



CENTRA

Congregational Health

CONGREGATIONAL HEALTH HAPPENINGS

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

<u>Aquidath Sholom Synagogue</u>	<u>Grace Church</u>	<u>Rivermont Avenue Baptist</u>
<u>Ascension Episcopal, Amherst</u>	<u>Grace Memorial Episcopal</u>	<u>Rivermont Evangelical Presbyterian</u>
<u>Bedford Baptist</u>	<u>Halesford Baptist</u>	<u>Roanoke Presbyterian</u>
<u>Bedford Presbyterian</u>	<u>Holcomb Rock Baptist</u>	<u>Rough Creek Presbyterian</u>
<u>Bethlehem United Methodist, Roseland</u>	<u>Holy Cross Catholic</u>	<u>Rustburg Presbyterian</u>
<u>Brookneal Presbyterian</u>	<u>Jackson Street United Methodist Church</u>	<u>Sandusky Baptist</u>
<u>Centenary United Methodist</u>	<u>Keystone Baptist</u>	<u>St. James Baptist</u>
<u>Chestnut Hill Baptist</u>	<u>Marsh Memorial United Methodist Church</u>	<u>St. John's Episcopal, Bedford</u>
<u>Clifford Baptist</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>
	<u>Resurrection Catholic Church</u>	

Coordinator's Corner

Growing Things

This time of year it is almost impossible to ignore the beauty of the world around us. The grass is green, flowers are blooming, the earth seems to just enjoy each day. This same sense of growing is visible in many areas of Congregational Health. One

faith community is advertising a "Health Planning" seminar. Another is inviting the congregation to come hear the results of their health survey. Still another is caring for each other with an ongoing cancer support group. I am thankful to our Creator for all the evidences of growth

around us. I hope you are finding ways to grow, too, and are thankful.



Notes from the partners

Trinity Ecumenical and Resurrection Catholic churches in Moneta continue to walk off miles and pounds. Collectively Trinity has walked 8312 miles and lost 80 pounds. Resurrection has walked 5924 miles and lost 65.5 pounds. Tami Akin, Parish Nurse, supports the effort with wonderful pictures and information about sites one might see on this virtual journey. If you would like a copy of her motivational information, contact Ruth Syre.

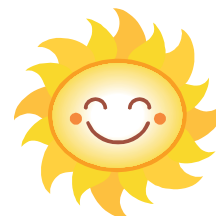


News You Can Use

Sun protection: Summer is here! Be careful! Here is a newly recommended device: **UV SunSense wristband:** The wristband, used in conjunction with a reliable sunscreen, lets the wearer know when that sunscreen is no longer doing its job. The wristband stands up to water - fresh, salt or chlorinated - and helps the wearer gauge how much UV radiation he or she has soaked up. The technology behind the wristband is similar to that used in the monitoring devices that nuclear plant workers wear to measure levels of radiation exposure. Fresh from the

package, the wristbands are orange. When you apply your sunscreen (SPF 15 or higher), you also apply some to the band and it changes to blue/purple. When the blue/purple disappears and it turns brown, it's time for another application of sunscreen. And should it turn a yellow/orange/salmon, it's time to get out of the sun.

http://www.uvsunsense.com/uvsunsense_product_info.html



Email helps: From *Health Day* May 20. Some individuals are very connected to emails and other electronic communication technology. For those folks, a new study has confirmed the benefits of email encouragement. It may boost physical activity and can significantly improve health habits. Participants in a worksite e-mail program walked more, ate more fruits and vegetables and consumed less saturated fats and trans fats than workers who didn't receive the e-mails, according to a report in the June issue of the *American Journal of Preventive Medicine*. People whose dietary habits and physical activity levels were below recommended levels at the start of the study realized the greatest improvements, the researchers reported.

"What this study really tells us is that this particular program is effective," said the lead investigator, Barbara Sternfeld, a senior research scientist with the Kaiser Permanente research division in Oakland,

Calif. "It gets the behavior change that we're looking for."

What's more, the program appeared to have a lasting effect. "Our data show, at least four months later, the behaviors were still sticking," Sternfeld noted.



