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| Bulletin Insert: January 2005http://www.valleyparishnurseministry.org/images/colorrule.jpgIntegration of Faith and HealthSocial Contact Hastens HealingWhat do we do when our feelings are hurt? Almost immediately, we share with a friend, spouse or mentor. Naturally, we seek out someone we trust and will understand our point of view. Just a few moments of venting, camaraderie and listening ear can make us feel better emotionally. If such therapy can tend to our emotional wounds, can the same sort of social contact also hasten physical healing?As reported in "Spirituality and Health," a recent study conducted by University of Ohio professor of psychology and neuroscience, Courtney DeVries, suggests that bosom buddies may hasten the healing of physical wounds as well. DeVries and her colleagues monitored the healing of small skin wounds of hamsters. Some were isolated and others shared a cage with siblings. It turned out that the wounds of the socially isolated hamsters took nearly twice as long to heal. By measuring the stress hormone cortisol in both sets of hamsters, it was found that the isolated ones had coritsol levels one and a half time higher than the socialized hamsters.You may have already heard that church attendance can help people recover faster. A psychologist, from the University of Michigan, Neal Krause and his colleagues discovered that people are most likely to use religious coping methods when their fellow congregation members give them spiritual support - defined as "encouragement to integrate religious beliefs and practices into daily life." Thus, socialization helped them positively cope with their physical ailment.Other studies over the past 30 years have witnessed the positive clinical and social-scientific effects of various "spiritual" practices in mental and physical health. They all attest to the positive and healthful importance of contact with other believers. It shows that physical and spiritual benefits come from participating in caring and loving relationships.*Information about both studies was obtained from "Spirituality and Health." For subscription information call 212-602-0705 or visit* [*www.SpiritualityHealth.com*](http://www.spiritualityhealth.com)http://www.valleyparishnurseministry.org/images/colorrule.jpgAre You an Encourager?Before we begin this discussion, I would like to ask you how you feel before you try a new job at church? Apprehensive? Nervous? Even fearful? Do you wonder if it is worth it to be in a position that can be criticized? Often thinking wouldn't it be better just to attend and not be a Sunday school teacher, children's director, worship leader or greeter. You prepare and do what ever it is to the best of your ability. Then a friend or even a stranger comes up to you and says, "That really spoke to me. Thanks." Wow, what a difference that comment made. That person functioned as an encourager.There are two scriptures that come to mind when we speak about being an encourager. I Thessalonians 5:11 states "Therefore encourage one another and build up one another, just as you also are doing." NIV You might wonder why this might be so important in this new year. Well, Hebrews 3:13 gives us a clue in saying … "so that none of you will be hardened by the deceitfulness of sin." NIVIf it weren't for the encouragement of other Christians, where would you be today? Maybe you would be having a pity party. Or maybe you would not be in church or fellowship. Maybe sin and discouragement would have taken hold and neither you or your family would be Christians. Certainly, a discouraged Christian has a hard time being a good witness for the Lord.So next time you see some one in church performing a service, Why not say"You're doing a good job.""That was a great lesson."I'm glad you shared that testimony."Why not make it your New Year's resolution to Be an Encourager! But remember this: "RESOLUTIONS ARE LIKE BABIES CRYING IN CHURCH. THEY MUST BE CARRIED OUT TO BE GOOD!" http://www.valleyparishnurseministry.org/images/colorrule.jpgHow to Encourage One AnotherScpirtures are from the NIV version with emphasis added*Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart.- 1 Peter 1:22* *"Be devoted to one another in brotherly love; give preference to one another in honor;"- Rom. 12:10* *"Be of the same mind toward one another; do not be haughty in mind, but associate with the lowly. Do not be wise in your own estimation."- Rom. 12:16* *"Therefore let us not judge one another anymore, but rather determine this --not to put an obstacle or a stumbling block in a brother's way."- Rom. 14:13* *"So then we pursue the things which make for peace and the building up of one another."- Rom. 14:19**"Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus,"- Rom. 15:5* *"Therefore, accept one another, just as Christ also accepted us to the glory of God."- Rom. 15:7* *"And concerning you, my brethren, I myself also am convinced that you yourselves are full of goodness , filled with all knowledge and able also to admonish one another."- Rom. 15:14* *"or you were called to freedom, brethren; only do not turn your freedom into an opportunity for the flesh, but through love serve one another."- Gal. 5:13* *"Bear one another's burdens, and thereby fulfill the law of Christ."- Gal. 6:2* *". . . with all humility and gentleness, with patience, showing tolerance for one another in love,"- Eph. 4:2**"Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."- Eph 4:32* *". . . and be subject to one another in the fear of Christ."- Eph 5:21* *"Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves;"- Php 2:3* *" . . . bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you."- Col. 3:13* *"Therefore comfort one another with these words."- 1Thes. 4:18* *"See that no one repays another with evil for evil, but always seek after that which is good for one another and for all people."- 1Thes. 5:15* *"…and let us consider how to stimulate one another to love and good deeds,"- Hebrews 10:24* *"…not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.- Hebrews 10:25* *"Do not complain, brethren, against one another, so that you yourselves may not be judged; behold, the Judge is standing right at the door."- James 5:9* *"Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much."- James 5:16* *"Be hospitable to one another without complaint."- 1Peter 4:9* Bulletin Insert: February 2005http://www.valleyparishnurseministry.org/images/colorrule.jpgParish Nursing Bridges Faith and HealthWhile others research and read about the positive link between one's faith and health, parish nurses are living and practicing the faith-health link by serving. In a myriad of ways, in countless encounters with congregates who are in need of care, parish nurses bring health education, coordination, advocacy and spiritual assistance that bridges the gap. Quietly, the parish nurse movement is picking up momentum as congregations recognize the value and need of collaborating faith and health. In bigger cities with faith-based hospital systems, nurses are encouraged to link with their church to provide services. Grant-Riverside Hospital in Columbus and Mercy Medical Center in Canton have such programs. These services might include health screening, support groups, education on health topics and personal health consultation in various settings.There have been several parish nurses practicing in the East Liverpool area over the past five years. I want to encourage these nurses who are responding to a "call" to use their skills in a different manner and setting. They have stepped forth to offer not only their professional nursing skills but also their care and compassion. They use their ability to communicate, understand and negotiate the intricacies of the secular world of health care, as well as the sacred work of the church community When I went on vacation a few years ago we visited a moderate sized church in Marietta. They had a parish nurse that spent eight to twelve hours a week responding to her "call." She mentioned that there were five other nurses doing the same in her town. My friend and mentor "Virginia" is