



CENTRA

Congregational Health

CONGREGATIONAL HEALTH HAPPENINGS

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<http://clergy.centrahealth.com/WebPages/conghlth.aspx>

<u>Agudath Sholom Synagogue</u>	<u>Grace Church</u>	<u>Resurrection Catholic Church</u>
<u>Ascension Episcopal, Amherst</u>	<u>Grace Memorial Episcopal</u>	<u>Rivermont Avenue Baptist</u>
<u>Bedford Baptist</u>	<u>Halesford Baptist</u>	<u>Rivermont Evangelical Presbyterian</u>
<u>Bedford Presbyterian</u>	<u>Holcomb Rock Baptist</u>	<u>Roanoke Presbyterian</u>
<u>Bethlehem United Methodist, Roseland</u>	<u>Holy Cross Catholic</u>	<u>Rough Creek Presbyterian</u>
<u>Brookneal Presbyterian</u>	<u>Holy Trinity Lutheran Church</u>	<u>Rustburg Presbyterian</u>
<u>Centenary United Methodist</u>	<u>Jackson Street United Methodist Church</u>	<u>Sandusky Baptist</u>
<u>Chestnut Hill Baptist</u>	<u>Keystone Baptist</u>	<u>St. James Baptist</u>
<u>Clifford Baptist</u>	<u>Marsh Memorial United Methodist Church</u>	<u>St. John's Episcopal, Bedford</u>
<u>Crossroads Baptist Church</u>	<u>Mt. Carmel Baptist</u>	<u>St. John's Episcopal, Lynchburg</u>
<u>Euclid Christian Church</u>	<u>New Birth ICM</u>	<u>St. Mark's Episcopal</u>
<u>First Assembly of God, Lynchburg</u>	<u>New Jerusalem Baptist</u>	<u>St. Stephen's Episcopal</u>
<u>First Baptist, Altavista</u>	<u>New Prospect Baptist, Hurt</u>	<u>St. Thomas More Catholic</u>
<u>First Christian Church</u>	<u>Oak View Presbyterian</u>	<u>The Jesus Center, Appomattox</u>
<u>First Presbyterian, Lynchburg</u>	<u>Our Savior Lutheran</u>	<u>Timberlake United Methodist</u>
<u>Forest Presbyterian</u>	<u>Peakland Baptist</u>	<u>Trinity Ecumenical Parish</u>
<u>Forest Road United Methodist</u>	<u>Phenix Presbyterian</u>	<u>West Lynchburg Baptist</u>
<u>Fort Hill United Methodist</u>	<u>Quaker Memorial Presbyterian</u>	<u>Westminster Presbyterian</u>

Coordinator's Corner

Marching Forward

Snow is falling- again. This will be one winter none will soon forget. When Spring finally arrives, I expect we may all be silly with relief. There are many lessons we can learn from this winter. We were forced to stop, or at least alter, our routines. We

may have felt confined or isolated or even fearful of nature's control over our lives. It may have provided an opportunity to be still, to think about what is truly important, and to evaluate our priorities. As we wait for the days to lengthen and warm, let us take the lessons of this winter and carry them with us into the rest of the seasons of our lives. Remember the words



in Ecclesiastes, "There is a time for everything, and a season for every activity under heaven."



Welcome to New Partners

Two more faith communities have joined the Congregational Health partnership. Joan Alford, LPN, will lead the health ministry team for **Clement Memorial Wesleyan** in Altavista where her husband, Matthew Alford is the pastor. **Harvest Ministries** is the first faith community in Roanoke to join the partnership. Dee Pennington, RN, serves as the Parish Nurse there, while Rev. J. Milton Atkins serves as Senior Pastor and Rev. Veronica Venable is the Administrative Pastor. The word continues to spread about the value of health ministry in the life and work of congregations throughout the area. Welcome, friends!



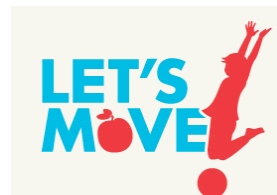
Let's Move, Congregational Health!

