

MOUNT PISGAH BAPTIST CHURCH

August Interest Articles

- [Immunizations](#)
- [Medical Alert ID](#)
- [Eye-See](#)
- [Pastor's Pen](#)
- [Nurses Note](#)
- [Recipe Corner](#)



DYK? Vaccines are for all of us – from babies to older adults. Learn more from @CDC_eHealth: <http://1.usa.gov/km5www>

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.



IMMUNIZATIONS

August is National Immunization Awareness Month! Immunizations (also called shots or vaccines) help prevent dangerous and sometimes deadly diseases. Immunization isn't just for kids. Adults need to get vaccinated too! Vaccines can literally save your life. Shots work best when children get them at certain ages. Doctors follow a schedule of shots that begins at birth. If your child has missed getting some shots, talk to the doctor about "catch-up" shots. Doctors also recommend that pre-teens ages 11 and 12 get important shots, too. Ask the doctor for a list of the shots your child has received.

Keep the list in a safe place because you will need it for school and other activities. Kids who don't get all their shots may not be allowed to attend certain schools. Just to be clear: **SHOTS DO NOT CAUSE AUTISM!** Some parents of children with autism notice the first signs of autism at the same age their children get certain shots. They may think these things are connected, but research shows there's no link between vaccines and autism. **Adults need to get shots just like kids do!** Make sure you are up to date on your shots. Get the Tdap shot to protect against tetanus ("TET-nes"), diphtheria ("diph-THEER-ee-ah") and whooping cough (pertussis). Everyone

needs to get the Tdap shot once, and pregnant women need a dose during every pregnancy. After you get a Tdap shot, you should get a Tdap shot every 10 years to keep you protected. Older adults need to get shots (vaccines) too. **If you are age 50 or older:** Get shots to prevent shingles. Shingles causes a rash and can lead to pain that lasts for months. **If you are age 65 or older:** Get shots to prevent pneumococcal ("noo-muh-KOK-uhl") disease which includes pneumonia ("noo-MOHN-yah"), meningitis, and blood infections. **It's also important for all adults to: Get a flu vaccine every year!!!**

MEDICAL ALERT ID

What is a Medical ID/Medical Alert system? **A medical ID is jewelry that could save your life!** A medical identification is a small emblem or tag worn on a bracelet, neck chain, or on the clothing bearing a message that the wearer has an important medical condition that might require immediate attention. It provides a quick recognition of critical health and personal information during an emergency situation. Medical ID bracelets are designed to provide First Responders with information about your specific allergic or medical condition, or medication you're taking in the event of an emergency at the point in time when they're about to administer emergency

treatment. It is recommended by medical personnel that everyone with a severe allergy or medical condition should wear a medical ID. There are four pieces of information that generally need to be engraved on a medical alert bracelet: Medical diagnosis or condition, drug and food allergies (if any), patient's name, and emergency contact. The following are good examples/reasons to wear a medical ID: Diabetic, Alzheimer's, Autism, Blood Disorders, Cancer, Dialysis, Epilepsy, Heart Disease, Asthma, and Insect allergies. **Medical Alert IDs only have value if you wear it!** If you're purchasing a medical ID bracelet for a child, you

should choose something appropriate and colorful. This ensures they will wear it voluntarily, and that the bracelet is noticeable. Medical alert bracelets come in various materials. If you're looking for something durable, you might consider a rubber medic alert bracelet, particularly if you enjoy playing sports. A good-quality stainless steel bracelet is also an ideal multipurpose option with noncorrosive properties. Whatever type of medical alert bracelet you choose, make sure you find one that holds your vital medical information while being comfortable and stylish. With the wide variety of choices available, there is something for everyone.



PASTOR'S 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 requests 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 PURPOSE"

Prayerfully submitted,
The Health and Wellness Ministry

"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

EYE-SEE!