a parish nurse ten hours a week in a large church in Warren. Although these two nurse were in paid staff part-time positions many others are unpaid or only mildly compensated for their services. Daily they embark on a journey of ministry where the course and terrain are largely uncharted. They provide hours of service because they believe that they are doing the "right thing" in responding to God's call.Valley Parish Nurse Ministry wants to equip and train more parish nurse for our local area. Will you share this information with a nurse that you know? Will you pray for God's direction and guidance for health ministry in your church?http://www.valleyparishnurseministry.org/images/colorrule.jpg[Parish Nursing: An Introduction to Faith-Based Practice](http://www.valleyparishnurseministry.org/workshops.html)A series of 3 workshops for nurses, pastors and others interested in starting or expanding health ministries in their congregation. March 12, 2005 - Session I Healing Ministry of the Congregation: Parish Nursing: A Ministry of Health and Wholeness Parish Nursing PracticeApril 16, 2005 - Session 2 \*(suggested pastor/lay minister day) Development of a Parish Nurse Ministry Administrative Aspects of a Parish Nurse Ministry: Issues and Potential Problems May 14, 2005 - Session 3 Nursing Knowledge for the Parish Nurse Promotion of Spiritual Wellness Self-Health and Professional Development Service of Dedication:Location: East Liverpool City Hospital, Education Dept. Conf. Room Metsch Harker Building 425 West Fifth Street, East Liverpool, OHRegistration: For full brochure and more information contact Valley Parish Nurse Ministry at 330-382-9440 or send an email to info@valleyparishnurseministry.org Cost: $50 per 8-hour session, $125 all 3 sessions (8 contact hours per session for RNs and LPNs ) http://www.valleyparishnurseministry.org/images/colorrule.jpgNew Dietary Guidelines for Americans - 2005, Why?Perhaps you heard something about the new Dietary Guidelines that were issued last month or perhaps you didn't. It provides us with science based advice to promote health and reduce risk for major chronic diseases. It links the major causes or morbidity and mortality to our poor diet and sedentary lifestyle. Some specific diseases linked to poor diet and lack of physical activity include cardiovascular diseases, type 2 diabetes, hypertension, osteoporosis and certain cancers. The report states that by combining physical activity and following a diet without excess calories (as outlined in the entire document) most individuals should enhance their health. So what are some highlights of the key recommendations?Concerning Physical Activity - 30 to 90 minutes on most days*(Caution: Some people may need to consult with a health care provider before starting or increasing an exercise program!)*We are encouraged to engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.For most people, greater health benefits canbe obtained by engagingin physical activity of more vigorous intensity or longer duration.To help manage body weight and prevent gradual unhealthy body weight gain in adulthood: Engage in 60 minutes of moderate to vigorous intensity activity on most days of the week while not exceeding caloric intake requirementsTo sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate intensity physical activity while not exceeding calorie intake requirementsConcerning Food Groups - More Fruits and More VegetablesYou may be familiar with the Food Guide Pyramid. It encouraged us to have 2-4 fruit and 3-5 vegetable servings each day. Since different foods had different serving sizes this proved hard for some to follow. To simplify how many fruits and vegetables we should consume, the phrase "Strive for Five" became the motto of some. Even that was hard to do for a non-vegetarian. Now we are faced with a more challenging but easier to understand goal. The new recommendations are for us to have:2 cups of fruit (four cup servings) and2 1/2 cups of vegetables (five servings) per day(referenced from a 2,000-calorie diet.) The amounts of fruits and vegetables could be higher or lower depending on the individuals intake calorie level.Recommendations include: Choose a variety of fruits and vegetables each day.- In particular, select from all five vegetable subgroups several times a week: Dark Green, Orange, Legumes, Starchy Vegetables, Other Vegetables Choosing a variety may be encouraged through the keeping a rainbow in mind. In fact the Dole Pineapple Company has a web site that will help you and your children do just that, "Choose a Rainbow."Available helps are entitled: "There's a Rainbow on my Plate" Coloring Book5 A Day Kids Cookbook"How'd You Do Your 5 Today?" Chart (A chart with 42 reusable fruit and vegetable stickers.) Although this chart is oriented to the "Strive for Five" motto it will still be helpful to meet intermediate goals until we reach the new "9" benchmark. Visit [www.dole5day.com](http://www.dole5day.com) for details. Bulletin Insert: March 2005http://www.valleyparishnurseministry.org/images/colorrule.jpgLocal Programs to Check OutCPR for Friends and FamilyThis American Heart Association course is designed for lay rescuers who are interested in learning cardiopulmonary resuscitation (CPR) for their own knowledge. The course will teach you how to do adult, infant and child CPR and also how to help an adult, infant or child who is choking. This course is designed specifically for the general public not for the healthcare worker.*Date:* March 16th, 2005*Time:* 5:00 pm*Fee:* $1.00 (what a bargain!)*Location:* East Liverpool City Hospital Education Conference Room*Registration:* 330-386-2670 at least one week in advance.Diabetes Education Classes These four two-hour sessions cover a wide range of diabetic topics. They are for anyone who is a diabetic or a family member who is caring for a diabetic. This person may be newly diagnosed, have a history of diabetes or just be having difficulty managing diabetic care. These classes could also be used as a refresher course.*Topics include:* Diabetic disease process, acute complications, long term complications, foot care, eye care, proper nutrition, diabetic medications, exercise and glucose testing*Dates:* March 15, 17, 21, & 23 or May 16, 17, 23, & 25*Time:* 4:00 p.m. - 6:00 p.m.*Fee:* None (what a bargain!)*Location:* East Liverpool City Hospital Education Room*Registration:* 330-386-2005http://www.valleyparishnurseministry.org/images/colorrule.jpg[Parish Nursing: An Introduction to Faith-Based Practice](http://www.valleyparishnurseministry.org/workshops.html)A series of 3 workshops for nurses, pastors and others interested in starting or expanding health ministries in their congregation. March 12, 2005 - Session I Healing Ministry of the Congregation: Parish Nursing: A Ministry of Health and Wholeness Parish Nursing PracticeApril 16, 2005 - Session 2 (suggested pastor/lay minister day) Development of a Parish Nurse Ministry Administrative Aspects of a Parish Nurse Ministry: Issues and Potential Problems May 14, 2005 - Session 3 Nursing Knowledge for the Parish Nurse Promotion of Spiritual Wellness Self-Health and Professional Development Service of Dedication:Location: East Liverpool City Hospital, Education Dept. Conf. Room Metsch Harker Building 425 West Fifth Street, East Liverpool, OHRegistration: For full brochure and more information contact Valley Parish Nurse Ministry at 330-382-9440 or send an email to info@valleyparishnurseministry.org Cost: $50 per 8-hour session, $125 all 3 sessions (8 contact hours per session for RNs and LPNs )http://www.valleyparishnurseministry.org/images/colorrule.jpgNew Dietary Guidelines for Americans 2005Hopefully you read about the new Dietary Guidelines in our insert last month. These guidelines provide us with science based advice to promote health and reduce risk for major chronic diseases. Because cardiovascular diseases, type 2 diabetes, hypertension, osteoporosis and certain cancers are linked to poor diet and lack of physical activity it is important that we listen to the new advice. What were some highlights of the key recommendations? Let's see how much you learned.