You may have seen the new initiative spearheaded by Michelle Obama, "Let's Move!" Targeted at childhood obesity, this campaign seeks to promote physical activity, help families make healthy choices, encourage schools to provide healthier meals, and develop ways to make healthy food available and affordable for all. (Excerpted from: <http://www.letsmove.gov/index.html>)

This is an opportunity and challenge for us all! What can your faith community do to make a difference? Do you have an exercise program in place? Is it multi-generational? Have you addressed the idea that fellowship gatherings can be a place for nutritious, as well as delicious food? Do you know how to make healthy substitutions at home and when eating out?

Share your successes and your struggles. We learn from each other. It might be fun to pair with another congregation in a "friendly" competition. Michelle Obama said, "We can do this." Let's prove her right!

In addition to the above information, a WSET headline of March 3 reads: A Gallop Poll released this week says the greater Lynchburg area is one of the most obese areas in the country. The Hill City has tied for 7th fattest in a survey of 187 cities. While the validity of this study may be in question, our compilation of over 4000 Congregational Health surveys shows that 59% of us overweight and 22% are obese. This is a call to action for our community!



Need to Know: March is Colon Cancer Awareness month

(from Barbara Williams, MSN FNP with Gastroenterology Associates of Central Virginia [and Parish Nurse for First Assembly of God])

In the United States colorectal cancer is the second leading cause of cancer death among both men and women. Every year more than 150,000 people are diagnosed with colorectal cancer and almost 57,000 will die. However these grim statistics can be changed. If detected early, colorectal cancer is one of the most treatable cancers. With appropriate screening, colorectal cancer is largely preventable.

The gold standard procedure for the detection of colorectal cancer is colonoscopy, procedure that examines the colon for the detection of tissue growths called polyps. Most colorectal cancers develop from polyps. The removal of polyps during a colonoscopy can prevent the development of colon cancer.

Colonoscopies are typically performed in our AAAHC accredited State-of-the-Art Endoscopy Center, located at 121 Nationwide Drive on the lower level. Each patient must have a driver present at the endoscopy center from arrival to discharge, which is generally about sixty to ninety minutes. Analgesic called conscious sedation is administered to promote patient comfort and relaxation. The procedure typically takes about 15-20 minutes. The patient is observed for about thirty minutes afterwards and then discharged home. Due to the sedation given, the patient will not be able to drive home. In some instances, due to past or current medical problems, a patient will be scheduled for his or her procedure at the hospital.

The American Cancer Society and the American Gastroenterology Society recommend that in those individuals without a family history of colon cancer or polyps, routine screening should begin at age 50. In individuals with a family history,

the recommended screening should begin 10 years before the cancer was diagnosed.

As stated above the colonoscopy which examines the entire colon is the best procedure to detect and remove polyps and therefore to prevent colon cancer.

Eighty to 90 million Americans (25% of the US population) are considered at risk for colon cancer because of age or other factors.

RISK FACTORS:

Women and men 50 years of age or older

Those with personal or family history of colon cancer or colon polyps

Personal history of inflammatory bowel disease

Please visit our website at www.gastrocentralva.com or call our office 434-384-1862

Please contact your family physician to refer you for a colonoscopy (if insurance requires a referral) if you have any of the above risk factors.

PREVENTABLE, TREATABLE, CURABLE



News You can Use

Shared by Diana Marshall of Health Ministries of Northeast Pennsylvania, this is a powerful clip on youtube about wearing seatbelts. Share this link:

<http://www.youtube.com/watch?v=h-8PBx7isoM>

Educational opportunities

What: Lynchburg Area Health Ministries Association

When: Tuesday, March 9

Time: 12 noon- 1:00 p.m.

Place: Adult Care Center, Court St. United Methodist Church

Speaker: Carol Jamerson, RN, BSN, Infection Control Practitioner

Topic: It's the little things that get you: Infection Control for Parish Nurses

(Bring your lunch, drink and dessert provided.)



What: Brown Bag Lunch 'n Learn

When: Wednesday, March 24

Time: 9:00 a.m. - 1:00 p.m.

