

MOUNT PISGAH BAPTIST CHURCH

January Interest Articles

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Help prevent #CervicalCancer by getting regular screening tests. For more information: <http://1.usa.gov/uclfGR> #CervicalHealthMonth

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.



WELLNESS WHEEL

Every year in January we recommend a health and wellness check. Wellness is not merely the absence of disease! It is a multi-dimensional state of wellbeing. Assessment of your individual balance begins with a holistic perspective that is illustrated through a wellness model comprised of multiple dimensions called the "Wellness Wheel". The Wellness Wheel is a visual guide to better understand the dimensions or areas of an individual's life that make up their overall health. This approach exams how each dimension is interconnected and important to a well-rounded and balanced lifestyle. Evaluating needs in individual areas can help you prevent future health problems

and consequences by making healthier choices a habit, and part of your everyday life. The Wellness Wheel describes the integration of dimensions of wellness such as: Physical, Emotional, Spiritual, Financial, Social, and Intellectual. Some researchers have added Occupational/Environmental. **The idea behind the wheel is that each dimension should be balanced and able to roll like a wheel.** Let's exam some of these dimensions: **Physical:** Taking care of your body and adopting habits to achieve a healthy quality of life while avoiding destructive habits (smoking, drugs). **Emotional:** The capacity to understand others and cope with the challenge's life can bring. The ability to acknowledge and

share feelings in a positive manner. **Spiritual:** Practicing consistency between our values, beliefs, and our actions. Exploring the purpose of our own lives and finding comfort in a personal relationship with a higher power...God! **Financial:** The way we make money and manage money. Living within our means. **Social:** The ability to relate and connect with other people. Maintain positive relationships with family, friends and coworkers. **Intellectual:** Lifelong learning with the ability to open our minds to new ideas and experiences. **Occupational:** To have a career that's personally satisfying and meaningful and contributes to larger society. **Refer to the Health & Wellness bulletin board for illustrations**

PHYSICAL WELLNESS

Physical wellness is the ability to maintain a healthy quality of life that allows us to get through daily activities without undue fatigue or physical stress. Physical wellness is also concerned with developing personal responsibility for your own health care which empowers you to monitor and understand your bodies warning signs. Physical wellness encompasses a variety of healthy behaviors including eating well, exercising, avoiding harmful habits, getting enough sleep, recognizing the signs of disease, getting regular physical exams and taking steps to prevent injury. Taking care of your body can help you get healthy and stay well. A nutritious diet gives your

body the vitamins and minerals it needs. Regular exercise keeps your muscles, including your heart muscle, strong. Getting enough sleep keeps your brain and body working at top performance. Physical wellness keeps your immune system strong to reduce your risk for infection which cuts down on sick time. Everyone can improve their physical wellness through diet, exercise and regular visits to their healthcare providers. Your doctor can measure certain indicators of physical wellness, such as your blood pressure, blood sugar, and cholesterol level. Your physician may recommend preventive screening to detect cancer and other

illnesses early. Preventive screening includes colonoscopy and mammogram for colorectal cancer and breast cancer. Regular vaccinations can improve physical wellness by reducing your risk for the flu or other infectious diseases. Tips for optimal physical wellness include: Exercise daily, adequate rest, ability to recognize early signs of illness, eat a variety of healthy foods, control your meal portions, stop smoking and protect yourself against second-hand smoke, and use alcohol in moderation, if at all. When you are healthy, you are better able to take care of yourself and others. Good health also helps improve and balance other dimensions of your life.



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

YOU SEE?

Glaucoma is a condition that damages your eye's optic nerve. It gets worse over time. It's often linked to a buildup of pressure inside your eye. Glaucoma tends to run in families. You usually don't get it until later in life. The increased pressure in your eye, called intraocular pressure, can damage your optic nerve. If the damage worsens, glaucoma can cause permanent vision loss or even total blindness within a few years. If you lose vision, it can't be brought back. But lowering eye pressure can help you keep the sight you have. Most people with glaucoma who follow their treatment plan and have regular eye

exams are able to keep their vision. Glaucoma is a leading cause of blindness for people over 60 years old. But blindness from glaucoma can often be prevented with early treatment. Primary open-angle glaucoma is the most common type of glaucoma. This type of glaucoma is painless, happens gradually, and causes no vision changes at first. There are no warning signs or obvious symptoms in the early stages. As the disease progresses, blind spots develop in your peripheral (side) vision. Some people have a higher than normal risk of getting glaucoma. This includes people who: are over age 40,

have family members with glaucoma, are of African, Hispanic, or Asian heritage, have high eye pressure, are farsighted or nearsighted, have had an eye injury, use long-term steroid medications, have corneas that are thin in the center, have thinning of the optic nerve, have diabetes, migraines, high blood pressure, poor blood circulation or other health problems affecting the whole body. People with more than one of these risk factors have an even higher risk of glaucoma. Regular eye exams are important to find early signs of damage to their optic nerve. Talk with an ophthalmologist about your risk for getting glaucoma.

NURSES NOTES

January is the month to remind family and friends to SCHEDULE YOUR ANNUAL EXAMS!!!! We have all year to complete this task but you must start now. It's your responsibility to "get your house in order". Let's begin with your **physical house** and temple-your body! Start every year by scheduling annual exams that include: a physical exam, an eye exam, and a dental exam. Medical professionals suggest a full physical assessment, and blood work up with a complete set of labs. Make sure your labs include Vitamin D levels, and A1C testing which measures your average glucose level. It is also important for ladies to set your annual mammogram

appointment. Men need to complete prostate screening as recommended by your physician. 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 and electrical sockets been properly child proofed? Is there adequate lighting in areas that are commonly used after dark? Have you properly winterized your home by insulating outside water spickets and covering your exterior air conditioning unit? Remove necessary tripping hazards like rugs for our Senior Saints. Also, post emergency

contact information by the phone for our children and elderly (med-alert, names, numbers, address etc..). Your **spiritual house** also needs to be in order (2 King 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 start your year off right?

Blessings,
Lorrie Tice BSN, RN, FCN,



RECIPE CORNER

RECIPE FOR:

*When you want courage for your task-Read Joshua 1

*When you want rest and peace-Read Matthew 11:25-30

*When you get bitter or critical-Read 1st Corinthians 13

*When you worry-Read Matthew 6:19-34

*When you have the blues-Read Psalms 34

*When in sorrow-Read John 14

*When God seems far away-Read Psalms 139

*When your discouraged-Read Isaiah 40

*When men fail you-Read Psalms 27

*When you are lonely or fearful-Read Psalms 23

*When you feel down and out-Read Romans 8:39

This recipe is courtesy of the Holy Bible