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| 1. | To reduce the risk of chronic disease in adulthood, how many minutes should most people exercise\* (above usual daily activity)?a. 30 minutes of moderate-intense activity 3 times a week.b. 30 minutes of moderately intense activity most days. |
| 2. | True of False. For most people greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration than 30 minutes on most days.\*  |
| 3. | To help manage body weight and prevent gradual unhealthy body weight gain in adulthood people should:a. engage in 60 minutes of moderate to vigorous intensity activity on most days of the week while not exceeding caloric intake requirements.\*b. only be concerned about eating less calories than they did the year before.  |
| 4. | To sustain weight loss in adulthood people should participate ina. 30 minutes of moderately intense physical activity daily.\*b. 45 minutes of moderately intense physical activity daily.\*c. 60 to 90 minutes of moderately intense physical activity daily while not exceeding calorie intake requirements.\*  |
| 5. | True or False. The new recommendations are for us to have: 2 cups of fruit (four 1Ú2 cup servings) and 2 1Ú2 cups of vegetables (five servings) per day. |

*Answers:1. b, 2. True, 3. a, 4. c, 5. True*\*Caution: Some people may need to consult with a health care provider before starting or increasing an exercise program!http://www.valleyparishnurseministry.org/images/colorrule.jpgMore about the New Dietary Guidelines for AmericansWhat about the current high protein and low carbohydrate fad? Is this the best way to lose weight? What about imitation sweeteners? Did the salt use recommendation change?Actually the guidelines encourage Americans to:Concerning Carbohydrates and SweetenersChoose fiber-rich fruits, vegetables and whole grains often (In other words do not exclude carbohydrates for a diet focused on protein.) Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amount suggested by the USDA Food Guide and the DASH Eating Plan Reduce the incidence of dental caries by practicing good dental hygiene and consuming sugar and starch containing foods less frequentlyConcerning Weight LossAim for a slow steady weight loss by decreasing calorie intake while maintaining an adequate nutrient intake and increasing physical activity. Overweight children. Reduce the rate of body weight gain while allowing growth and development. Consult a health care provider before placing a child on a weight-reduction diet.Concerning Salt IntakeConsume less than 2,300 mg (approximately 1 tsp. of salt) of sodium per dayChoose and prepare foods with little salt. At the same time consume potassium-rich foods, such as fruits and vegetables. Individuals with high blood pressure, African Americans and middle-aged and older adults. Consume no more that 1,500 mg or sodium per day, and meet the potassium recommendation (4,700 mg/day) with food.**Bulletin Insert: May 2005** |

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**Celebrate Blood Pressure Sunday with Us**Valley Parish Nurse Ministry is sponsoring high blood pressure screenings and education in local participating churches in May. This is the fifth year that VPMN has sponsored Blood Pressure Sunday. Last year 30 local churches participated and about 500 people were screened. Although Blood Pressure Sunday is officially celebrated May 1st, alternate dates are May 15th or May 22nd and May 29th. This event only takes 15-30 minutes before, in between or after a service, but its impact can be significant. Local health professionals are available on request.

Perhaps the idea of having health related information in the church is new to you. Please consider III John, vs.2, "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" NIV, and I Corinthians 6:19, "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?" NIV Many studies have shown the importance of the spiritual element of health and healing. Valley Parish Nurse Ministry encourages area health professionals and area churches to care for the body as well as the soul, especially in May.

The theme this year is "Prevent and Control High Blood Pressure: Mission Possible." Many groups throughout the country are joining together to encourage all Americans to prevent and control high blood pressure, which affects more than 65 million Americans and leads to more than 1 million heart attacks, strokes, and heart failure cases in the U.S. each year. Your church can be a major player by hosting Blood Pressure Sunday in May.

High blood pressure affects more than 1 in every 3 American adults - and if not controlled, leads to heart disease, stroke, and kidney disease, the first, third, and ninth leading causes of death in the U.S. each year. High blood pressure is a significant - and growing --public health problem in our local area. Don't miss this opportunity to increase public awareness and identify potential health risks before they are "giants."



**High Blood Pressure - Is Your Number Up?**Most people know that high blood pressure causes strokes and heart attacks. Many people know the higher the blood pressure numbers, the greater the risk for death and disability. Fewer people know that optimum blood pressure is 120/80, and that even slightly elevated or high normal blood pressure can cause strokes and heart attacks.

Your doctor knows that lowering your blood pressure number will reduce your risk - a lot. When taken regularly, medicines can lower high blood pressure and prevent heart attacks, strokes and heart failure. Lifestyle changes make the medicine work better and for some people, can control high blood pressure and even prevent it.

Lose weight if you are over weight; cutback on salt, choose foods that are low in salt and sodium; eat plenty of fruits and vegetables and low-fat dairy products; and participate in 15 minutes of physical activity for most days. So, for heaven's sake (as well as your own), take action to lower your blood pressure and keep it from rising. Talk to your doctor about your blood pressure and how to keep it down, before your number is up.

**Catagories for Blood Pressure Levels in Adults\***
(Ages 18 Years and Older)
Optimal <120 <80
Normal <130 <85
High Normal 130-139 85-89

**High Blood Pressure**
Stage 1 140-159 90-99
Stage 2 160-179 100-109
Stage 3 > or + to 180 > or = to 110

\* for those not taking medicine for high blood pressure and not having a short-term serious illness. These categories are from the National High Blood Pressure Education Program. [www.nhlbi.nih.gov/hbp/](http://www.nhlbi.nih.gov/hbp/)

\*\* Optimal blood pressure with respect to heart disease risk is below 120/80 mm Hg. However, unusually low readings should be evaluated for clinical significance.



**Take This High Blood Pressure Quiz**

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| 1. | What can you do to help ensure you have more accurate blood pressure readings? |
|  | a. Don't drink caffeinated beverages or smoke cigarettes at least 30 minutes before your readingb. Empty your bladder before your readingc. Sit still for five minutes before your readingd. All of the above |
| 2. | If you're overweight, how much weight will you usually need to lose to see improvement in your high blood pressure? |
|  | a. 5 poundsb. 10 poundsc. 20 poundsd. 30 pounds |
| 3. | To lower your blood pressure, you need to exercise for at least one hour every day of the week. |
|  | TrueFalse |
| 4. | Which common food label phrase means the food contains less than five milligrams (mg) of sodium? |
|  | a. Salt-freeb. Low sodiumc. Unsaltedd. Very low sodium |
| 5. | Using salt substitutes is a safe way to reduce your sodium intake. |
|  | TrueFalse |

You can take another high blood pressure quiz on line at: <http://www.americanheart.org/presenter.jhtml?identifier=3021399>



**Answers to the High Blood Pressure Quiz
1. d. All of the above.** Blood pressure is affected by your habits and activities. You can take small steps to help ensure that your blood pressure readings are accurate. Eating, drinking caffeinated beverages, smoking cigarettes and having a full bladder can all change your blood pressure readings. Talk to your doctor about what other activities might affect your readings.

**2. b. Ten Pounds** is usually all it takes to make a difference in your blood pressure. Ask your doctor how much weight you should lose and healthy ways to achieve this weight loss.

**3. False.** As little as 30 minutes of moderate physical activity most days of the week can help you prevent or control high blood pressure. Even three 10-minute periods are preferable to no exercise at all.

**4. a. Salt-free.** Food label claims are regulated, with each phrase denoting a specific amount of sodium. Sodium-free and salt-free indicate foods containing less than five milligrams of sodium per serving. Here's what the others mean:

* Very low sodium = 35 mg or less of sodium/serving
* Low sodium = 140 mg or less of sodium/serving
* Low sodium meal = 140 mg or less of sodium per 3.5 ounces
* Reduced or less sodium = At least 25 % less sodium than regular
* Light in sodium = 50 % less sodium than the regular version
* Unsalted or no salt added = No salt added during processing

Foods labeled light or reduced sodium could still contain high levels of sodium, though the sodium amount is less than the regular version.

**5. False.** Many salt substitutes or "lite" salts still contain sodium chloride. If you use more of the salt substitute to flavor your food, you might end up consuming more salt than you should. There's also another potential problem: Potassium chloride is a common ingredient in salt substitutes. Too much potassium can hurt you if you have kidney problems or take certain medications to treat high blood pressure or heart failure. Check with your doctor before using salt substitutes.

