

MOUNT PISGAH BAPTIST CHURCH



December Interest Articles

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Protect yourself and the people around you – get a seasonal flu vaccine every year:

<http://1.usa.gov/W8iCgm>

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.

GET YOUR SHOT!!

December is National Influenza Vaccination Month which was established to stress the importance of continuing influenza vaccination as well as fostering greater use of the flu vaccine after the holiday season into January and beyond. 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: People at high risk for developing serious complications like pneumonia if they get sick with the flu like pregnant women; people 65 years and older; and those who have certain medical conditions including asthma, diabetes or chronic lung disease. People who live with or care for others who are at high risk of developing serious complications like 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 are not 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.

PLAYING WITH DANGER

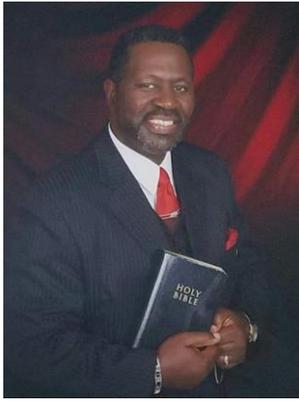
December is Safe Toys and Gifts Month! According to the U.S. Consumer Product Safety Commission, hospital emergency rooms treated an estimated 251,700 toy-related injuries throughout the United States. Additionally, toymakers recalled over 19 million toys worldwide because of safety concerns such as 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** try 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

appropriateness 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".



PASTOR'S PEN



In Memory of Our Beloved Pastor
Frank L. McSwain Sr.
Aug 13, 1954-Nov 29, 2018

Please remain prayerful for the McSwain family, our church family, and community.



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

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

This Recipe is courtesy of "Brother Do Right"

WATCH YOUR HANDS

December is also National Handwashing Awareness Month! Human beings have known since 1847 that washing our hands can help to prevent disease. There are two simple things to keep in mind to help reduce the risk of soiled hands making you sick: Wash them properly and remember the 4 principles of Hand Awareness. **Anyone can wash their hands properly:** (1) Wet them with warm water and apply soap (2) Rub your hands together to make lather and scrub the backs of your hands, between your fingers, and under your nails (3) Scrub for 20 seconds or as long as it takes to sing

"Happy Birthday" twice (4) Rinse your hands well under running water (5) Dry them with a clean towel or air dry them. Remember, the T-Zone area of your face (eyes, nose, and mouth) is the only portal of entry into the human body for ALL respiratory infections like the flu. There are 4 Principles of Hand Awareness: (1) Wash your hands when they are dirty (like every time you enter your home) and BEFORE eating (2) Do NOT cough into your bare hands, do so into a Kleenex or your elbow (3) Do NOT sneeze into your bare hands, do so into a Kleenex or your elbow (4) Above all, DO NOT put your

fingers into your eyes, nose or mouth. You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. **Remember these key facts about alcohol-based hand sanitizers:** *Sanitizers can only reduce the number of germs on hands *Sanitizers do NOT get rid of all types of germs. *Hand sanitizers might not remove harmful chemicals, pesticides and heavy metals. *Be cautious when using hand sanitizers around children. Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple mouthfuls is swallowed.

NURSES NOTES

Elder Driving Safety Awareness..."Should they 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 as well. 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. A third-party assessment of skills for driving is available. 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.

RECIPE CORNER

AVOCADO DIP

INGREDIENTS:

~2 avocados (black) chopped
~2 ripe tomatoes, chopped
~3 T. onion, chopped
~ three green onions chopped (with the greens)
~1 can of black beans, drained
~1 can fiesta corn,

drained ~3 T. oil
~3T white vinegar
~1 pkg. zesty Italian dressing

INSTRUCTIONS:

1. Mix the first six ingredients in a bowl. 2. Whisk up the oil, vinegar, and dressing package together and pour over the mixture. 3. Chill and serve with white corn chips

As we complete the first year of the Health & Wellness Newsletter, **I would like to know how to make it better!** Please see your Faith Community Nurse, Lorrie Tice-Carr, to forward suggestions

On behalf of the Health and Wellness Ministry we would like to wish everyone a blessed, safe, & Merry Christmas!!!!