



INTERNATIONAL NURSING GUILD **Newsletter**

The Ministry of Raphael

March 2012

INFORMATIVE! CONCISE! PRACTICAL!

Introducing:
Dothan, Alabama's
Resurrection E.P.C.
Nursing Guild



Serving the Body of Christ

ATTENTION HEALTH PROFESSIONALS, TEACHERS, CHURCH & COMMUNITY GROUPS!

SUPPORT YOUR COMMUNITY BY SUPPORTING MONTHLY HEALTH OBSERVANCES, you can:

- Inform the public about health risks
- Organize and manage successful fitness and health promotion events and campaigns
 - Get new ideas, information, and resources on health topics of interest

THE INTERNATIONAL NURSING GUILD of the S.D. JAMES EVANGELISTIC ASSOCIATION, Inc. encourages you to support your local Nursing Guild and to be proactive in obtaining and maintaining good health and healthy lifestyle practices!

Contact a sponsoring organization to request outreach materials and information. Some are listed below.

NATIONAL NUTRITION MONTH® IS A NUTRITION EDUCATION AND INFORMATION CAMPAIGN SPONSORED ANNUALLY (IN THE MONTH OF MARCH) BY THE ACADEMY OF NUTRITION AND DIETETICS



The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information. *Contact American Dietetic Association; 120 South Riverside Plaza, Suite 2000; Chicago, IL 60606-6995. NNM@eatright.org. <http://www.eatright.org/nnm>. Contact: Knowledge Center ~*

SAVE YOUR VISION MONTH®: March is Save Your Vision Month! Save Your Vision Month is promoted by the American Optometric Association in order to provide awareness of the importance of regular eye exams and maintaining eye health. One of the focuses for the month is eye health when using the computer. Here are a few pointers:

- Feet should be flat on the floor (or on a slightly angled foot rest) with knees bent close to or greater than 90 degrees.
- Chair seat should support the legs without excessive pressure on the back of the thighs.
- The back should be snug against the seat to fit your spinal contour.
- Wrists and hands should extend nearly straight from the elbow to the home row of the keyboard.
- The top of the monitor should be slightly below horizontal eye level.
- Keep the monitor free of fingerprints and dust. Both can reduce clarity.

SAVE YOUR VISION MONTH (continued)

“People who sit in front of a computer for long periods of time often encounter a variety of uncomfortable symptoms. Headaches, neck strain, backaches and wrist pain are common, but, sadly, the most prevalent symptoms of prolonged computer use—eye strain, blurred vision and dry eye—are often overlooked. In fact, eye and vision problems are the most frequently reported health care problems among computer users.”

<http://www.aoa.org/x5072.xml>, 2006-12 American Optometric Association.

For additional information visit these sites: <http://newsfromaoa.org/2012/03/08/march-is-save-your-vision-month-expanding-technology-aids-in-detection-and-prevention/>. Get information about sun protection, choosing sunglasses, and computer eyewear from:

<http://www.berkeleyeye.com/blog/national-save-your-vision-month-march-2012>. Then, try this site, it provides an excellent 3-page fact sheet. It can be posted on bulletin boards, shared with your children, youth departments, and other groups: <http://www.aoa.org/documents/Vision-Lifestyle-Fact-Sheet.pdf>.



Contact information: American Optometric Association, 243 North Lindbergh Boulevard, First Floor; St. Louis, MO 63141. Telephone: (800)365-2219, (314)991-4100, Fax: (314)991-4101. mcbryson@aoa.org. <http://www.aoa.org/x5072.xml>. Materials available, contact Cathy Bryson.

HEALTH QUOTES

“O you, who are suffering from some sickness, know that Jesus the sovereign Healer is yet in our midst. He is close to us, and He is giving anew to His Church manifest proofs of His presence. Are you ready to break with the world, to abandon yourself to Him with faith and confidence? Then fear not, remember that divine healing is a part of the life of faith. If nobody around you can help you in prayer, if no "elder" is at hand to pray the prayer of faith, fear not to go yourself to the Lord in the silence of solitude, like the woman who touched the hem of His garment. Commit to Him the care of your body. Get quiet before Him and like the poor woman say, "I will be healed."” —Unknown author on Divine Healing

“It is important that you allow the Word of God and the Holy Ghost that is in you to empower you to believe for your divine healing. I tell you from the outset that you must let go every excuse for not being healed. You must let go every disease. It was never meant to be an ongoing, hopeless dilemma for the believer. Begin your work of faith now! Open yourself to the love, the compassion, and the healing power of the great physician. -- “*You Can Be Healed*”, SDJEA, inc. Bible Studies Series, Dr. S. D. James, 2007

AMERICAN DIABETES ALERT DAY IS MARCH 27, 2012

WHAT IS DIABETES?