**Bulletin Insert: June 2005
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**Can spending more time in the produce aisle really help your blood pressure?
Perhaps you have seen the new Food Pyramid on a box of cereal. Perhaps you got your blood pressure checked at church last month and discovered that your "number is up." So what can you do about it? One of the keys to staying well is as close as your supermarket produce aisle.**

**Health professionals continue to communicate that a varied diet that includes at least nine daily servings of fruits and vegetables supplies healthy doses of disease-fighting antioxidants like vitamin C and beta-carotene. One reason these nutrients help reduce the risk of heart disease may be their moderating effects on blood pressure, a connection that was explored in a study recently reported in Lancet. This British study recruited 690 healthy adults, aged between 25 and 64. Researchers assessed diet, and measured blood pressure and blood antioxidant levels in all participants. Like most studies one group was the control group. Lets call the other group the "life-style change group." At that time the lifestyle group was encouraged to "strive for five" servings of fruit and vegetables a day. Since about 80% of the second group were not currently meeting this goal, they were provided with some practical suggestions on how to increase their intake of fruits and vegetables. They were reminded several times during the 6-month study to eat a variety of produce every day.**

**What were the results? At the end of six months, researchers again assessed diet, and measured blood pressure and blood antioxidant levels in all participants. They found that those who had been encouraged to eat more fruits and vegetables did so - from an average of 3 1/2 servings to almost 5 servings per day. Blood levels of several key antioxidants - including vitamin C, beta-carotene, and lutein - increased accordingly**

**"Even more encouraging, blood pressure levels went down - an average of 4 points (or mm Hg) in systolic pressure (the top number) and an average of 1.5 points in diastolic pressure (the bottom number). On the other hand, those who didn't make any diet changes during the 6-month study saw no changes in either their blood antioxidant or blood pressure levels."\***

***\*Effects of fruit and vegetable consumption on plasma antioxidant concentrations and blood pressure: a randomised controlled trial. JH. John, S Ziebland, P. Yudkin, et al., Lancet , 2002, vol. 359, pp. 1969-1975***

***\*\*More veggies, less sugar. A. Spake, U.S. News & World Report, Jan. 24, 2005***

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**Nine servings of fruit and vegetables a day?
*Why should I?*
We already know that a diet that includes a variety of fruits and vegetables can help control blood pressure. While scientists are still working to discover why, they think that antioxidant nutrients - plentiful in fruits and vegetables - may be part of the answer. In addition, a diet that focuses on fruits and vegetables supplies potassium and magnesium; this type of diet also tends to be high in fiber and lower in fat. All of these factors may contribute to the blood pressure-lowering effect seen in the British study and promote physical health in general.**

***How can I get even five servings?*
Adding a few more servings of fruits and vegetables to your daily meals doesn't sound so difficult, but it can be hard to change long-standing eating habits. If you are someone who could use more variety in your diet, think about what you usually eat, and look for ways to work more produce into your daily meals. A glass of orange juice or sliced strawberries at breakfast, lettuce and tomato on a sandwich at lunch, a tangerine for a mid-afternoon snack, and a small sweet potato and salad at dinner adds up to five servings.**

***How can I get nine 1/2 cup servings?\*\**
*Breakfast:* Banana and/or strawberries on cereal =1 - 2 servings
*Morning snack:* Orange juice = 1 serving
*Lunch:* vegetable soup of green salad = 2 servings Entrée salad = 4 servings
*Afternoon snack:* apple and baby carrots = 2 servings
*Dinner:* Green salad and asparagus with entrée = 2-4 servings Dessert: Baked apple = 1 serving**

***\*Effects of fruit and vegetable consumption on plasma antioxidant concentrations and blood pressure: a randomised controlled trial. JH. John, S Ziebland, P. Yudkin, et al., Lancet , 2002, vol. 359, pp. 1969-1975***

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**Advice for Dads
1. Listen before you discipline. Promoting a healthy sense of structure and discipline to the family is part of every Dad's job. Communicating means listening to the child's "side" of the issue. It is a key first step in successful, loving discipline.**

**2. Be there. Spending a little "quality time" is a myth! Nothing really makes up for a substantial "quantity" of time. Going to school, sporting and other events is a big deal! It says - "I have your best interests at the center of my heart" to your child**

***Don't think only about your own affairs, but be interested in others, too, and what they are doing. ~ Philippians 2:4***

**3. Don't be afraid to express love often. When kids (especially pre-teens and teens) act like they don't want their parents to "make a fuss"over them, it is just that "an act." Kids need hugs and kisses ... affirm them at every opportunity.**

**4. Confess your mistakes. Real Dads aren't perfect. Being a hero to your children is opening your heart to them and admitting when you've made mistakes. Kids have an enormous capacity to forgive. Their hearts' desire is to love and be loved.**

***People who cover over their sins will not prosper. But if they confess and forsake them, they will receive mercy. ~ Proverbs 28:13***

**5. Never make your child choose between parents. Let adult issues be just that. Don't put your child in the middle expecting them to side with you. This could cause an emotional split in your child and could ultimately drive him or her further away from you.**

**6. Love your wife. Modeling Godly intimacy in front of his kids is what kids need to see.**

***Since God chose you to be the holy people whom He loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. You must make allowance for each other's faults and forgive the person who offends you ... And the most important piece of clothing you must wear is love. Love is what binds us all together in perfect harmony. ~ Colossians 3:12-14***

**7. Be consistent. Consistency creates an environment of safety and security. Kids need to know that there are some things they can always count on.**

***Discipline your child while there is hope. If you don't, you will ruin their lives. ~ Proverbs 19:18***

**8. Careful, you are being watched. To some extent, kids picture of you shapes their picture of their Heavenly Father. You have the opportunity to create a positive, loving image or a confusing and untrustworthy one.**

***Instead, there must be a spiritual renewal of your thoughts and attitudes. You must display a new nature because you are a new person, created in God's likeness - righteous, holy and true. ~ Ephesians 4:23,24***

**9. Watch your words. The words you speak to your children harm or encourage and empower. They will remember some things you say in passing for the rest of their lives.**

***Kind words are like honey - sweet to the soul and healthy for the body. ~ Proverbs 16:24***

**10. Develop Godly character. Nothing will influence your children more than watching you grow in your relationship with God. Actions preach louder than words.**

***And now, just as you accepted Christ Jesus as your Lord, you must continue to live in obedience to Him. Let your roots grow down into Him and draw up nourishment from Him, so you will grow in faith, strong and vigorous in the truth you were taught. Let your lives overflow with thanksgiving for all He has done. ~ Colossians 2:6,7***

**Bulletin Insert: July 2005
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**Making the Most of Summer
1. Walk for the Glory of God
Walking can be a great adventure with God and with others. If you like to walk slowly be sure to keep your senses attuned to the wonders that surround you. If you like to walk briskly the invigorating feeling can inspire you to tackle a task that you have been putting off. If you seek a community ministry you can make your walk a "prayer walk." As you see a need pray about it. As you pass a residence pray for those who live there. Any time that you spend outside can be dedicated to the praise of God.**

**2. Go Barefoot
Let the child in you come out to play. Taking off your shoes changes your connection with the world. You relax and let your guard down.**

**3. Tend Your Garden
Your garden can be a very healthy place. Sometimes weeding, cutting back, and transplanting are activities that may seem repetitive and never-ending. But seeing them as a necessary and integral part of the overall unfolding of the garden scheme, they become purposeful. What may appear on the surface to be tedious physical work may be spiritually liberating. As we contemplate the small details of our gardens we can experience life on a manageable scale. Read scriptures about sowing and reaping, pruning or the fragileness of life before you go out to garden. Ask God to speak to you about what in your life that you need to prune. Ask you what activities you need to fertilize your own Christian growth Getting in touch with the disciplines of attention, repetition, and humility while working in your garden can be spiritually liberating. Think of your time there as a spiritual workshop.**

**4. Waste Some Time
"It does no good to think moralistically about how much time we waste. Wasted time is usually good soul time," Thomas Moore has observed. Summer is just the right season for idleness and just messing around with things. Quit doing and revel in just being.**

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**Helping Kids Learn to Worship
Make them feel like an important part of the church community.
Celebrate their birthdays and achievements. Remember when they ask for prayer for their dog, cat or grandmother. Find out their birthday and send a card. If they feel welcome and loved in church, they will have a more positive view of worship, and that can last all the way to adulthood.**

**Encourage children to be involved in the service.
Let them hold the hymnbook and let them put the money in the collection plate. Teach them some of the familiar adult worship songs. Have them sit where they can see what's happening.**

**Remember to have realistic expectations for young children.
*Pre- school:* No 2-year-old will sit quietly for an hour, so you'll need to find ways to keep him occupied. One church makes "worship bags" for its little ones filled with crayons, coloring pages, and other quiet activities. If your church doesn't have something similar, put one together yourself. Include stickers, books, and a small snack.**

