

MOUNT PISGAH BAPTIST CHURCH

December Interest Articles

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#DYK? December features World AIDS Day! Protect yourself- Have you been tested for HIV? Use this tool to find #HIV testing centers in your area:
<https://bit.ly/1s9haqv>

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.



PLAYING IT SAFE!

December is Safe Toys and Gifts Month! According to the U.S. Consumer Product Safety Commission, toymakers recalled over 19 million toys worldwide because of safety concerns such as lead paint and small magnets. When it comes to toys and gifts, the excitement and desire to get your children their favorite toys may cause shoppers to forget about safety factors associated with them. **This holiday season (and beyond), please consider the following guidelines for choosing safe toys for all ages:** *inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without

breaking, being crushed, or being pulled apart easily. ***When purchasing toys for children with special needs remember to:** Choose toys that may appeal to different senses such as sound, movement, and texture; consider interactive toys to allow the child to play with others; and think about the size of the toy and the position a child would need to be in to play with it. **Consult the "AblePlay" website at <http://www.ableplay.org/> for more information.** * Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental accuracy before allowing them to be played with. *Look for labels that assure you the toys have passed a safety inspection –

"ATSM" means the toy has met the American Society for Testing and Materials standards. *Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard) *Do **NOT** give toys with small parts (including magnets and "button" batteries which can cause serious injury or death if ingested) to young children as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three. *Do **NOT** give toys with ropes and cords or heating elements *Do **NOT** give crayons and markers unless they are labeled "nontoxic". For more information contact "CPSC" at (800) 638-2772.

DO SENIORS DRIVE SAFELY?

Senior Drivers Safety Awareness Month! The ultimate question is: Should Senior citizens still be driving? For the majority of older drivers, the answer is YES, and they are safe drivers. There is less alcohol related accidents, less driving with the use of distracting technology, reasonable and safe speed use, and they buckle up. Those who do studies also note that those over age 65 years do have changes in vision, strength and muscle coordination, medications that alter reactions, less capable to react to rapid changes on the road and cognitive ability changes that may occur. These things can happen well before that 'magical number' of 65 as well. Valuing the life of

self and of others is important to the consideration of knowing when to park the car for good. It is a decision that we all will face someday. But how to decide?? There is a national program, **CarFit**, was created by AAA, the American Occupational Therapy Association, and AARP and guides older drivers on how to adjust your vehicle to maximize safety. It takes about 20 minutes for a 12-point checklist evaluation and to evaluate if your car is working for your changing body. Take a **Seasoned Drivers Training Course** which AARP offers at least yearly in our area. You can be eligible for a 10%, 3-year discount on auto insurance. Medications and medical conditions can

compromise the ability to drive safely. Having a pharmacist check your medications is important. **RoadwiseRX.com** is an online source to enter medications and see if there is something that may affect the ability to drive. Let's be honest, most of know that if we, or someone we know, aren't driving as well as usual. It is better that the individual be open to an assessment instead of the law enforcement and/or physicians making the determination for a review for you mandatory by law. None of us want to be the cause of death for a young parent or a child. Everyone wants an older adult to be able to drive for as long as possible and as for as long as the driver is safe for everyone.



PASTOR'S PEN

Heavenly Father: We pray that as Mount Pisgah begins to prepare for a new Pastor, we are reminded to seek God above all things. Please teach us to draw closer to Jesus and trust him as the true head of the church (Jeremiah 29:13; James 4:8). Lord, we pray for a powerful move of congregational renewal as we prepare for our new shepherd. Father please use this to be a time of deep healing and cleansing in our church (Psalms 66:18; 139:23-24). We pray for a miraculous sense of love and unity among all members of the church. Help us surrender all bitterness, division and anger within our church family. Lord empower us to love one another with a patient, forbearing love (John 13:34; 17:21). **More importantly, our prayer is that we will patiently await God's timing and settle for nothing less than his perfect will and the pastor that God has chosen for us!** Jesus we ask for mercy in giving us a true man of God and a great leader (Hebrew 6:12). We pray that Mount Pisgah is prepared to make any necessary changes to embrace a new day of ministry. Lord, we understand that a new pastor will mean changes. Please help us to be prepared to change and grow with graciousness and unity (Ephesians 4:1-6). God bless us to receive our new pastor and his family, with a profound love and renewed commitment. Grant to us a powerful sense of revival and spiritual awakening as we move into the future. AMEN

Prayerfully submitted:
Faith Community Nurse
Health & Wellness Ministry



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

GOT SHOTS?