Submitted by: Erica Faison, Norcross, GA

Diabetes is classed as a metabolism disorder. Metabolism refers to the way our bodies use digested food for energy and growth. Most of what we eat is broken down into glucose. Glucose is a form of sugar in the blood and it is the principal source of fuel for our bodies. When our food is digested the glucose makes its way into our bloodstream. Our cells use the glucose for energy and growth. However, glucose cannot enter our cells without insulin being present - insulin makes it possible for our cells to take in the glucose. Insulin is a hormone that is produced by the pancreas. After eating, the pancreas automatically releases an adequate quantity of insulin to move the glucose present in our blood into the cells. This process lowers the level of sugar in the blood.

Physical activity has many health benefits. Seven of them are listed below.

PHYSICAL ACTIVITY:

1-Lowers blood pressure: Activity helps your heart pump stronger and slower.

2-Improves blood fats: Exercise can raise good cholesterol (HDL) and lower bad cholesterol (LDL) and triglycerides. These changes are heart healthy.

3-Lowers risk for other health problems: Reduces your risk of a heart attack or stroke, some cancers, and bone loss.

4- Increases energy and improves sleep: You'll get better sleep in less time and have more energy, too.

5-Reduces stress, anxiety, and depression: Work out or walk off daily stress. Make your goal 2 miles a day; at least 3-4 days per week.

6-Builds stronger bones and muscles: Weight-bearing activities, such as walking, make bones stronger. Strength-training activities, such as, lifting light weights (or even cans of beans), make muscles strong.

7-Helps you to be more flexible: You move easier when you are active.

REMEMBER: *March 27, 2012 is American Diabetes Alert Day. Join us in making the right choices for your personal health.*

Refer to the list of group activities below. You and your family, or your local assembly can take part. Get on the right track.

- ✓ *Exercise together.*
- ✓ *Educate about preventing the onset of diabetes.*



What Can I Eat?

- Eat lots of vegetables and [fruits](#). Try picking from the rainbow of colors available to maximize variety.
- Choose [whole grain foods](#) instead of processed grain products. Try brown rice with your stir fry or whole wheat spaghetti with your favorite pasta sauce.
- Include [fish](#) in your meals 2-3 times a week.
- Choose [lean meats](#) like cuts of beef and pork that end in "loin" such as pork loin and sirloin. Bake chicken rather than frying.
- Cut back on high calorie snack foods and [desserts](#) like chips, cookies, cakes, and full-fat ice cream.

X O X O **TIPS FOR DIABETES MANAGEMENT FOR CHILDREN** X O X O

Help Children Reach a Healthy Weight

Being at a [healthy weight](#) is good for everyone — parents included!

When children with diabetes reach and maintain a healthy weight, they feel better and have more energy. *Their diabetes symptoms may even diminish.* Blood sugar levels may be easier to control, and they may be less likely to develop complications from diabetes, like high

blood pressure and heart disease. Reaching a healthy weight begins with eating right and exercising 3-5 times weekly. Once you have started, take it one day at a time. Don't give it up! Recruit an exercise partner, a friend or family member, and make a pact that you both may keep together.



MARCH has a:

AWARENESS *Brain* WEEK

March 12th through the 18th, 2012

Submitted by: Cameron Anderson, Dothan, Alabama

The month of March is designated as Brain Awareness Month (BAW). This is a global campaign to reach out to people, to educate them in the progress and research of the brain. Every March, BAW unites the efforts of partner organizations worldwide in a celebration of the brain for people of all ages. Events are limited only by the organizers' imaginations and include open days at neuroscience labs; exhibitions about the brain; lectures on brain-related topics; displays at libraries and community centers; classroom workshops; and more. This is just to enlighten

