

Lost Treasure? A Lenten Reflection

Have you ever experienced losing something you treasured? You never notice it's missing until the moment comes to use it, wear it, display it or pass it onto someone else. Then comes the frustration of: did I put it somewhere for safekeeping? Did I loan it to someone? Did I carelessly discard it? Was it, perhaps, taken from me?

When we were children, we played, "Hide and Seek," deliberately hiding ourselves from others and waiting to be found. As adults, we may still be playing "Hide and Seek," only now we play with the values and treasures of our lives, hiding or losing them in the tumble of our days.

It's so easy to lose what we value. If we look closely into our hearts we will find that we have ALL lost something we value. We may have lost our patience or our integrity; we may have lost our tempers or our respect for self or for others; we may have lost hope or our capacity to understand or accept; maybe we lost a friend as we built up walls that forgiveness cannot penetrate; or perhaps we've lost our desire to pray. We can simply let the days and months go by without ever searching for our lost pearls of great price.

The Season of Lent can be the very time we need to find what is missing in our lives; it can be the season to deliberately seek what has been tossed away or misplaced or ignored, so that our lives can once again reflect the gospel which Jesus encouraged us to live. Lent can be a searching out and a restoration time and the means for renewed direction and perspective.

Lent is the season to ask: What do I cherish in my life? What is it that I hide from? Am I aware of what I am missing or have misplaced interiorly? Have I given myself to the searching and finding of these treasures? What do I need to form my life more on the pattern of the Lord's death and resurrection? Who is it that I seek? Who is it that I hide from? How can I recover what I hold dear?

Lent is a time to come to know the one who continually searches us out and finds us! Look at Jesus, how He lived, what He calls us to be and to do, what He promises to those who are lost, and how often He found His own direction in the light of the loving Father.



As you walk through these six weeks of Lent, may you be the one who hunts in great earnest for the treasure hidden in the field of your own heart! May this Lenten season be a time when you re-find those spiritual values which are so essential in shaping one's life on the pattern of the Lord Jesus.

Source; adapted from Fresh Bread, by Joyce Rupp

The Lost Lamb

So much in me gets lost, God.
I run off in other directions and lose my vision of you,
of you and your Kingdom.

I lose sight of my hopes, forget all your promises.
I get lost in problems, run around in selfishness.

There you are, before me, waiting, calling.
There you are, behind me, following, pursuing.
There you are, beside me, caring, loving.
What is it you've placed in this sheep's heart of mine?
What is it that keeps me bonded to you
in spite of all my arrogance, in spite of all my
independence?

I feel a new surge today, a re-visioning of hope.
I feel as if you've lifted me up and are carrying me home,
safe and secure on your shoulders, or maybe next to
your heart.

O God of lost sheep, my God, appeal again and again
to all the lost-ness in me.
Pursue me relentlessly. Carry me home.
O, carry me home.

Joyce Rupp

March Health Observances

National Nutrition Month www.eatright.org

Save Your Vision Month..... www.aoa.org

World Kidney Day - March 11 www.kidney.org

American Diabetes Alert Day

March 25..... www.diabetes.org

What will you do to Stop Diabetes?

American Diabetes Association ALERT DAY – March 22, 2011

The American Diabetes Association Alert Day is a one-day “wake-up” call to inform the American public about the seriousness of diabetes. The American Diabetes Association encourages people to join the movement to “Stop Diabetes by taking the Diabetes Risk Test” and find out if they, or their loved ones, are at risk for developing type 2 diabetes.

Currently, 23.6 million Americans are living with diabetes and an additional 57 million, or one in five, are at risk for developing type 2 diabetes. For many, diagnosis may come seven to ten years after the onset of the disease. Therefore, early diagnosis is critical to successful treatment and delaying or preventing some of its complications such as heart disease, blindness, kidney disease, stroke, amputation and death.

Studies have shown that type 2 diabetes can be delayed and even prevented by making simple changes in your lifestyle. Knowing your risk for type 2 diabetes is the first step to a healthier lifestyle.

Source: www.diabetes.org

Continue

By Roy Lessin

Continue in the things that concern Him;
He will continue to take care of the things that concern you.

Continue to give Him all that is yours;
He will continue to give you all that is His.

Continue to wait upon Him;
He will continue to be faithful to you.

Continue to seek His highest;
He will continue to give you His best.

“Obey me, and I will be your God, and you will be my people. Do everything as I say, and all will be well!”
(Jeremiah 7:23, NLT)

Eat Right with Color!

