cookbooks would offer excellent ideas. Put your fork down after each bite instead of just continuing to shovel nonstop. In a restaurant, ask for a doggie bag as soon as the meal is served and immediately take half the food from your plate and put it into

"To catch the reader's attention, place an interesting sentence or quote from the story here."

A GREAT WAY TO SPEND MONDAY MORNINGS

It is obvious the women like spending time with each other. They enjoy the fellowship and the freedom to choose what to do and how to do it. Probably most of all, they know their efforts will be appreciated.

Most Mondays from noon to 1:30 p.m. 12 to 20 women meet in Fellowship Hall to knit or crochet. Many other women don't get to the Monday meetings but work on their projects at home. And that's okay.

There are about 80 women who belong to the Prayer Shawl Ministry and knit or crochet afghans, shawls, lap throws, scarves, chemo caps, soldier's skull caps, and dolls. The throws and afghans are self-explanatory. Not so dear are the "chemo caps" which cancer patients wear to cover up a bald head. The soldier's "skull caps" go under the helmet to protect their head and to keep them warm. The dolls are from eight to ten inches tall, knitted in bright, colorful yarn, and stuffed with cotton. (See photo) They will be given to Navajo Indian children in Chinle, Arizona.

"This ministry started in 1998 in Hartford, Connecticut, with the idea of combining love of knitting/crocheting into a prayerful ministry and spiritual practice which reaches out to those in need of comfort," explained Peg Moffett, chair of the ministry. "These women are really inspiring."

There is a closetful of yarn, most of it donated. The knitters can choose any pattern and any design they want.

When Peg was eight years old, she was taught how to knit. At the Presbyterian Church in Canfield, Ohio, where Chuck was pastor, she started a knitting group called Knit 4 Kids. The Cleveland Clinic needed some out-fits, especially caps for the premies, and the knitters worked to supply them. Peg has had three requests from other churches in the area to help them start a Prayer Shawl Ministry.

"The response has been amazing," she said, "not only from those who knit and crochet, but also from those who receive the pieces." She estimates 200 shawls, etc. have been sent to members and about the same number to non-members. Each item has a tag to let the recipient know that he/she has been prayed for. These are given anonymously, The prayer shawls can be for healing, for the distressed, for those who mourn, for someone who is traveling or moving away, for a new baby, a graduate, or newlyweds.

The oldest member of the group is Helen Livengood who is 93 years old "or so they tell me," she said with a twinkle in her eye. "I am grateful to be with such a nice group of women."

Lois Mowers said her mother taught her to knit when she was 14 years



VPC members, C hris Millar and Lois Mowers

old and started her on one of the most difficult things to knit—socks for men. She has since loved making sweaters and blankets for her children and grandchildren. Lois is the doll maker of the group and loves to refer to "her babies."

Barbara Bartlett started sewing before she learned to knit. She sewed all her clothes and the clothes for her children. Now she likes to knit the shawls, caps, and dolls.

Helen Peterman has been knitting since she was a little girl, but she loves to crochet now.

Bernie Walker was five years old and living at a lake. The adults didn't



VPC member, Helen Livengood

know what to do with a little girl on a rainy day at the lake so

her grandmother taught her how to knit. Later Bernie led a Campfire Girls group and taught them all how to knit.

"To catch the reader's attention, place an interesting sentence or quote from the story here."



Business Name

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail:

someone@example.com

Your business tag line
here.

WE'RE ON THE
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This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

COOKIE, ANYONE?

Our little ministry came from a Wednesday Night Live class with Chuck Moffett almost two years ago. What can a person do with the rest of his/her life? We were working in a small group and after comparing notes, found we had similar things written down. We felt there was something we could do with our lives.

We saw people in our church who could use a visit and we decided a visit with cookies would be even better. So the Cookie Ministry was born. Our ministry has been a blessing to those we visit who are sad, lonely or just need someone to

drop by. Having someone to talk to and care, eases the mind and lifts the spirit.

We have met some of the most interesting, spiritual, and just plain fun people. Sometimes it's hard to tell who gets more out of the visit. When we see smiles, the world is much brighter for all of us.

Cookie, anyone?



"From there to here,
and here to there, funny things
are everywhere."
Dr. Seuss