December is National Influenza Vaccination Month! Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu-related causes every year. An annual seasonal flu vaccine is the best way to help protect against flu. **The Center for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get a flu vaccine as the first and most important step you can take to protect against this serious disease.** It is especially important for some people to get their shot: Those at high risk for developing serious complications like pneumonia if they get sick with the flu include pregnant women; people 65 years and older; and those who have certain medical conditions including asthma, diabetes, chronic lung disease or those with weak immune systems. People who live with or care for others who are at high risk of developing serious complications, involve household contacts and caregivers of people with

certain medical conditions like those listed above. The CDC recommends that people get vaccinated against influenza as soon as the seasonal vaccine becomes available in their community. Remember that it takes about two weeks after the shot for antibodies to develop in your body and provide protection against the flu. Different flu vaccines are approved for use in different age groups. Also, some vaccines aren't recommended for certain groups. Factors to consider include a person's age, health (current and past) and any allergies to flu vaccine or its components. Consultation with your doctor is recommended.

NURSES NOTES

VITAMIN CHRONICLES:

Throughout the year we have reviewed 13 essential vitamins and highlighted a different vitamin each month. This is our final month/vitamin review. Don't forget: *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 vitamin supplements. **The month of December will feature our final vitamin: "Vitamin K"**

• **Vitamin K:** Chemical name: Phylloquinone. *It is a fat-soluble vitamin. *Vitamin K is known as the blood clotting vitamin. If you don't have

enough vitamin K, you may bleed too much. Newborns have very little vitamin K. They usually get a shot of vitamin K soon after they are born. Vitamin K helps your body by making proteins for healthy bones and tissues. *Good sources: Foods rich in Vitamin K include green leafy vegetables, such as spinach, kale, broccoli, and lettuce. Also vegetable oils and some fruits, such as blueberries and figs. Vitamin K is found in Meat, cheese, eggs, and soybeans.

*Deficiency of Vitamin K is rare in healthy people. Most people get plenty of Vitamin K- in their diet. However, supplements may be beneficial for those with

problems in fat digestion and absorption.

*Multivitamin supplements are available with or without vitamin K. If you take an anti-coagulant or blood thinners (warfarin/coumadin) avoid supplements that contain vitamin K. These persons also need to be careful about taking vitamin E supplements. Vitamin E can interfere with how vitamin K works in your body.

Always seek medical advice prior to adding vitamin supplements to your diet.

Blessings,
Lorrie Tice BSN, RN, FCN,



RECIPE CORNER

CHRISTMAS BLESSINGS MIX

INGREDIENTS:

2 cups Bugles brand corn snacks
2 cups small pretzels
1 cup cinnamon red hot candy
1 cup dried fruit bits or raisins
1 cup peanuts or sunflower seeds
1 cup M&Ms-brand chocolate candy
16 Hershey's-brand chocolate kisses

INSTRUCTIONS:

In a large bowl, gently mix all ingredients except Hershey's Kisses. Place 1/3- 1/2 cup of

Christmas Blessings Mix in small cellophane treat bags. Add one Hershey's Kiss to each bag. Add gift tags with the poem below:

CHRISTMAS BLESSINGS MIX

Bugles: Shaped as a trumpet proclaiming peace on earth, good will to men.

Pretzels: Symbol of a mothers loving arms. Mary wrapped her son and laid him in a manger.

Red and Green M&Ms: Red symbolizes the love of God who sent his son so we can have eternal life which is represented by the green of

the evergreens.

Candy Canes: The shepherds crook brings back sheep strayed from the fold and reminds us to reach out and help others.

Peanuts/Sunflower Seeds: The promise of joy that is planted in our hearts.

Hershey Kisses: The love of family and friends that sweetens our lives.

Wishing Everyone a Very Merry Christmas!!!

*Lorrie Tice-R.N.
Faith Community Nurse*