Theme for 2011 National Nutrition Month American Dietetic Association

According to nutritionists, naturally color-vibrant foods serve an important role in keeping you healthy and even reducing cancer risks. Antioxidants and phytochemicals, which are found in fruits and vegetables, have been noted to significantly reduce cancer risks. Beta carotene and lycopene can help protect cells from damage.

A rainbow of fruits and vegetables creates a palette of nutrients and phytonutrients on your plate, each with a different bundle of potential benefits in a healthful eating plan: from oxidizing free radicals that may damage healthy cells, to having anti-inflammatory qualities, to lowering LDL cholesterol. Enjoy foods that are a treat for your eyes – and your body.

- **Green:** *Fruit* – avocado, apples, grapes, honeydew, kiwi, lime; *Vegetables* – artichoke, asparagus, broccoli, green beans, green peppers, leafy greens. Their lutein and indoles have antioxidant potential and may help promote healthy vision and reduce cancer risks.
- **Orange and deep yellow:** *Fruit* – apricot, cantaloupe, grapefruit, mango, papaya, peach, pineapple; *Vegetables* – carrots, yellow pepper, yellow corn, sweet potato. Carotenoids, bioflavonoids and the antioxidant vitamin C in these foods promote a healthy heart, vision, immunity and reduced risk for some cancers. The deeper the orange/yellow color, the more carotenoids they have.
- **Purple and blue:** *Fruit* – blackberries, blueberries, plums, raisins; *Vegetables* – eggplant, purple cabbage, purple-fleshed potato. Anthocyanins, which give a blue-purple color and phenolics, may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.
- **Red:** *Fruit* – cherries, cranberries, pomegranate, red/pink grapefruit, red grapes, watermelon; *Vegetables* – beets, red onions, red peppers, red potatoes, rhubarb, tomatoes. This color group delivers lycopene, a powerful carotenoid, as well as anthocyanins. They may help maintain a healthy heart, vision, immunity and may reduce cancer risks.
- **White, tan, brown:** *Fruit* – banana, brown pear, dates, white peaches; *Vegetables* – cauliflower, jicama, mushrooms, onions, parsnips, turnips, white-fleshed potato, white corn. Allicin in onion (and garlic) and selenium in mushrooms may promote heart health and reduce cancer risks.

So, the next time you're out shopping for a meal, make it full of color for your health

Source: www.eatright.org

April Health Observances

Alcohol Awareness Month..... www.samhsa.gov

National Autism Awareness Month..... www.autism-society.org/naam

Irritable Bowel Syndrome Awareness Month..... www.aboutibs.org

April is IBS Awareness Month

What is IBS?

Irritable bowel syndrome (IBS) is an intestinal disorder that causes abdominal pain or discomfort, diarrhea and/or constipation. Bloating and gas are also common. Almost everyone suffers from intestinal symptoms from time to time. However, IBS symptoms return again and again, often without warning.

Here are three common IBS myths:

Myth #1: It's just stress.

Life is full of stressors. These stressors – whether physical, emotional, dietary or hormonal – cause gut reactions in most people. Stress will not cause a person to develop IBS, but because the gut is more sensitive in people with IBS, stress of any kind is more likely to trigger symptoms. Reducing the effects of stress is just one factor to consider when treating IBS.

Myth #2: It must be something I ate.

Many sufferers believe that IBS symptoms will disappear when they find a “safe” diet. For some, one or more foods clearly trigger symptoms, and for them it makes sense to adjust their diets. However, it is important to keep in mind that in some cases simply eating a meal will trigger symptoms and that few IBS sufferers can control symptoms through dietary changes alone.

Myth #3: There must be a cure out there.

There are many treatments shown to improve symptoms of IBS; unfortunately, none of them is a cure. While there is not yet a cure, symptoms of IBS may still be manageable. Controlling IBS starts with a proper diagnosis, educating yourself about the disorder and working with a doctor to find treatment approaches that are best for you. Treatments range from lifestyle changes to medications, hypnosis, relaxation exercises and others. Medical researchers are investigating other treatment approaches that hold hope for more options in the future.

For more information about IBS, visit www.aboutibs.org.

National Autism Awareness Month



In order to highlight the growing need for concern and awareness about autism, the Autism Society has been celebrating National Autism Awareness Month since the 1970s. The United States recognizes April as a special opportunity for everyone to educate the public about autism and issues within the autism community.

Join the Autism Society in getting involved with the autism community this April.

Put on the Puzzle! The Autism Awareness Puzzle Ribbon is the most recognized symbol of the autism community in the world. Autism prevalence is now one in every 110 children in America – that's 13 million families and growing who live with autism today. Show your support for people with autism by wearing the Autism Awareness Puzzle Ribbon this month – as a pin on your shirt, a magnet on your car, a badge on your blog, or even your Facebook profile picture – and educate folks on the potential of people with autism!

