

MOUNT PISGAH BAPTIST CHURCH

February Interest Articles

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High blood pressure is a common cause of heart disease and stroke, so it's important to check your blood pressure.

<https://www.cdc.gov/bloodpressure/measure.htm>

#AmericanHeartMonth

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.



SENIOR INDEPENDENCE MONTH

February is National Senior Independence Month, a perfect time for seniors to plan ahead to maintain the independence they enjoy! Whether your living at home or as a member of a retirement community, this month we should evaluate living situations that could use adjustments to increase independence. Below are a few tips to help seniors live safely and independently:

It's Time to Declutter: If it is no longer necessary then it's time to get rid of it! Clear and well-lit walkways in the home help decrease the risk of trips and falls. You may need to move items to lower shelves and move furniture out of the way of the refrigerator, dresser, and cabinets. **Reduce fall risks:** Clear the floor of unnecessary

items that might cause you to trip. Remove rugs or make sure rugs are taped down so you don't lose your balance. According to the CDC, one out of every three adults age 65 and over falls each year. Falling is also the leading cause of accident related deaths for this age group. This makes falling one of the single highest threats to the independence of seniors. **Upgrade your home:** Have banisters on stairs and railings installed or checked for looseness. Light up dark hallways and closets to prevent falls. If your home has stairs you may consider installing a chair lift. Installing grab bars in the bathroom is also a great idea. **Utilize Technology:** Emergency pendants can be worn that will call 911 or family members in

case of an emergency. Medication dispensing systems can help you always remember to take your meds. Even something fun like Amazon Echo can read out loud your favorite books, and through voice commands shut off lights throughout your home. **Staying healthy and active:** Exercise daily to improve balance-strength, and keep you as mobile as possible. Eating whole balanced healthy meals is also important. Always maintain checkups with your doctors! **Stay sharp mentally:** Keep your brain engaged and stimulated. Get plenty of sleep! Eat foods rich in Vitamins B-12, B-6 and D-3. **National Senior Independence Month is a great time to help seniors make changes that maintain independence!**

AMERICAN HEART MONTH

February is National Heart Month! Heart disease is the No. 1 killer for all Americans. Heart disease doesn't happen just to older adults. It is happening to younger adults more frequently because the conditions that lead to heart disease are happening at younger ages. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Furthermore, half of all Americans have at least one of the top risk factors for heart disease. **High blood pressure, obesity, diabetes, smoking and high cholesterol are the most common conditions that increase the risk of heart disease and stroke.** As frightening as those statistics

are, the risks of getting those diseases are even higher for African-Americans. **The prevalence of high blood pressure (HBP) in African-Americans is the highest in the world.** HBP can cause permanent damage to the heart before you even notice any symptoms, that's why it is often referred to as the "silent killer." Not only is high blood pressure more severe in blacks, but it also develops earlier in life. Medical professionals suggest you check your blood pressure regularly. FYI: Mount Pisgah offers free Blood Pressure checks every 4th Sunday! **African-Americans are also disproportionately affected by obesity.** Among blacks age 20 and older, 63 percent

of men and 77 percent of women are overweight. We must focus on the quality of your diet throughout the day, not just during mealtime. Choosing wise snacks can be part of a healthy diet. African Americans are also predisposed to diabetes. **Diabetes is a significant contributing factor in developing heart disease.** Diabetes can be treated and controlled but you must recognize early signs. **Stop smoking!** Smoking damages the blood vessels and greatly increases the risk for heart disease and stroke. **Lastly, please check your cholesterol!** Having high blood cholesterol can lead to plaque build-up in the arteries, putting you at risk for heart disease and stroke.



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

CHILDRENS DENTAL HEALTH MONTH

February is National Children's Dental Health Month. Your child's teeth are very important for proper eating, speech development and growth into adulthood. Developing good oral health habits at an early age helps children get a good start on a lifetime of healthy teeth and gums. Baby teeth begin to appear at about six months of age and need to be cared for by an adult until children are about age seven years old. Your baby's first dental visit should take place within six months of their first tooth erupting or before their first birthday. When your child's first permanent molar erupts-around age six years, it's time

to have sealants placed on these teeth. Sealants will protect the chewing surfaces of these molars from developing cavities. Juice, diet soda and energy drinks are responsible for much of the decay experienced by children and teenagers. According to the American Dental Association, more than 50 percent of children will be affected by tooth decay before age five. Tooth decay remains the most common chronic disease among children in the U.S. and it can be prevented! So let's Brush up on oral health with these tips: **Keep Healthy Teeth with the 2-2-2 Rule**-visit your dentist TWO

times a year, and brush and floss TWO times a day for TWO whole minutes! -Maintain a regular routine; brush at the same time each day, e.g., before school and before bedtime. -Don't forget to floss daily! Kid-friendly tools like Oral-B Stages Kids Flossers work well. -Give your child healthy snacks (limit sweet/sticky foods). -Make brushing fun! Add music and let them pick out their flavored toothpaste. Additional tips for a healthy smile include: ***DO NOT PUT A BABY TO BED WITH A BOTTLE!** *If your kids chew gum make it sugarless *Replace your child's toothbrush every 3-4 months. Remember to rock your smile!

NURSES NOTES

Its American Heart Month! The year is young and it's a great time to give your heart some love and commit to staying heart-healthy all year long.

***Eating Right Starts at Home!**

To stay on track with heart-healthy eating, plan on cooking at home more. When you're bombarded daily with fast-food temptations, as most of us are, it can be hard to make cooking a habit. It's so easy to just drive through a fast food restaurant and grab dinner. But by preparing your own meals, you'll know exactly what's in your food and you can make healthy meal choices.

***Know Your Numbers!**

Pay attention and continue to monitor your numbers: It is wise

to check your cholesterol annually and know your average blood pressure, Total Cholesterol includes your LDL, HDL and all other lipoproteins. A desirable level is less than 200 mg/dL.

***Don't Brush Off Snoring!** One in five adults has at least mild sleep apnea, a condition that causes pauses in breathing during sleep. If not properly treated, sleep apnea can contribute to high blood pressure, heart disease and stroke.

***Know Your Family History!**

Having a relative with heart disease increases your risk, especially if the relative is a parent or sibling. Heredity combined with unhealthy lifestyle choices such as

smoking cigarettes or an unhealthy diet makes matters much worse.

***Tame Your Stress!** Long-term stress causes an increase in heart rate and blood pressure that may damage the artery walls. Try to find time each day to do something you enjoy. Do not isolate yourself or try to handle everything on your own. Reach out if necessary!

Matters of the Heart Are Very Serious!

Blessings,
Lorrie Tice BSN, RN, FCN,



RECIPE CORNER

KIDS KITCHEN

BANANA ROLLS

This is a simple recipe for you and your children to prepare together. Getting your children involved in food preparation will go a long way in encouraging them to develop healthy eating habits.

INGREDIENTS

- 1 banana
- 2 tablespoons peanut butter or nut butter alternative
- 1/4 cup cereal (i.e. cheerios, etc.)

INSTRUCTIONS

1. Peel and cut bananas into 2" pieces.
2. Spread one end of each piece with a small amount of peanut butter.
3. Dip the peanut butter end into cereal.
4. Serve immediately or chill until served.