Symptoms of Skin Cancer: (from the Mayo Clinic) Skin cancer first appears as a growth or abnormal accumulation of cells. It sometimes takes the form of a sore or pimple that does not heal. The sore may bleed or ooze fluid, crust or scab over, and then ooze or bleed again. Cancer can occur on almost any area of the skin, but is most common on areas often exposed to the sun. Skin cancer usually is painless. Pay attention to these symptoms:

1. A new growth on the skin.
2. A change in an existing skin growth.
3. A sore that does not heal.

Recession and obesity: According to a June 1 article in Newsweek, the obesity rate in America jumped 1.7% last year alone, which means more than 5.5 million people! The Gallup poll indicates that the stress of recession coupled with the higher cost of healthy fresh foods may be significant contributors. What are you doing for yourself and your faith community to combat this trend?



Web sites of interest:

The U.S. Department of Health and Human Services established the Office on Women's Health in 1991. There is a wealth of information at these two sites: womenshealth.gov and girlshealth.gov.

There is a new web site being developed by the University of Maryland specifically for Faith Community Nurses. Check it out: <http://www.hshsl.umaryland.edu/faith/>



Educational and Service Opportunities

What: Cancer Support Group: caregivers, relatives and friends of cancer patients

When: Thursday, June 4

Where: Clifford Baptist Church, 635 Fletchers Level Rd., Amherst

Time: 7:00 p.m. - 9:00 p.m.

Topic: Cancer and depression

For more information: Call Liz Alcock at 434-946-5680

What: Lynchburg Area Health Ministries Association (LAHMA)

When: Thursday, June 11

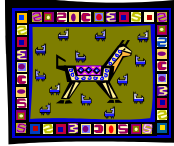
Time: 12 noon - 1:00 p.m.

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

Speaker: Sandy Walton, Executive Director RTL

Topic: Rebuilding Together

Bring your lunch, drinks and dessert provided



What: Faith Community/Parish Nurse Education Program

When: Fall of 2009

Where: Alan B. Pearson Cancer Center

For more information and application: Contact Ruth Syre. Application forms available at:

<http://clergy.centrahealth.com/default.aspx>



What: 23rd Annual Westberg Parish Nurse Symposium

When: September 25-27

Where: Hyatt Regency Saint Louis Riverfront, Saint Louis, Missouri

Presented by: International Parish Nurse Resource Center

For more information:

<http://www.parnurses.org/>



What: Alzheimer's Support Group leaders needed

From Cindy Bondurant, Program Outreach Director: "We have lost several of our support group facilitators recently and would like to pass on the information to anyone who may be interested in volunteering or who may know someone would be interested in helping with this important service we offer. The location of the groups can be changed or we can use the existing locations if needed (Medical Care Center, The Summit)." If interested, contact Cindy at cindy.bondurant@alz.org, or 434-845-8540.

Mark your calendar and help needed:

The annual state retreat for Faith Community/Parish Nurses and other health ministers will be held next April 18-20, 2010 at the W.E. Skelton 4-H Educational Conference Center at Smith Mountain Lake. It will be hosted by LAHMA with assistance from colleagues in the Roanoke and Blacksburg area. If interested in participating on the planning committee please contact Ruth Syre.



Special Event:

What: National HIV Testing Day

When: Saturday, June 27

Where: Central Virginia Health District local health departments

National HIV Testing Day (NHTD) is an annual campaign produced by the National

Association of People with AIDS ([NAPWA-US](#)) to encourage at-risk individuals to receive voluntary HIV counseling and testing.

The Centers for Disease Control and Prevention (CDC) estimates that 180,000 to 280,000 people nationwide are HIV-positive but are unaware of their status. HIV counseling and testing enables people with HIV to take steps to protect their own health and that of their partners, and helps people who test negative get the information they need to stay uninfected.

For more information: Contact your local health department, or call Shayla Anderson at 434-947-2629, email Shayla.Anderson@vdh.virginia.gov.



For more information about

Congregational Health,

Contact:

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Coordinator

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Some Thoughts about Summer

If a June night could talk, it would probably boast it invented romance.

-Bern Williams

In June, as many as a dozen species may burst their buds on a single day. No man can heed all of these anniversaries; no man can ignore all of them. ~Aldo Leopold

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken. ~James Dent