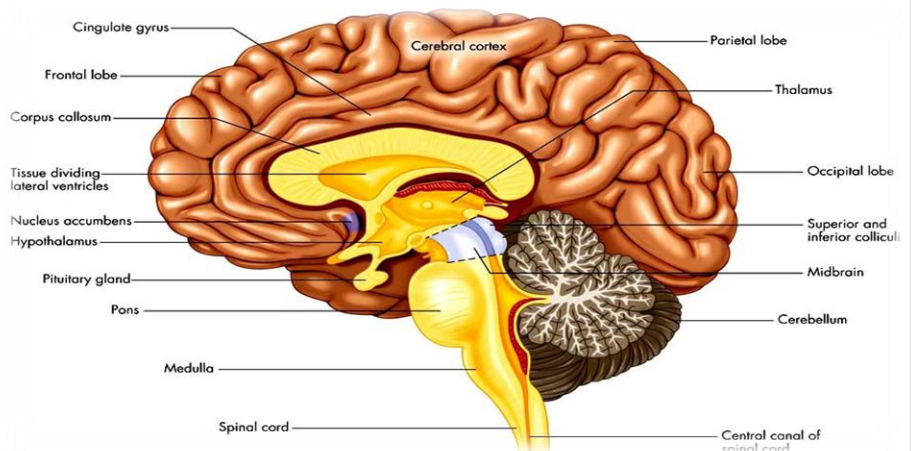
Here is a small diagram of the brain

Visit Luminosity.com for fun games.

men, women, and children on what goes on with the brain and how it functions. It also informs people about certain brain deficiencies, such as brain cancer, tumors and diseases.

The most common types of brain diseases are found under the heading "Dementias". Dementia isn't just memory loss. It can be so severe as to

seriously affect daily living. The most common type of dementia is Alzheimer's, which is more common from the ages 40-60+. Other types of dementia include vascular dementia (damage to the blood vessels leading to the brain), brain injury, and brain tumors. This is what Brain Awareness Month is all about, sharing information with people and educating them about the brain.



From the Front Cover



Resurrection E. P. C.'s Nursing Guild
Dothan, Alabama

From left to right:

Candace Thomas, Secretary; Joshua Thomas, Treasurer; Cameron Anderson, President; and Felix Salazar, Vice President
Elder Ernest Lindsey is the Pastor at Resurrection Evangelistic Pentecostal Church. There, the four local Nursing Guild members featured above are active, vibrant young adults who are demonstrating their love for Jesus Christ through their service to the Church of the Living God. Miss Candace Thomas is known as "Sister Joy Bell". She can usually be found with a smile on her face, and pep in her step. She is eager to do anything asked of her. Mr. Joshua Thomas is employed by the *Waste Management* (WM) systems of Dothan. He is a sorter, back hoe driver, and fork lift operator. He is just as eager to keep things going, and with just as much of a smiling face as his sister, Candace. "Bro. Josh", as he is lovingly called by the Saints, also serves their Guild with graphic design schemes. Mr. Cameron Anderson

is the president of the local Nursing Guild at the Dothan assembly. He is also on the "*International Nursing Guild Board*". He serves as the International Assistant Secretary. Mr. Anderson is married; the young couple has one child, a daughter. "Bro. Cam", as he is affectionately called, is employed at Spectra Care a Mental Health Technician on as needed basis while he is a busy student at Troy University's Dothan campus. He is majoring in Psychology with a minor in Criminal Justice. Mr. Felix Salazar is employed at *Vantage Sourcing*. He is also a Spanish Interpreter for a call center. As if that is not enough, and EPC's young adults know that "it isn't", additionally, he is a student at Wallace College, in Dothan. He is majoring in Nursing, and will be a Registered Nurse when he completes his studies.

LOCAL CHURCH NURSING GUILD ACTIVITIES

Two Nursing Guild groups have sponsored events in March that were designed to reach out to their respective communities, providing health information and resources. Each group sent their advertisement flyer to the "ING" president, as they wished to report their efforts and accomplishments.

When any local Nursing Guild has something to share, please feel free to submit the information to: "**Attention: Newsletter**" at nursingguldepc@gmail.com. Your announcement and/or activity will be considered for inclusion in one of our future newsletters. Include photos, and other graphics as necessary.



