

MOUNT PISGAH BAPTIST CHURCH



April Interest Articles

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April is Autism Awareness Month! For more information

Please go to:

www.autismspeaks.com

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.

AUTISM AWARENESS

April is Autism Awareness Month! Autism is a complex neurobiological disorder that typically lasts throughout a person's lifetime. It is part of a group of disorders known as Autism Spectrum Disorders (ASD). **Today, 1 in 150 individuals is diagnosed with autism, making it more common than pediatric cancer, diabetes, and AIDS combined.** It occurs in all racial, ethnic, and social groups and is four times more likely to strike boys than girls. Autism impairs a person's ability to communicate and relate to others. It is also associated with rigid routines and repetitive behaviors or following very specific routines. Symptoms can

range from very mild to quite severe. Autism spectrum disorders is characterized by varying degrees of impairment in social abilities, communication skills and repetitive behaviors. ASD can usually be diagnosed by age 3, although new research is pushing back the age of diagnosis to as early as 6 months. Parents are usually the first to notice unusual behaviors in their child or failure to reach appropriate developmental milestones. If you have concerns about your child's development, speak to your pediatrician about getting your child screened for autism. When autism is diagnosed, early intervention instruction should

begin. Research indicates, that early intervention in appropriate educational setting for at least two years during the preschool years can result in significant improvements for young children with autism spectrum disorders. Effective programs focus on developing communication and social/cognitive skills. More importantly: **Despite growing concerns, studies have shown that there is no link between receiving vaccines/immunizations and Autism.** Currently, there are no means to prevent autism and there is no cure. Yet, Autism is the fastest-growing developmental disability in the world.

LAUGHTER IS STRONG MEDICINE

April is National Humor Month! Sure, it's fun to share a good laugh. But did you know it can actually improve your health? It's true: laughter is strong medicine. It actually triggers healthy physical and emotional changes in the body. Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded. It also helps you release anger and forgive sooner. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for supporting both

physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use. In fact, the mere act of smiling can alter your mood almost immediately. Of course, there are always skeptics out there, but here are a few fun facts that you might want to mention to them: **Laughter Reduces Stress:** When stressed, we produce a hormone called cortisol. Laughter can significantly reduce cortisol levels. **Laughter Can Reduce Pain:** Laughter causes us to produce endorphins, which are natural, pain-killing hormones. **Laughter Strengthens the Immune System:** A hearty laugh decreases stress hormones and increases production of T-

cells, immune proteins and infection-fighting antibodies. **Laughter Helps the Heart:** When we laugh we increase blood flow and the function of blood vessels, which can help prevent cardiovascular problems. **Laughter Relaxes the Whole Body:** One good belly laugh can relieve physical tension and relax your muscles for up to 45 minutes. **Laughter Helps You Recharge:** By reducing stress levels and increasing your energy, laughter can help you focus more. Humor doesn't cost a thing. It's fat-free and you can have as much of it as you like. So in celebration of National Humor Month, let's get the giggles started. ©



PASTORS PEN

There are often times when our pastoral staff, elders, ministries, and members, go the extra mile for Mount Pisgah unnoticed, especially during this period of transition. Times like that certainly deserve a thank you note. **We should write a note from time to time just to say thank you for the work they do for the church on a daily basis.** Thank you notes don't have to be super long, but it should be something they can look back on that allows them see your appreciation. You can include something that was said in a recent sermon to let them know what lessons or words stuck with you. This means a lot! Slip a thank you card to the person you sit next to every Sunday or the person that is never acknowledged for the things they do and more importantly, the person that encourages you the most in your walk of faith. **Please help us flood Mount Pisgah with gratitude and just encourage one another. Send a Thank You Note!**

Prayerfully submitted,
Health and Wellness Ministry

Let the elders that rule well be counted worthy of double honour, especially they who labour in the word and doctrine - **1 Timothy 5:17**

**"A HEALTHY VIBRANT CHURCH
CONTINUING THE WORK OF
JESUS CHRIST"**



The Health and Wellness
Newsletter is now available
Online at: www.mtpisgahbc.org

**PLEASE FEEL FREE TO SUBMIT
YOUR FAVORITE RECIPES FOR
PUBLICATION IN OUR
MONTHLY NEWSLETTER**

STRESSING?

