



MIND, BODY, SPIRIT

Linking Lives for Health and Wholeness



UCC Wellness Ministries Newsletter

July 2023, Volume 8, Issue 7

REFLECTION:

"You are a light. You are the light. Never let anyone – any person or any force – dampen, dim or diminish your light. Study the path of others to make your way easier and more abundant."

– John Lewis (From his 2017 memoir, "Across That Bridge: A Vision for Change and the Future of America")

The U.S. Postal Service's John Lewis stamp will be available beginning July 21.



Courtesy | U.S. Postal Service

A TIMELY HEALTH TIP

The Centers for Medicare and Medicaid Services (CMS) has information on the [No Surprises Act](#), a federal law, that was went into effect on January 1, 2023. The act applies to most types of health insurance and protects against unexpected out-of-network medical bills related to emergency room visits and non-emergency care related to a visit to an in-network hospital, hospital outpatient department, or ambulatory surgical center, and air ambulance services. It also details information for those who do not have or do not use health insurance who may need to dispute a bill or file a complaint.

WELLNESS MINISTRIES FOCUS

Hearing loss may be the most impactful modifiable risk factor for dementia in mid-life. Loss of hearing may be linked to approximately 8% of worldwide dementia cases. A large [population-based cohort study](#) conducted in the United Kingdom showed a 42% increased risk for dementia in people with hearing loss compared with their peers with no hearing trouble. People with hearing loss without hearing aids had an increased risk of all-cause dementia. In people with hearing loss, hearing aid use was associated with a risk of dementia of a similar level to that of people without hearing loss.

In August, 2022, the U.S. Food and Drug Administration issued a [final rule](#) to improve access to hearing aids which may in turn lower costs for millions of Americans. The action established a new category of over the counter (OTC) hearing aids, enabling consumers with perceived mild to moderate hearing impairment to purchase hearing aids directly from stores or online retailers without the need for a medical exam, prescription, or a fitting adjustment by an audiologist.

Close to 30 million adults in the U.S. could benefit from hearing aid use. The U.S. Food and Drug Administration offers [Hearing Aids in a Nutshell](#) with tips about who can purchase over the counter hearing aids, selection, when to get a hearing examination, when to go to an audiologist, tips for a trial period, and care and warranty information.

LINKS TO NATIONAL HEALTH-RELATED TOPICS

Follow these links to find information you can use for worship bulletin inserts, bulletin board displays, and newsletter articles.

For August:

- [Children's Eye Health and Safety Month](#) includes facts about vision and the eye, eye health and safety topics, and "Fun Stuff"
- [National Immunization Awareness Month](#) (NIAM) Includes information for healthcare professionals and [featured resources for parents and patients](#)
- [National Breastfeeding Month](#)

For Those Who Like to Plan Ahead, Here Are Some links for September:

- [Healthy Aging Month](#)
- [National Cholesterol Education Month](#)
- [National Recovery Month](#) (SAMHSA). CDC offers a [National Recovery Month Partner Toolkit](#)
- [Food Safety Education Month](#)

National UCC TOPICS:

UCC Webinar— **Seeing through the Smoke: Wildfires, Climate, and a Path Forward *July 12, 1:00 pm ET***. This webinar will feature leading thinkers and practitioners in answering this question: How can we find a path forward in addressing the wildfires that have created a landscape of crisis in our climate changed world? If you cannot make the webinar at its scheduled time on **July 12th at 1:00 pm ET**, still sign-up, and you will be sent a link to a recording of it. [Register now!](#)



UCC Daily Devotional: Created by the Still Speaking Writer's Group by The Pilgrim Press, [the Daily Devotional](#) grounds our daily faith. Search this link for previous devotional articles or to sign up to receive UCC Daily Devotionals.

UCC WELLNESS MINISTRIES LEADERSHIP TEAM

The UCC Wellness Ministries Toolkit is now ["LIVE"](#) on the UCC website. Response has been incredibly positive. A reminder that registering for the password enables full access to the toolkit. Registering for the password also provides the Wellness Ministries Leadership team contact information for sharing updates and new additions with toolkit users.

As this newsletter goes to press, the **34th UCC General Synod** is occurring in Indianapolis, Indiana. Peggy Matteson and Alyson Breisch, co-leaders of the UCC Wellness Ministries Leadership team, are attending. They will participate as panelists at a luncheon celebrating the Disabilities, Mental Health, Sexuality, and Wellness Ministries of the UCC. They will also demonstrate UCC Wellness Ministries toolkit content at the Justice and Local Health Ministries, Health, and Wholeness Advocacy exhibit table.

The August issue of Mind Body Spirit will share pertinent UCC General Synod actions and announcements.

KEEP CONNECTED



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

An invitation from the Editors:

- Do you have something you want to share with colleagues?
- Do you have an innovative way you've provided wellness ministries?
- Have a question about health and wellness ministries?

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

Contact us at wellnessministries@ucc.org

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