

MOUNT PISGAH BAPTIST CHURCH

January Interest Articles

- Healthy Resolutions
- Cervical Cancer Awareness Month
- Pastors Pen
- Survey Results
- Nurses Note
- Monthly Recipe



Help prevent #cervicalcancer by getting regular screening tests. For more information:

<http://1.usa.gov/ucfGR>

As we discuss health and wellness topics there are websites that can provide fantastic information. www.healthfinder.gov is an excellent website to examine any health-related topic. It's easy to navigate and full of detailed facts.



LET'S GET REAL!

Take a realistic approach to a healthy New Year's resolution. Many New Year's resolutions fail because we try to tackle too much at once. Keep in mind that over 90% of New Year's resolutions fail because behavior change is really difficult! Let's avoid setting goals that are too large, or too many goals, and focus on small attainable ones instead.

Why not make this the year of small steps to big success? When one small change becomes a habit, move on to another.

Setting small, attainable goals will set you up for success and you'll be on your way to healthy habits in 2018.

Try daily or monthly resolutions, as we're more likely to achieve small goals for health every day rather than one big goal for health once a year.

So, what are some small targets we can start aiming for today?

- Eat a nutritious breakfast
- Eat a piece of fruit and cheese for an afternoon snack on Monday, Wednesday, and Friday

instead of a cookie or potato chips

- Drink 8 glasses of water
- Start your day with a physical activity
- Run/walk an extra ten minutes
- Get 8 hours of sleep
- Discover a new hobby (to help you stress less!)

The most important thing to remember is your goal is better health and to maintain it all year long. Don't forget your health includes mind, body and spirit!

(Sources: WebMD, Mayo Clinic, Gretchen Reynolds—The First 20 Minutes)

CERVICAL CANCER AWARENESS

Our goal is to raise awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer. HPV is the major cause of cervical cancer. About 79 million Americans currently have HPV. Many people don't know they are infected.

The good news?

- HPV can be prevented with the HPV vaccine.
- Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

• Cervical Cancer screenings can help detect abnormal (changed) cells early, before they turn into cancer. Most deaths from cervical cancer could be prevented by regular Pap tests and follow-up care.

How can Cervical Health Awareness Month make a difference? We can use this opportunity to spread the word about important steps women can take to stay healthy. Here are just a few ideas:

- Encourage women to get their well-woman visit this year.

• Let women know that the health care reform law covers well-woman visits and cervical cancer screening.

• **Talk to parents and friends about how important it is for their pre-teens to get the HPV vaccine.**

SOURCE: <http://www.ncccoonline.org/hpvcervical-cancer/cervical-cancer-overview/>



PASTORS PEN

As our Pastor travels to address personal health concerns he has asked his congregation to celebrate with him the blessed assurance of God's presence through his circumstances. Pastor McSwain also request that we remain faithful in our well doing and steadfast in our fellowship at Mount Pisgah Baptist Church.

PLEASE REMIAN PRAYERFUL FOR OUR PASTOR & HIS FAMILY, OUR CHURCH, AND OUR COMMUNITY AS WE "PRESS FORWARD WITH A PURPOSE"

Prayerfully submitted,

The Health and Wellness Ministry

MOUNT PISGAH'S SURVEY RESULTS

Mount Pisgah completed a congregational health survey in 2016-2017. Health and Wellness Ministries wanted to assess the congregation in order to plan appropriate educational activities. The following are the results from that survey:

- *Total participants 54
- *Age: 2 (20-29), 4 (30-39), 9 (40-49), 20 (50-59), 13 (60-69), 6 (70 & over)
- *Male-11, Female-43
- *Single-20, Married-25,
- *Divorced-7, Widowed-2
- *How do rate your Health? 5-excellent, 30-good, 14-fair, 4-poor

- *Do you exercise regularly? 20-yes, 34-no
- *Are you at your ideal weight? 12-yes, 42-no
- *What Health conditions do you or your family members have? #1 High blood pressure, #2 Diabetes, #3 Cancer, #4 Heart Condition, #5 Arthritis
- *What health topics and education you would like to be offered at Pisgah? #1 Women's Health #2 High Blood Pressure, #3 Diabetes Awareness, #4 Healthy Heart, #5 Nutrition & Exercise #6 Men's Health, #7 Stress relief, #8 Teen Health & Wellness, #9

Aging, #10 Advanced Directive/Will & Mental Health.

In conclusion, most survey participants were between the age of 50-69 and the majority was female. The average person believed they were in good health but more than half do not exercise regularly. Almost all of the participants admit they are not at their ideal weight. The top 5 health conditions at Pisgah are: #1 High blood pressure, #2 Diabetes, #3 Cancer, #4 Heart Condition, #5 Arthritis. The top 10 health interests were previously mentioned.

NURSES NOTES

This is the time of year to **"get your house in order"**. Start with your physical temple-your body! **PLEASE SCHEDULE YOUR ANNUAL EXAMS!!!** Start every year by scheduling an annual physical, eye, and dental exam. Routine suggestions include checking your Vitamin D levels, A1C (avg. glucose level), total blood workup, mammogram and prostate screening.

Next, take time to **complete a home safety assessment**. Check smoke alarm batteries and review

fire exit plans. Is there a fire extinguisher in your home? Are the railings in your home secure? Have cabinets been properly child proofed? Remove necessary tripping hazards (rugs for our Senior Saints) and check for adequate exterior lighting after dark (motion censored lights).

Your spiritual house also needs to be in order (2 James 20:1-3). Abraham is an even better example of how to put your house in order because he didn't have a heads up like

Hezekiah. Abraham showed us how to put our houses in order: he had it all pre-arranged (Gen 25)! So do you have life insurance or a living will? What do you need to do to put your house in order??

Blessings,
Lorrie Tice-Carr BSN, RN, FCN



RECIPE CORNER

OVEN FRIED CHICKEN LEGS

INGREDIENTS

- 6 chicken legs, skinned
- 1/2 cup skim milk
- 1/2 cup dry bread crumbs (whole-wheat if available)
 - 1/3 cup grated Parmesan cheese
 - Salt and pepper, to taste

INSTRUCTIONS

1. Heat oven to 375°.
2. Remove skin from chicken. Place in a shallow pan.
3. Pour milk over chicken. Refrigerate while you prepare the coating.
4. Mix breadcrumbs, cheese, salt, and pepper in a shallow bowl.

5. Roll the chicken in breadcrumb mixture, coating well.
6. Place chicken on a lightly greased baking sheet.
7. Bake at 375° for 45 minutes.

Prep Time: 20 minutes Cook Time: 45 minutes Calories per serving: 220



COMING SOON!!

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