***Elementary Ages:* Older children get bored more quickly, so helping them enjoy church means keeping them occupied. The worship bag (or backpack) idea still works for elementary kids with a few adjustments. Some churches provide kids' bulletins filled with word searches and other worksheets that make good additions to a worship bag.**

**Be Creative!
Use the talents of your congregation! In one church a member who was an artist made coloring books with drawings that depicted areas of their church. This gave parents an opportunity to teach their kids about the physical structure of the church, while giving the children something constructive to do during the service.**

**Be patient and prayerful.
Make a certain child your prayer emphasis. Expect to see slow progress. Listen for their voice in songs. Watch as they eventually try to quiet other children when they get noisy. In time children will be attentive not only to the service, but also to the basic virtues of the faith. Be thankful for little ones. It's worth the effort and a few Cheerios in the pews.**

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**Busy Bodies - Hints for Parents and Others
Sure they squirm, giggle, talk, and wiggle, but including your children in the worship service is worth the distraction. Here's how to help them stay tuned in. Doing a little work ahead of time will help church go more smoothly and in time lead to better behaved children. Try these ideas and make up some of your own.**

* **Create an "I Spy" list with things your child can try to find during church. Be sure to include special symbols, colors, or items on display that week. You may also want to include random objects such as "baby," "man with a blue shirt," or "something purple."**
* **Ask your child to draw a picture of something she sees at church. Whatever she draws, you'll discover what has captured her attention.**
* **Play a quiet counting game. Before the service, write down words such as "candles," "windows," and "church helpers," then ask your child to count each of these things and write the number down next to its name.**
* **For an older child, write a list of words and ask your child to find those words by flipping through a songbook or prayer book. He can cross them off his list as he finds them.**
* **For a younger child, bring a few books he hasn't read often so they grab his attention. You may also want to save a special quiet toy for church so he's excited to play with it. (A felt book with different animal, people, and object pieces to move around is a great option.)**
* **A few quiet snacks, such as raisins, are good for keeping toddlers happy. Put the food in a snack cup at home so you're not opening loud plastic packages during the service.**
* **Maybe you have other ideas that have helped children feel comfortable in adult church. Please feel free to share them with us by email at** **info@valleyparishnurseministry.org** **or mail them to VPNM at 49430 Berkshire Rd. East Liverpool, OH 43920**

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**Should kids be in church?
You may want be wondering if your efforts to keep kids in church are worth it. Parents, pastors, and religious educators have been surveyed for their opinions. They were unanimous. Here is some of their input. A minister of child education at a Baptist Church in Missouri says, "One of the most important parts of parenting is teaching your children how to worship." One parent said, "It's hard sometimes, especially if you have a child who's very active. You may even have to realize that you're not going to get very much out of the service. But, remember, like everything else, this stage, too, will pass."**

**Some Christian educators believe that including children in the worship service is more than just a nice idea; it's essential to their spiritual development. Myra Arnold, who teaches religion to 2- to 6-year-olds says, "Jesus intended for us to bring children into this celebration. Being part of the community of faith is the basis of us being able to live a Christian life, and children are a part of that community. The 2 1/2-year-olds I teach love church. That seems to be the beginning of their sensitivity to spiritual things."**

**Even if we firmly believe that our children should participate in the worship service, we often worry about what other people will think. But according to Eric Carlson, pastor of First Lutheran Church in Stoughton, Wisconsin, that's a worry we can let go of. "It may be distracting [for other parishioners] to hear a baby cry or a toddler say something," he says. "But remember that Jesus welcomed the little ones."**

**If you are the one who is being distracted, try some of the hints on the other pages. Remember that prayer changes things. Lifting our concerns to God is a good way to start. Often I have found that prayer changes my outlook and then the situation may or may not change.**

**Bulletin Insert: August 2005
**

**Facts About the Medicare Prescription Drug Plan - Coming in 2006
Beginning January 2006, new Medicare prescription drug plans will be available to everyone with Medicare. Insurance companies and other private companies will work with Medicare to offer these drug plans. These plans differ from Medicare-approved drug discount cards, which phase out by May 15, 2006, or when your enrollment in a Medicare prescription drug plan takes effect, if earlier. If you join you will pay a monthly premium (generally about $37 in 2006) and pay a share of the costs of your prescriptions. Costs will vary depending on the drug plan that you choose.**

**When is the initial enrollment period for the prescription drug benefit?
November 15, 2005 through May 15, 2006. Joining by Dec. 31, 2005 will put your plan into action for January 1 ,2006. Even if you don't use a lot of prescription drugs now, you still should consider joining a plan. If you don't join a plan by May 15th, 2006 and you don't have a drug plan that, on average, is at least as good as standard Medicare drug coverage plan, you will have to pay more each month to join later.**

**What if I can't pay for a Medicare prescription drug plan?
Some people with a limited income or resources will qualify for extra help. (Your savings and stocks, but not the value of your home, will be considered.) Filling an "Extra Help" application will let you know exactly how much help they are eligible to receive.**

**What is "Extra Help"?
"Extra Help" is a part of the new Medicare prescription drug benefit program beginning January 1, 2006. Since this program will have costs such as the deductible, premium and co-payments some may need extra help. Also personalized information is available at** [**www.medicare.gov**](http://www.medicare.gov) **or by calling 1-800-MEDICARE (1-800-633-4227) TTY users should call 1-887-486-2048. If you think you qualify, you can apply with Social Security Administration or your local Medicaid office as early as the summer of 2005.**

**How will the plans be different?
Drug plans may vary in what prescription drugs are covered, how much you have to pay, and which pharmacies you can use. All plans will provide at least the standard level that Medicare will set. When you join a plan, it is important for you to choose one that meets your prescription drug needs.**

**What if I have prescription drug coverage from a Medigap (Supplemental Insurance) policy?
If you have a Medigap policy with drug coverage, you will get a detailed notice from your insurance company telling you whether or not your policy, on average, is at least as good as standard Medicare prescription drug coverage. This notice will explain your rights and choices.**

**What if I have prescription drug coverage from an employer or union?
Your employer or union will send you a notice that tells whether or not your plan, on average, is at least as good as the standard Medicare prescription drug coverage.**

**Then, if your employer or union plan is not at least as good, you may be able to… ?
Keep your current drug plan and join a Medicare prescription to give you more complete coverage or keep your current plan. But, if you join the Medicare drug plan later you will pay higher monthly premiums or drop your current plan and join a Medicare plan, but you may not be able to rejoin your other plan later.**

**If your employer or union plan is a least as good as Medicare prescription coverage, you may be able to… ?
Keep your current drug plan. If you join a Medicare plan later your monthly plan won't be higher or drop your current drug plan and join a Medicare prescription plan, but you may not be able to get your employer or union drug plan back.**

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**Still Have Questions about the New Medicare Prescription Drug Program? So do many others!
So what can your church do to help with the "extra help outreach?" Here are some suggestions:**

* **Offer our facilities for a Social Security representation to process extra help applications onsite.**
* **Plan an outreach activity with Social Security Administration to educate Medicare beneficiaries**
* **Invite Social Security to participate in an existing event**
* **Have a Social Security representative educate our staff on the extra help application process.**
* **Display a poster or other material about Medicare Part D and Extra Help.**
* **Include an article about Medicare subsidy in our newsletter**

**If you can help with the "extra help outreach", please** ***send an email******.* Be sure to include your organization's name, contact person, address, phone number and email address.**

**Social Security contact:
Patricia L Willians, Public Affairs Specialist
330-385-9224, ext. 209:** **patricia.williams-holmes@ssa.gov****.**