August is Eye Exam Awareness month! It's important for all children to have their vision checked at least once between ages 3 and 5. Even if children don't show signs of eye problems, they still need their vision checked. Finding and treating eye problems early on can save a child's sight. Eye exams are part of regular pediatric checkups. The doctor will check your child's eyes during each checkup, beginning with your child's first well-baby visit. If there are any problems, the doctor may send your child to an eye

doctor. Everyone should have their eyes tested and examined regularly to help find problems early, when it's easier to treat. **It is recommended to get an eye exam 1 to 2 years if you: *Are over age 60... *Are African American and over age 40... *Have a family history of Glaucoma. People with diabetes may need eye exams more often.** Common vision problems include: Nearsightedness; a condition that makes far away objects look blurry. Farsightedness; makes nearby objects look blurry. Astigmatism; makes things look blurry at all distances. Getting older

increases your risk of certain eye diseases. You may be at higher risk if you have diabetes or high blood pressure. Eye diseases like glaucoma can lead to vision loss and blindness if they aren't caught and treated early. Several factors may determine how frequently you need an eye exam, including your age, health and risk of developing eye problems. The most important thing is to schedule an eye exam! **When you go for your exam, be sure to: *Ask the doctor for a dilated eye exam. *Tell the doctor if anyone in your family has eye problems or diabetes. DON'T FORGET YOUR EYES!!!**

NURSES NOTES

HOW CAN I HELP?? It is so important that we are addressing congregational concerns regarding health and wellness issues. We are here to enhance and support ministries providing health and wellness information, education and activities. We declare Pisgah to be "A Healthy Vibrant Church Continuing the Work of Jesus Christ". **So please let us know how we can help your ministry or you individually??** We initially conducted a survey to determine areas of interest regarding Health and Wellness concerns. Based upon the survey results, we have addressed these topics in multiple ways: First, the Monthly Newsletters are the

most comprehensive coverage of multiple health and wellness issues. Each month features different subject matter. In addition, the "Health and Wellness Bulletin Board" also provides vital information and education. Each topic is accompanied with handouts and flyers available for your review. Also, we have sponsored individual activities through several different Ministries (*Exercise Classes - *Walk to Jerusalem - *The Men's Health Fair - *The "Vial of Life" senior sign up- *Nursing Home Checks, and ongoing involvement in *Blood Pressures Checks every 4th Sunday). Some of you have participated and taken advantage of the information presented. But we want to do better as we press forward

with purpose!! There is still more education and activities available through the Health and Wellness Ministry. But we need your help! Please tell us how we can meet your Health and Wellness needs. We are open to ideas, topics, suggestions and discussion. **Jump in where you see God working and join the Health and Wellness Ministry!** We are excited about what God is doing with us and through us! Please contact our Health and Wellness Ministry with your response today.

Blessings,
Lorrie Tice-Carr BSN, RN, FCN



RECIPE CORNER

ON-THE-GO EGG CUPS

INGREDIENTS: *1-cooking spray *6 large-egg *1/4 cup-milk *1/8 teaspoon-salt *1/8 teaspoon-ground black pepper *1 medium-bell pepper, red *3/4 cup-spinach *1/4 cup cheddar cheese, shredded

INSTRUCTIONS 1. Spray a muffin tin with cooking

spray. Preheat oven to 375°F.
2. Whisk the eggs and milk together in a bowl. Season with salt and pepper.
3. Dice the bell pepper into small pieces. Stack the spinach leaves, roll, and slice thin.
4. Add the peppers, spinach, and shredded cheddar to the egg mixture.
5. Fill muffin cups 3/4 full and bake for 20-25 minutes until centers are set and no longer

runny.
6. Allow to cool slightly before serving.

Make these grab-and-go breakfasts ahead of time! Store extras in an air tight container in the refrigerator for 1 week or freezer for 1 month. Microwave thawed cups for 45-60 seconds.

Add/substitute veggies and cheese (mushrooms, onion, provolone cheese) to make the cups you like best! Have fun