**NEW LIFE TABERNACLE EPC
10TH ANNUAL NURSING GUILD
WEEK**

**“Get your plate in shape”[®]
Seminar
National Nutrition Month**



Saturday, March 10, 2012

10am-12 noon

At

Peaceful Valley CME

Fellowship Hall

12241 SE Lanfana Avenue

Hobe Sound, FL 33455

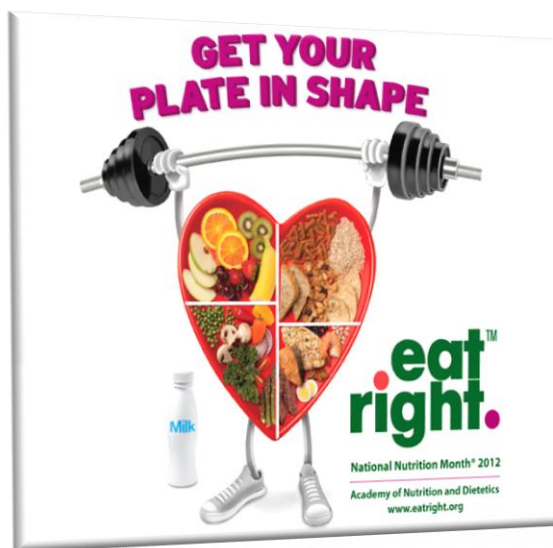
Guest Speaker: Mrs. Sue Davie
Martin County Health Department



**“Beloved, I wish above all things that
thou mayest prosper and be in health,
even as thy soul prospereth” - 3 John 1:2**

- Food Sampling
- Handouts
- Door Prizes

Valuable, life style changing information



For more information, please contact:

Louise Peoples/Nursing Guild President, 561-541-0606

Michele Tiggle/Nursing Guild Coordinator, 561-222-0860

Resurrection Evangelistic Pentecostal Church



1324 Hodgesville Rd. Dothan, AL 36301

CPR Training & Certification and Health Fair **OPEN TO THE PUBLIC**

We welcome you to our first "Annual Nursing Guild Health Fair and CPR Training". This event will be conducted by licensed professionals. We are making a difference in our community through this knowledge to better serve and support.

*For only \$25 per adult you can
share in this event & learn how to change death to life!!!*

Highlights:

- ❖ CPR Training, with 2-year Certification Card
- ❖ Food and refreshments
- ❖ Trivia questions with door prizes
- ❖ Health seminar



Date: March 10, 2012 @ 11am
Pay at the door

—or—

Make your reservations now!
334-790-6858

Contact: Cameron Anderson



NATIONAL NUTRITION MONTH ACTIVITIES

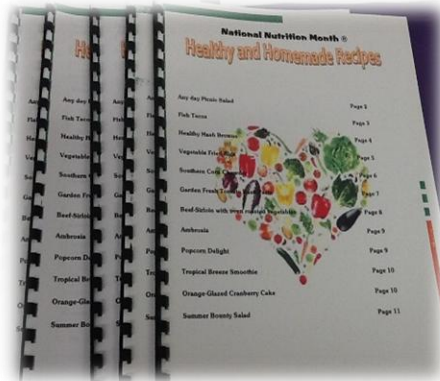
Left: Presenter of “Get Your Plate in Shape”, Sue Davie of the Martin County Health Department

Right: Church and community members at the seminar.

Sponsored by: NEW LIFE EPC,
HOBE SOUND, FLORIDA

To the right: “Healthy and Homemade Recipes” book compiled by the local Nursing Guild members and the Health Department presenter.

Far right: Nutritional guidelines for fat, cholesterol, sugar, and sodium intake.



TRIBUTE to PASTOR STANLEY THOMAS and PASTOR REGINALD JOHNSON

The International Nursing Guild pays respect the lives of our dear brothers who have finished their courses in this life and gone ahead of us to the ‘rest’ that is in the Lord. To the families and congregations of Pastor Stanley Thomas, of Belle Glade, FL; and of Pastor Reginald Johnson of Kilgore, TX; we extend our love, and prayers for your enduring strength in the days, weeks, months, and years to come. We thank the Lord Jesus Christ for the fruitfulness of Pastor Thomas and Pastor Johnson. We further thank Him for their continued work for the Body of Christ in their current abode, in the place of intercession.

The Raphael Wellness Center is a vision waiting for its manifestation. We have been given the responsibility of causing the vision to come to pass. By our faith we do work, and it WILL come to fruition. Through **our** commitment and perseverance, our work will be rewarded at its (RWC’s) appearing. Commitment to the work is key. Perseverance through the early struggles will ultimately be our testimony of Victory. The Move Continues! Every Round is going Higher and Higher! We can do it!



International
Nursing Guild

Vice President: Missionary Sharon Duhart
Secretary: Sister Hattie Glee
Assistant Secretary: Brother Cameron Anderson
Treasurer: Sister Prudell Smith