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**Do Christians Have a Different Type of Immune System?
I think that they do. Just like our natural immune system, God's immune system prepares us for the next assault. Also, encountering germs (of suffering) may not be such a bad thing. Did you ever realize that?**

**1. Invading problems can bring great opportunities. Think of the many men of God wrote books from jail or exile - Paul Bunyan, Luther, Bonhoeffer. Their problems represented opportunities for them to embrace.**

**2. Invading problems often promote spiritual maturity. In suffering and pain, we come to the end of our personal resources. We're forced to cry out to God. That's why it's important for our children to go through troubles, and why God allows them (Hebrews 5:8).**

**3. Invading problems prove integrity. Job sitting on an ash heap, covered with boils persisted in holding on to his integrity (Job 2:9). Some say, integrity is a possession no pain can strip away and only pain can reveal.**

**4. Invading problems produce dependency. God is always with us, in peace and trouble. Troubles make us match our dependency to His dependability. "Where can I go from Your Spirit? Or where can I flee from Your presence?" (Psalm 139:7)**

**5. Invading problems prepare our hearts for ministry. We experience troubles; God ministers to us; then we minister to other troubled people with the same ministry we received from God (2 Corinthians 1:3-5.).**

**If you wonder why bad things happen to good people you are not alone. Most of the time we can rightly say it is because we live in a fallen world (Matthew 5:45). God never said Christians are immune to troubles and trials. But He has given us an immune system designed to draw us closer to Him. God wants good people everywhere to look up in times of trouble and see Him - the One who controls everything. So when it seems like the invading forces of evil are seeking to bring us down remember that God's immune system is designed to protect us temporarily and heal us forever.**

**Bulletin Insert: September 2005
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| **When School Days Aren't So CoolI will be the first one to admit that being a parent is fun but that trying to be the perfect parent is impossible. School time often brings new challenge for parents or major caregivers. I'm not saying that I have all the answers but here are some guidelines to help your children get through the worst school days.*** **Show your love and share God's love. Every day, tell your children: "I love you. Jesus loves you and you are wonderfully made." Don't forget to give hugs.**
* **Listen when your children talk. Listening lets your child know that you think they're important and that you're interested in what they have to say.**
* **Make your children feel safe. Comfort them when they're scared. Read them God's promise to never leave them or forsake them.**
* **Provide order in their lives. Keep a regular schedule of meals, naps and bedtimes. If you have to change the schedule, tell them about the changes ahead of time.**
* **Praise your children. When your children learn something new or behave well, tell them you're proud of them.**
* **Criticize the behavior, not the child. When your child makes a mistake, don't say, "You were bad." Instead, explain what the child did wrong. For example, say: "Running into the street without looking isn't safe." Then tell the child what to do instead: "First, look both ways for cars."**
* **Be consistent. Your rules don't have to be the same ones other parents have, but they do need to be clear and consistent. (Consistent means the rules are the same all the time.) If two parents are raising a child, both need to use the same rules. Also, make sure baby sitters and relatives know, and follow, your family rules.**
* **Spend time with your children. Do things together, like reading, walking, playing and cleaning house. What children want most is your attention. Bad behavior is usually their way of getting your attention.**
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**Kid Talk**

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| **1.** | **Face to Face interactions are the best. Talk with your kids, not at them. Be a good listener. (This rule applies to interactions with your spouse as well!)**  |
| **2.** | **Don't interrogate. Some questions may be difficult to answer. Give them the freedom to talk when they feel safe to do so.** |
| **3.** | **Admit when you have been wrong. Try not to blame others. By accepting responsibly for your mistakes they learn to do likewise.** |
| **4.** | **Model how to make changes and/or restitution. Children will respect a person who knows how to admit failure and is willing to make changes. They don't need perfect parents.** |
| **5.** | **Talk with your kids about your feelings. Describe to them times when you have been angry, lonely, frightened or sad. Don't expect them to "fix" your feelings. It is even appropriate to shed tears in front of children as long as they don't feel the responsibility to solve your problems.** |
| **6.** | **Allow your children to be angry with you. Teach them how to do this in acceptable ways that are not damaging to you or others. Model healthy expressions of anger in ways that are neither physically violent nor emotionally dramatic.** |
| **7.** | **Listen, Listen, Listen! When your children are sad, lonely, or frightened, don't try to talk them out of it or solve their problems for them. Listen, listen, listen!**  |
| **8.** | **Demonstrate problem-solving skills. Help them define the true nature of problems. Show them alternative solutions and teach them a process for reaching a decision. Allow them to fail at their decisions as long as that failure won't bring permanent consequences.** |

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**If Feelings Can Interfere with Learning,
What Can You Do about It?**

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| **1.** | **Listen.** |
| **2.** | **Acknowledge feelings with a word or sound. ("Oh or "mmm" or "uh' or "I see.") This helps the child to focus on his problem and possibly solve it himself.** |
| **3.** | **Reflect what you are hearing. (Just to make sure that you are hearing it correctly.)**  |
| **4.** | **Qualify it.** |
| **5.** | **Acknowledge the child's distress.** |
| **6.** | **Accept feelings even as you stop unacceptable behavior.** |
| **7.** | **Give encouragement. Even negative feelings when they are identified and accepted by another can encourage a student to strive.** |
| **8.** | **Give in fantasy what you can't give in reality. Example: "Wouldn't it be nice if you had a pencil that would stop writing when you were about to make a mistake."** |

**Are you having trouble getting a child to do a task?
Enlisting Cooperation - Ten Ideas That May Help**

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| **1.** | **Describe the problem.** |
| **2.** | **Give information.** |
| **3.** | **Offer a choice.** |
| **4.** | **Say it with a word or gesture.** |
| **5.** | **Describe what you feel.** |
| **6.** | **Put it into words. (Write reminder notes.)**  |
| **7.** | **Be playful. (Make a funny poem, song or use a unusual voice)** |
| **8.** | **Together make a list of ideas that might work.** |
| **9.** | **Make a schedule or plan.** |
| **10.** | **Offer short-term rewards and praise.** |

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**You are invited to at Health/Fun Fair!
When:Saturday, September 24th
10:00 a.m. Ð 2:00 p.m.**

**Where:
First Church of the Nazarene, 670 Walnut St. East Liverpool, Ohio 43920**

**For more information call:
330-385-1593**

**For the Kids:**

* **Clowns**
* **Balloons**
* **Games**
* **Prizes**
* **Face Painting**

**For the Adults (many free screenings):**

* **Mammograms (insurance accepted, free to those who qualify)**
* **EKG Monitoring**
* **Cholesterol Screening (12 hour fast required)**
* **Glaucoma and Vision Screenings**
* **Blood Pressure Screening**
* **Diabetic Foot Care Sensitivity by Screening**
* **Body Fat Analsis**
* **Colorectal Screening Kits**

**Food Will be Available:**

* **Homemade salads**
* **Salt free pretzels**
* **Turkey sandwiches**

**Bulletin Insert: October 2005
**

**Fasting: More Than One Way
Traditional fasting is often thought of abstaining from a meal or a particular food group in order to better concentrate or focus on spiritual growth or an increased devotion to prayer. With some people medical conditions make it almost impossible to accomplish traditional fasting with encountering physical problems or symptoms. That is why I want to share with you alternate ways to fast.**