Where: Centra Hospice Office, 2097 Langhorne Rd., Lynchburg

Speaker: Chaplains Julie Flores and Miriam Dakin

Topic: Caring for persons at the end of life

Register: daryl.miller@centrahealth.com

(Bring your lunch, drink and dessert provided.)



What: LEARN Class for Diabetics

Are you having trouble with: Controlling your blood sugar levels, Emotional Eating, Reading food labels, Counting Carbs, Starting an exercise program?

The LEARN program for weight management has a new class starting Friday March 5, 8:30am specially formatted for Diabetic populations.

The first class is a free, no obligation information session so call now to reserve your spot. Class is located at the Healthy Living Center at the

Jamerson YMCA. 239-9355(WELL)



What: LEARN Classes

There are multiple classes being offered through the Stroobants Heart Center at the Healthy Living Center at the Jamerson YMCA. 239-9355(WELL). This twelve week course can help you learn how to have a lifetime of good health through proper nutrition, exercise and behavior changes. Come and LEARN the benefits and tools necessary for a healthier you.



What: 14th Annual State Health Ministries Retreat

When: April 18-20

Where: Skelton 4-H Center, Smith Mountain Lake

Cost: \$150

For brochure and registration: go to our website <http://clergy.centrahealth.com/WebPages/conghlth.aspx> or contact Ruth Syre at 434-200-4041.



Fun and activities from Lynchburg Parks and Recreation

This is just a sample of activities. For registration and fee information call the Fifty-Plus Program Office: 434-455-4000 or visit: www.lynchburgva.gov/parksandrec

What: Free Tax Assistance provided by AARP Volunteers
When: Monday, Wednesday & Saturday, thru April 14 (*closed 3/20*)
Time: 9:00 a.m. - 1:00 p.m.
Where: Templeton Senior Center, 225 Wiggington Road

What: Line Dance - Beginners
When: Thursday, March 11 - April 15
Time: 7:15 p.m. - 8:00 p.m.
Where: Templeton Senior Center, 225 Wiggington Road

What: Microsoft Word - Basic Class
When: Tuesday, March 9-30
Time: 5:30 p.m. - 7:30 p.m.

Where: Gates Lab - Lynchburg Public Library



Opportunities for Service

CVAAA Medicare Assistance

People with Medicare need you to answer their questions. Volunteer now for Spring Training, Summer in Service, Fall Tuning, and Annual Fulfillment in November. Call Senior Services CVAAA today at 434-385-9070 or Virginia Department for the Aging at 1-800-552-3402.



Lynchburg Literacy Council

This organization helps those who need basic literacy skills for employment or English as Second Language skills for our growing diverse population. They are seeking volunteers and have asked that this information and flier be shared among the faith communities. If you would like a larger version to print, contact Ruth Syre.



GIVE THE GIFT OF READING!

The Lynchburg Literacy Council, Inc. is an independent, non-profit organization that pairs volunteer tutors with adults who need instruction in basic literacy or English as a second language.

THE LYNCHBURG LITERACY COUNCIL, INC. is a wonderful way to give to your community and to individuals who struggle with illiteracy.

Please consider volunteering your time or sending a donation to the council at 926 Commerce Street (24504)
CALL 528-9329

Student referrals welcomed!



Help Wanted! Blood Pressure Checks

There are two upcoming opportunities where Parish Nurses are being asked to help the community by checking blood pressures and giving health counseling:

Saturday, April 24, Davis Turner Funeral home from 10 a.m.- 2:00 p.m. for a community health fair.

Wednesday, May 12, Timberlake United Methodist Church from 8:30 a.m. - 2:30 p.m. for Senior Services Day.

Any help is appreciated. Contact Ruth Syre if willing and able.



From my father's files

After my dad's death in December, my mom began going through his files. A retired pastor, he kept meticulous files throughout his career of different ideas for sermons and sermon illustrations. Among his files are many gems of wisdom that reflect the struggles, challenges and opportunities we share. Filed under "Worship": Worry is like a rocking chair. It will give you something to do but it won't get you anywhere!

May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.
~Irish Blessing



For more information about
Congregational Health,

Contact:

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Coordinator

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