Autism is a complex developmental disability that typically appears during the first three years of life and affects a person's ability to communicate and interact with others. Autism is defined by a certain set of behaviors and is a “spectrum disorder” that affects individuals differently and to varying degrees. There is no known single cause for autism, but increased awareness and funding can help families today.

Know the Signs: Early Identification Can Change Lives

Autism is treatable. Children do not “outgrow” autism, but studies show that early diagnosis and intervention lead to significantly improved outcomes.

Here are some signs to look for in the children in your life:

- Lack of or delay in spoken language
- Repetitive use of language and/or motor mannerisms (e.g., hand-flapping, twirling objects)
- Little or no eye contact
- Lack of interest in peer relationships
- Lack of spontaneous or make-believe play
- Persistent fixation on parts of objects

For suggestions and resources, visit www.autism-society.org/ribbon.

Source: www.autism-society.org/naam

DATES TO REMEMBER:

Pastor & Faith Community Nurse / Health Minister Appreciation Event: Choose to attend either:

Thursday, March 10 Lunch starting @ 11:30 a.m. - Providence Hospital, Fisher Auditorium, Southfield, MI;

OR Wednesday, March 16 Dinner starting @ 5:30pm; St. John Macomb-Oakland Hospital, Oakland Educational Building, Madison Heights. *Watch your mail for personal invitations for the Pastor & Health Ministry Leader.*

March 31, 9 a.m. - 3 p.m. – Archdiocese of Detroit Parish Nurse Retreat. Topic: “Too Busy for God? Spend a Day with Martha & Mary.” Certificate of Attendance provided. To register & for more information: www.parishnursing@aod.org

April 1 - 8:30 a.m. - 5 p.m. – Third Regional Hope & Healing Conference, given by Wayne State University, Center to Advance Palliative Care Excellence. 6.5 CMEs Contact: Renata Osko, MBA, HCM Telephone: 313-745-9880; e-mail: renatak@wayne.edu

Access to Care:

Medicaid offers rides – notice from Michigan Department of Community Health:

Starting on January 1, 2011, Medicaid is using a company called Logisticare to help you get a ride. If you live in Wayne, Oakland or Macomb County, you can get a ride to dental, substance abuse and mental health services if you have no other way to get there. (You must still contact your health plan for rides to health care services provided by the health plan). Logisticare will set up a ride if you qualify.

When you call for a ride, you need to have your Medicaid ID card and the name, address and phone number of where you are going for your health care appointment. Call at least 2 days in advance unless your appointment is urgent.

Call: 1-866-569-1902 8 a.m. - 5 p.m. Monday through Friday
For the deaf or hearing impaired: 1-866-288-3133.

As always, if you have an emergency, do NOT call Logisticare. You should call 911 if you have a medical emergency.

What's New?

Welcome new churches to our St. John Providence Faith Community Partnership family! Health Ministry Team at *Christ Lutheran Church, Sterling Heights* – Pastor Beebe commissioned the entire Health Ministry at Sunday Services on January 23, 2011. They kicked off the New Year with a Walk to Jerusalem program!

Introducing a new, yet “seasoned” Faith Community Coordinator, **Suzanne Povinelli, RN, BSN**. She comes to you with 29 years of nursing experience in many clinical areas. She has previous experience as a Parish Nurse for St. John Community Health (for six years), and like you, currently oversees a volunteer health ministry team in her own church, in partnership with St John Providence Health.

A Look Ahead:

Think about

May – Mother’s Day, May 8, 2011

- Some sites are hosting Mother / Daughter events such as a special tea with an educational piece about Women’s Health, i.e. Hormones, Mental & Emotional Health.
- The Faith Community Coordinators will provide: Bookmarks for Mothers Day titled: “Take care of the women in your life” with health parameters for women. Plan to distribute bookmarks to men in the church targeting the women in their lives i.e. mothers, wives, daughters, sisters, aunts!

June – Father’s Day, June 19

- Ideas: Men’s Health, i.e. “You take care of your car; take care of yourself”
- The Faith Community Coordinators will provide: Bookmarks for Fathers Day titled: “Take care of the men in your life” with health parameters for men. Plan to distribute bookmarks to women in the church targeting the men in their lives such as husbands, fathers, sons, uncles brothers!

Who’s Responsible?

Jane Cheyne, RN, BSN & Suzanne Povinelli, RN, BSN,
Faith Community Coordinators

Sally Sterr, Administrative Assistant
St. John Providence Health System, Community Health
586-753-1484 • Fax: 586-753-1488
Email: sally.sterr@stjohn.org