

MOUNT PISGAH BAPTIST CHURCH

January Interest Articles

- [How Are you Rolling?](#)
- [Emotional Wellness](#)
- [Start Off Right](#)
- [Pastor's Pen](#)
- [Nurses Notes: Vitamin Chronicles](#)
- [Recipe Corner](#)



#DYK? About half of all falls happen in our homes. Use this checklist to make your house safer:

<https://bit.ly/2EDugZO>

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.



HOW ARE YOU ROLLING?

To truly experience health from a holistic perspective, you must incorporate multiple dimensions of wellness into your life. Wellness is not merely the absence of disease! This holistic perspective 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. Each dimension is interconnected and important to a well-rounded and balanced lifestyle. Assessing 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 challenges 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**

EMOTIONAL WELLNESS

Emotional Wellness is an important dimension of the "Wellness Wheel". An assessment checklist is available at the Health and wellness bulletin board. This visual tool can help evaluate dimensions including emotional wellness. Remember your wheel runs most smoothly when well balanced. **Emotional Wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.* The winter months can be tough. From holiday cheer hangovers to the winter blues, there are many reasons people may feel a little down this time of year.

Emotional Wellness relates to an awareness, understanding and acceptance of our feelings, and our ability to

manage effectively through challenges and change. It is an intentional, daily practice of being mindful of how our circumstances, lifestyle, and beliefs may be impacting our emotions. Emotional Wellness means having the ability to bounce back when emotions take a negative turn and effectively cope with stress. **It also includes the ability to learn and grow from our experiences.** In reality, neglecting our emotional wellness can take a toll on our physical well-being, too. Stress and struggle are inevitable for us all but the question is how we deal with it. Here are some ways to maintain your emotional dimension of wellness. **Manage Stress:** Find an outlet to manage your

stress. For some, a workout helps alleviate daily tension. For others, a massage or yoga reduces stress. **Seek Balance:** Be practical about what you can feasibly accomplish. Set realistic goals and priorities and don't forget to reserve time for your own needs! **Accept Mistakes:** It is important to acknowledge when you have done wrong, accept it, and then move on. If your mistake involves others, be sure to talk with them as soon as possible. **Remember this too shall pass:** The only consistent thing in life is change! So, try not to dwell on the bad. Resilience is the key! **Accept support:** Often times getting things off our chest makes us feel better. Talk to someone about how you feel! You don't need to go through tough times alone.



PASTOR'S PEN

Reverend Brian Peacher encouraged us to address "Emotional Wellness" as a congregation. This Newsletter is dedicated to providing that Information. Additional tools to assess this topic are located at the Health and Wellness bulletin board. We are reminded that emotional wellness is living well despite problems and through all the many ups and downs of life. It is experiencing the gamut of human emotions and knowing that you are not defined by them. So despite our emotions, grief, loss, or major changes in our lives, emotional wellness means choosing how you will respond to the things that happen to you and the thoughts you may have about them. Emotional Wellness is the foundation upon which we build a quality life.

I am sincerely prayerful that we continue to address this topic as a congregation and that we are all blessed in the process.

Please continue to be 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

START OFF RIGHT

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 Kings 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?

NURSES NOTES

Beginning this New Year, we will launch our "Vitamin Chronicles" as promised. We will review the 13 essential vitamins and highlight a different vitamin each month. Here are some key points about vitamins: *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 supplements. **The month of January will feature "Vitamin A".**

Vitamin A: Chemical names: Retinol, retinal, and four carotenoids, including beta carotene. *It is fat soluble. *Deficiency may cause night-

blindness and keratomalacia, an eye disorder that results in a dry cornea. *Good sources include: Liver, cod liver oil, carrots, broccoli, sweet potato, butter, kale, spinach, pumpkin, collard greens, some cheeses, egg, apricot, cantaloupe melon, and milk. **Vitamin A:** is the blanket term for retinoids, compounds that occur naturally in both plant and animal tissues. Vitamin A plays a vital role in bone growth, reproduction and immune system health. It also helps the skin and mucous membranes repel bacteria and viruses more effectively. It is essential to healthy vision, and may slow declining retinal function in people with retinitis pigmentosa. The richest animal source of retinols is beef liver. The best natural

sources of carotenoids are fruits and vegetables, including carrots, spinach, kale, butternut squash, cantaloupe, mangoes, pumpkins and sweet potatoes. Recommended dose is according to age and sex. Excessive, chronic intake of some forms of Vitamin A can be toxic. Avoid taking supplemental vitamin A as retinol or retinoic acid, and instead use plant-derived vitamin A precursors such as beta-carotene (in addition to other mixed carotenoids). Also avoid concentrated animal sources such as cod liver oil. Warning symptoms of overdose include hair loss, confusion, liver damage and bone loss.

***Always seek medical advice prior to adding any vitamin supplement to your diet.**

RECIPE CORNER

RECIPE FOR:

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

*When you are discouraged-Read Isaiah 40

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

*When you have the blues-Read Psalms 34

*When man fails you-Read Psalms 27

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

*When in sorrow-Read John 14

*When you are lonely or fearful-Read Psalms 23

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

*When God seems far away-Read Psalms 139

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

This recipe is courtesy of the Holy Bible