* **Fast with your Eyes: Make a covenant to watch less TV and/or video/DVD. Use a journal to reflect on your spiritual growth or insights. Read more about the plight and causes of hunger in the world. Gain compassion for mankind.**
* **Fast with your Ears: Listen less to radio, CDs, cassettes. Seek His spirit in quiet places and listening attentively. Be attentive to the words of others. Often God speaks through the words of children and even those not professing faith. Listen and let your heart be challenged by scripture daily.**
* **Fast with your Hands: Intentionally stop those busy hands. Take time to just sit and reflect, to rest and observe. Make time in your schedule to put your hands together in prayer. Take time to hold another's hand while walking or while sitting. Share something homemade with those who have less.**
* **Fast with your Feet: Save gasoline and money by walking more. Say a prayer for the residents of each house that your pass. Ask God to work in their lives and protect them from evil. Do small acts of kindness while walking. Use your feet to spread the good news of the gospel.**
* **Fast with your Conversation: Be conscientious about what comes out of your mouth. Be an encourager. Don't let your words discourage or unjustly condemn. Be vigilant against gossip. Speak the truth in love.**

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**Coming Events
*For those who have recently lost a loved one:***

**Family Holiday Workshop: November 12th at Good Hope Lutheran Church, 12030 Market Street, North Lima. 1:00 - 4:00 p.m. Includes ideas and activities to help families prepare for special days. Dress casually. Crafts are planned. RSVP to 330-788-1992 or 800-640-5180. Sponsored by Hospice of the Valley.**

**Adult Holiday Workshop: November 19th at Good Shepherd Lutheran Church, North Lima. 1:00 - 3:00 p.m. Intentionally preparing for the approach of holidays and special days can make them less stressful. Snacks and handouts provided. Learn how to take control of the holiday. No RSVP needed. Sponsored by Hospice of the Valley.**

**Teen and 9-12 year old grief workshops can be scheduled as needed. Call Jane Peachey or Danna Bozick to add your name to the waiting list. 330-788-1992.**

***For those interested in parish nursing/health ministry*:**

**Quarterly Parish Nurse Meeting: Tuesday October 25th at 7:00 p.m. at the Valley Parish Nurse Ministry office, 507 Seventh Ave., East Liverpool. Bring your topics for discussion, blood pressure screening sheets and empty inkjet cartridges for recycling.**

**All those health professionals who have participated in screening blood pressures throughout the year are encouraged to attend and receive their thank you gift of a free CPR mouth barrier. (Retail cost $10)**

**Also receive an updated information about the new scope of practice materials in "Faith Community Nursing." Let's share and plan together! Bring your questions. We will also discuss documentation. Plan on fellowship, and light refreshments. RSVP by Oct. 23th to 330-382-9440.**

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**10 Ways You Can Overcome Anger
*These Ten Tips are made available to you through New Life Ministries. Contact them at*** [***www.newlife.com***](http://www.newlife.com) ***or 1-800 NEW LIFE.***

**Have you ever really thought about anger? Think of some examples of what can happen if we let anger stay in our lives too long. I'm sure that you could recall instances when anger ruined relationships, jobs, and health. But what can help us from reaching the boiling point? What can help those who suffer find their way back from the brink? Finding a new strategy and positive image is what this information is all about.**

**1. Identify the object of your anger.
Many people who struggle with chronic anger aren't even sure what they're angry about. When you identify what you're angry about you can begin the process of dealing with it.**

**2. Is there a need for attention?
One of the goals of an angry person can be to draw attention to themselves. They often feel that negative attention is better than no attention at all. If you don't feel loved or needed, this may be a root cause of your anger.**

**3. Do you need to memorize and internalize the Serenity Prayer?
Accept the fact that most things in the world are out of your control. If you try to continually control your family, friends or circumstances you will find the result frustrating.**

**4. Forgiveness may be one of the keys.
The root of your anger may lie in a lack of forgiveness. If you've never forgiven someone who's hurt you, you're caught in a vicious trap that will ultimately destroy you.**

**5. Do you like yourself?
Many who struggle with anger hate themselves. Developing a positive self-image can assist in controlling your emotions. You may need to learn new skills to control your emotions in a positive way.**

**6. What is residual anger?
You may be angry about things your family or friends have done to you in the past, even decades ago. This is called residual anger. It is possible to resolve this anger and move on with your life, but you must be willing to spend time identifying the root of your problem and choosing to forgive those who have hurt you.**

**7. Anger can be the symptom of a chemical imbalance.
There are some legitimate physical causes for anger. If you suspect your problem may be related to a chemical imbalance in your body, be evaluated by a qualified psychiatrist.**

**8. Finding Control.
In truth, no one can "make you angry," even though they can provoke you. You can control your response to people and circumstances.**

**9. What is "righteous anger?"
"Righteous anger" occurs when one of God's principles is violated. Scripture does admonish us to "not let the sun go down on our anger" though. In other words, when you feel angry, it is important to deal with it and move past it as soon as possible.**

**10. Can't we just ignore it and hope that it will go away?
If you or a family member is struggling with anger issues, they're not likely to go away by themselves. It is necessary to identify the cause of the anger and take proactive steps to resolve it.**

**Please be encouraged to seek help for yourself or others who routinely deal with anger issues. Christian counselors, pastor, ministers and priests are available locally. You can also contact New Life Ministries at 1-800-NEW- LIFE where caring Christian professionals are available to speak with you.**

**Bulletin Insert: November 2005
**

**Thanksgiving is National Family History Day
Thanksgiving is a time for family and friends to get together. It is one of several times a year that even extended family members are present. That is one of the reasons the U.S. Surgeon General picked this special day to draw focus to the importance of creating a Family Health Portrait. Why do he and other agencies like the Center for Disease Control think this is important to include in holiday celebrations?**

**Have you ever been at a doctor's office trying to fill out a family history form? Maybe you came up with a partial list. You probably did it hurriedly. You probably had a hard time trying to remember it all. You hoped that you gave your doctor enough of the useful information. Without it how will he or she predict the disorders to which you may be at risk? Without it how will he or she take action to keep you and your family healthy?**

**In fact, Americans know that family histories are important to health. Actually, a recent survey found that 96 percent of Americans believe that knowing their family history is important. Yet, the same survey found that only one-third of Americans have ever tried to gather and write down their family's health history. That is why we needed a tool to create a sophisticated portrait of our family's health. "My Family Health Portrait" is such a tool. Whether it is created on paper or on the computer it is of immeasurable worth to your doctor and your family members.**

**You may ask, "How can I encourage my family to spend part of Thanksgiving Day talking about diseases?" First, approach the topic as a family "health" history. Thanksgiving is a time that we can thank God for the health that we have. Second, it can keep us alert for potential health problems. Through it proper health screening can be done in specific areas. Third, after you have successfully completed the task, you will never have to sit in a doctor's office wondering if you remembered all the important family health history. Finally, you may be creating a family document that may serve to bring all of you together to celebrate more healthy Thanksgivings. After all, isn't more family time at Thanksgiving priceless?**

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**What is a "Family Health Portrait?"
It is a new tool that will help you organize your family tree and help you to identify common diseases that may run in your family. It can be downloaded free from a web site and installed on your own computer. Information about it is also available in a printed pamphlet.**

***Will tracing our family tree make a difference?*
Tracing the illnesses suffered by parents, grandparents and other blood relatives can help your doctor predict the disorders to which your loved ones may be at risk. If one generation of a family has high blood pressure, it is not unusual for the next generation to have similarly high blood pressure. Preventive measures may delay the onset or severity of some diseases. Screening and early detection can provide more treatment options.**

***Is creating "My Family Portrait" hard to do on the computer?*
Actually, this program was designed to be user friendly. Creating a sophisticated portrait of your family's health should be fun and easy. Why not involve some of the younger members of your family?**

***Will it be worth the effort?*
When you are finished, the tool will create and print out a graphical representation of your family's generations and the health disorders that may have moved from one generation to the next. That is a powerful tool for predicting any illnesses for which you should be checked.**

