



MIND, BODY, SPIRIT

Linking Lives for Health and Wholeness



UCC Wellness Ministries Newsletter

January 2023, Volume 8, Issue 1

REFLECTION: A New Year, A New Look

The UCC Wellness Ministries Leadership Team is doing something new in 2023. *Mind, Body, Spirit* newsletter will now be published **monthly** instead of bi-monthly. Shorter in length, it will share well-timed information that assists in planning programming for our Wellness Ministries.



A TIMELY HEALTH TIP

It's not too late to get your flu shot. People 65 or older are advised to get a [higher-dose flu vaccine](#), if available. Is your church hosting a flu clinic?

COVID HOME TESTS AVAILABLE

At-home tests are available for sale around the U.S. Check with local retailers and pharmacies to see where available. Many health insurance plans will reimburse for 8 at-home tests each month for each person on your plan. There are also more than 20,00 free community-based testing sites across the country. Find more up-to-date information at the [official U.S. Covid.gov](#) website.

WELLNESS MINISTRIES FOCUS

Promoting a Healthy Lifestyle

Making New year's Resolutions is a yearly tradition for many. Plans to improve health at the onset of a new year unfortunately do not always succeed. The New York Times posted an article on [How to Make \(and Keep\) a New Year's Resolution](#) that identifies behavior cues and how to change your responses. This might be helpful information to share with your congregation.

As leaders of health and wellness ministries intent on promoting the health of the people we serve, a self-care approach can benefit each of us as well as others. Self-care encourages intentional consideration of behaviors that positively and negatively affect health. Some aspects of self-care have been shown to increase lifespan. Some of the suggested areas to consider are regular exercise, a balanced diet, adequate sleep, stress reduction, and connecting socially with others. Consider these areas and develop a plan for some incremental changes. Two resources that will be useful to you as well as those you serve are [Self-Care Exercises and Activities](#) produced by the University of Buffalo School of Social Work and [Your Healthiest Self: Wellness Toolkits](#) from the National Institutes of Health. Here's to health in body, mind, and spirit!

LINKS TO THIS MONTH'S NATIONAL HEALTH-RELATED RECOGNITION TOPICS

Follow these links to find information you can use for worship bulletin inserts, bulletin board displays, and newsletter articles. Information usually includes signs and symptoms, diagnosis, treatment, sources for patient and family support, and educational posters and videos. Also consider contacting a local health organization or health system to arrange a speaker for a presentation and discussion.

[Glaucoma Awareness Month](#)

[Cervical Health Awareness Month](#)

[National Blood Donor Month](#)

WEB-BASED EDUCATIONAL PROGRAMS

UCC: Thursdays for the Soul webinars on the third Thursday of each month.

Jan 19, 2023 | 3:30pm

[Our Whole Lives and Sexuality and Our Faith: Dismantling Shame and Stigma about Bodies and Relationships](#)



UCC WELLNESS MINISTRIES UPDATE



An exciting accomplishment! The UCC Wellness Ministries Toolkit will be posted on the UCC website in the next few weeks. This innovative approach shares resources for developing and sustaining wellness ministries programs in local churches. Section 1 explains why we in the UCC have Wellness Ministries. Section 2 describes how to establish and grow Wellness Ministries. Section 3 offers exemplars that describe programs, the group served, reason for development and implementation, evaluation, next steps for programming, and reliable resources available through weblinks with description of what they offer.

Leadership Team News

Peggy Matteson now joins Alyson Breisch as Co-Chair of the UCC Wellness Ministries Leadership Team. Peggy has served on the Leadership Team for two decades and has been the lead developer of the UCC Wellness Ministries Toolkit.

KEEP CONNECTED



Visit our [Facebook](#) and [LinkedIn](#) pages: Post comments or share information about your health ministries; join in conversations.

An invitation from the Editor, Alyson Breisch:

- Do you have something you want to share with colleagues?
- Do you have an innovative way you've continued to provide wellness ministries during this past year?

Let us hear about it – you could be featured in an upcoming issue of the newsletter.

Contact us at wellnessministries@ucc.org



United Church of Christ · 700 Prospect Ave, Cleveland, OH 44115, United States

[Unsubscribe](#)

UCC 1300 East 9th St Cleveland, Ohio 44114 United States