April is Stress Awareness Month! Stress is a part of life, and you can't always avoid it. Whether it's juggling work, family, or a multitude of commitments, you can easily become busy and stressed out. You cannot always control situations that cause stress, but you can control how you respond to it. You need to set time aside to unwind or your mental and physical health can suffer. Physical symptoms of stress include: headache, stiff neck or tight shoulders, sweating, and nausea, upset stomach or diarrhea. Emotional symptoms of stress include feeling cranky, frustrated, and

jumpy, tired, hard to focus, and agitated. **The first step of managing your stress is determining what is causing your stress and knowing your own coping strategies.** After you figure out what is causing your stress, try making some changes in your life that will help you avoid or cope with stressful situations. Listed below are some ideas to help: Manage your time: Time management helps you decide which things are urgent and which can wait. Finding a balance will make your life less stressful & more meaningful. Get enough sleep: Your body recovers from daily stresses while you

are sleeping. Take a break: You need to plan downtime to give your mind time off from stress. Find ways to slow down. Try prayer! Make time for hobbies and do something that makes you feel good. Talk about your problems to family, friends, or a therapist. Go easy on yourself: Accept that you can't control everything and remember to Laugh! Eliminate triggers: Figure out your stress factors and try to reduce the load. Try keeping a journal. Make notes when you become anxious and determine a pattern, then find ways to lessen triggers.

NURSES NOTES

VITAMIN CHRONICLES:

Throughout the year we will review the 13 essential vitamins and highlight a different vitamin each month. Here are some key points about vitamins: *There are 13 known vitamins. *Vitamins are either water-soluble or fat-soluble. *Fat-soluble vitamins are easier for the body to store than water-soluble. *Food is the best source of vitamins, but some people may be advised by a physician to use supplements. **The month of February will feature "Vitamin B3-Niacin".**

Vitamin B3: Chemical name: Niacin, Niacinamide. *It is water soluble. ***Deficiency**

may cause pellagra, with symptoms of diarrhea, dermatitis, and mental disturbance. ***Good sources** include: lean meats, liver, heart, kidney, chicken, beef, fish (tuna, salmon), milk, eggs, avocados, dates, peanuts, tomatoes, leafy vegetables, broccoli, carrots, sweet potatoes, asparagus, nuts, whole-grains, legumes, mushrooms, and brewer's yeast.

Niacin is one of the B vitamins that are often consumed as a complex vitamin. Vitamin B complexes generally include vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin/niacinamide), vitamin

B5 (pantothenic acid), vitamin B6 (pyridoxine), vitamin B12, and folic acid. **Benefits of Niacin include:** helps the body break down carbohydrates, fats and proteins into energy. It also has a role in gland and liver function. Niacin is known for lowering LDL (bad) cholesterol and triglycerides in the blood. It also raises HDL (good) cholesterol by more than 30 percent.

*Always seek medical advice prior to adding any vitamin supplement to your diet.

Blessings,
Lorrie Tice-Carr BSN, RN, FCN



RECIPE CORNER

DEVILED EGGS

INGREDIENTS:

*1 doz. eggs, (boiled, halved, remove yolks and set aside in mixing bowl)
*1/2 tsp. vinegar
*1/2 tsp onions finely chopped-optional (or substitute with onion powder to taste)
*1 tsp of pickle relish

*1 tsp mustard
*1/4 cup miracle whip
*salt and pepper to taste
*pinch of sugar

DIRECTIONS:

Mash egg yolks in mixing bowl with fork, add all other ingredients. Let sit for a few minutes to mingle flavors, taste and adjust sugar and vinegar

as necessary. Adjust other ingredients as needed. Fill halves with yoke mixture. Garnish with paprika, flaked parsley or olive slice. Chill before serving.

All recipes are submitted as a base. Please feel free to make it your own!

Recipe submitted by Sister CeCe