***How can I get a version of "My Family Health Portrait?"***

1. **You can download the PDF. Get a ready to print version at** [**www.ask.hrsa.gov**](http://www.ask.hrsa.gov)
2. **Call the HRSA Information Center at 1-888-275-4772 and ask for it (inventory # HRS00360)**
3. **Order online at** [**www.ask.hrsa.gov**](http://www.ask.hrsa.gov)

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**Are you thankful to God?
*"It is a good thing to give thanks unto the Lord..." - Psalm 92:1***

**The Bible says...
*"Oh, that men would give thanks to the LORD for His goodness, And for His wonderful works to the children of men! For He satisfies the longing soul, And fills the hungry soul with goodness." - Psalm 107:8-9***

***"Praise the LORD! Oh, give thanks to the LORD, for He is good! For His mercy endures forever. Who can utter the mighty acts of the LORD? Who can declare all His praise?" - Psalm 106:1-2***

***"I will praise God's name in song and glorify him with thanksgiving." - Psalm 69:30***

***"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." - Phil. 4:6***

***"As you have therefore received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving." - Colossians 2:6-7 (NKJV)***

***Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. - 1 Thessalonians 5:16-18 (NKJV)***

***"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name." - Psalm 100:4***

***People were rebuked for not thanking God for their harvest, see Jeremiah 5:24-25***

***If people withheld their praise to God, the stones would have cried out. See Luke 19:37-40***

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**How to Tell God "Thanks!" No Matter What
Doesn't that sound simple? We know that we are blessed. Sometimes we feel grateful and sometimes we don't. Life's burdens have a way of blinding us to the real treasures that we have. Other times we just forget to say thanks. So how can we do better?**

* **Count your simple blessings. Then thank God for them.**
* **Talk about the bright side. Take time to fill in the chart below. If you can't find a bright side, enlist the help of others**

|  |  |
| --- | --- |
| **Gray side(unhappy circumstance)**  | **Bright Side** |
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* **Have the children or grandchildren make a bulletin board with the title "Today I am thankful for . . . ." (I still have "Thankful Turkeys" made of construction paper that our children made in elementary school. I display them every year.)**
* **Thank God even when you are not grateful. Make it a habit to stop negative thinking with a positive prayer.**
* **Give thanks to God by thanking others. Make a list of people that you want to thank. Send a note that can be read over and over.**

**Prayer: Help us not to be like the nine lepers that neglected to come back to Jesus to say a simple "Thank you!"**

**Bulletin Insert: December 2005
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**Silent Night, Holy Night***Be still and know that I am God. - Psalm 46:10*

Although this is the time of year that we sing about that blessed "Silent Night and Holy Night," have you ever thought what a truly "Silent Night" might bring? Let's take some time to think about the spiritual use of silence in a broader context.

*Why do some denominations use silence more that others?*
For some, the essence of the value of silence is to free ourselves from influences other than from God. Silence, then, can open ourselves to God and let us truly listen to the Living Christ.

*Can silence help me see my own condition more clearly?*
Silence can uncloud our minds. This can be a very humbling experience, for we see our own sinfulness, how we fall short. Seeing our condition, we become acutely aware of our need for God to redeem us.

*Want to consider this more?
Take time to read II Corinthians 5:17 and Galatians 6:15*
In the stillness, we can also become much more aware of the depth of God's love for us. Don't empty your mind to simply empty it, but rather so it can be filled with the things of the Spirit. Set aside that time of silence so God can continue to make you a new creation

*"But I normally have a quiet time, isn't that enough?"*
Traditionally, we are taught to have "times of private devotions." These often include Bible reading and petition. For many these do not include a substantial quiet time for listening. It is often in these times, God can give us correction and direction

*When should I start to practice silence?*
Especially at this time of year when we are bombarded from all directions with manmade stimuli, the spiritual practice of silence can be most refreshing and needed more than ever before.



**Christmas Rituals - Keeping Faith During the Holidays**How can your help children to see beyond receiving gifts? Maybe you have some of your own rituals that include attending a Christmas Eve candle light service or midnight mass. Here are some other ideas you might use to create a simpler Christ centered Christmas.

1. Encourage family spirit by creating opportunities and rituals for siblings to work together. Kids could be in charge of selecting a person to visit and bring small homemade cards or gifts.

2. Shift your holiday thinking to how your family can give to others from the heart. Ask your priest, minister or school principal if they know of a particular family that is in need. Find out the ages of their children and have your children create a holiday box full of prizes to be delivered anonymously.

3. Have each child take turns opening a window of an advent calendar. Have them read the scripture reference or talk about the picture of the angel or shepherd.

4. If you attend a particular church, arrange to take your child there when there is no service. In the quiet sacred space talk about how it feels to be there, explain the symbols, and talk about the upcoming holiday and it's significance in your religious tradition. Hold hands and pray for specific needs of others in this holy space.

5. Many Christians light weekly Advent candles symbolizing hope, peace, joy and love. Discuss each quality while lighting the candle it symbolizes. Or, your family might give the candles different meanings. They could represent the light of God that surrounds us, the love of God that enfolds us, the power of God that protects us, the presence of God that watches over us.

7. Make decorating the Christmas tree a soulful event. Play quiet hymns and let the answering machine pick up calls. When you string the lights, talk about the power of light in our lives and how we are beacons of God's light in our world. You might even roll out your sleeping bags and sleep snuggled under the newly decorated tree.



**Silent Nights and Holy Nights**Can they bring physical and spiritual health?

The Bible calls us to family, fellowship, evangelism, and ministry. Yet there is a part of our spirit that craves silence and solitude. Temporary times of silence and solitude can deepen our spiritual health. They also impact our physical health. Consider some of the following reasons to seek times of quietness.

*To follow the example of Jesus*
The Scriptures teach that Jesus practiced silence and solitude. Note these four references: Matthew 4:1, Matthew 14:23.Mark 1:35, Luke 4:42. They show us by example what we must do. Only in these times it is possible to keep our minds on the Lord with intensity. These times can help our hearts to be fixed on Him later even when we are back in the office, shop, or home.

*To find a retreat from the noise of crowds and stress*
Western culture conditions us to be comfortable with noise and crowds. Our age is one of television, video arcades, and joggers wired with earphones. We have become a people with an aversion to quiet and we are often uneasy with being alone.

*To be physically and spiritually restored*
Everyone has a regular need for restoring the resources of both the inward and outward man. It was true even for those who lived most closely with Jesus. After several days of physical and spiritual output, Jesus prescribed for His disciples, "Come away by yourselves to a lonely place and rest a while" (Mark 6:31). We all need times to unstring the bow of our routine stresses. This time can be deeply therapeutic.

*To regain a spiritual perspective*
When Zacharias was told by the angel Gabriel that he and his elderly wife would miraculously have a son, he doubted. In response Gabriel said, "And behold, you shall be silent and unable to speak until the day when these things take place, because you did not believe my words, which shall be fulfilled in their proper time" (Luke 1:20). What happened to Zacharias' perspective about these things during this time of enforced silence? When the baby was born, Luke 1:63-64 tells us that he asked for a tablet, and wrote as follows, "His name is John." Everyone was astonished. At once his mouth was opened. A negative illustration, perhaps, but it shows how closing our mouths can help us open our minds.

*To seek the will of God*
Perhaps one of the most common reasons believers have a time of silence and solitude with God, at least on occasion, is to discern His will about a matter. Jesus did this in Luke 6:12-13 when deciding whom to choose as the disciples who would travel with Him. God can and often makes His will clear to us in public, but there are times when He discloses it only in private.

*To learn control of the tongue*
Learning to keep silent for extended periods of time can help us control our tongue at other times. Ecclesiastes 3:7b says there is "A time to be silent, and a time to speak." Practicing silence can help you develop self-control. In silence we learn to rely more on God's control in situations where we would normally feel compelled to speak, or to speak too much.