



MIND, BODY, SPIRIT

Linking Lives for Health and Wholeness



UCC Wellness Ministries Newsletter

September 2023, Volume 8, Issue 9

REFLECTION:

"And all at once summer collapsed into fall".
Oscar Wilde

This year the September Equinox, when days and nights are equal in length, occurs on Saturday, Sep 23, 2023, at 2:49 AM. Nature's seasonal rhythm becomes evident as summer's warmth and longer hours of light begin the yearly transition to autumn's coolness and growing hours of darkness. As leaves change color and fields await their harvest, autumn is a gateway that invites us to release the old and welcome the new.



A TIMELY HEALTH TIP:

Hydrate for Health: During these hot days of summer, it is important to be hydrated. The CDC has a [2-page poster](#) that includes important tips. While water is best for hydration, it is helpful to know other foods and beverages to include and those to avoid. A study published in [Nutrition Reviews](#) found that even mild dehydration can have negative effects on cognitive performance and mood. Lack of hydration can influence mood, increase fatigue, and lower alertness. Consider this environmental tip: ditch disposable water bottles. Americans purchase one million plastic bottles per minute, and 91% of them become trash. Help improve the environment by using a reusable water bottle.

WELLNESS MINISTRIES FOCUS:

September is **National Preparedness Month**. Preparation for natural disasters is a relevant health and wellness ministries educational topic. FEMA's [Ready Campaign for 2023 National Preparedness Month](#) will focus on preparing older adults for disaster, specifically older adults from communities that are disproportionately impacted by the all-hazard events, which continue to threaten the nation. Older adults can face greater risks when it comes to extreme weather events and emergencies, especially if they are living alone, are low-income, have a disability, or live in rural areas. This year's FEMA national public service announcements are being developed and will be released throughout the country this September. The [UCC Disaster Ministries "Home Page"](#) also offers disaster planning tools and resources.

The 2023 Hurricane season continues until November 30th. [The Red Cross](#) offers information about how to prepare before a hurricane, what to do during the storm, and how to stay safe after a hurricane. The Red Cross also offers an [Emergency Preparedness Checklist](#). The Environmental Protection Agency (EPA) provides a one-page flyer that lists helpful [Tips for Hurricane Preparedness](#).

Heavy rains can cause flooding disasters. A common weather phrase cautions people not to drive when flooding is possible: "Turn Around, Don't Drown." Helpful U.S. government web-based resources on flooding safety include [Homeland Security](#), [Weather Service](#), and [CDC](#). FEMA also offers a booklet, [Protect Your Home From Flooding](#) that includes low-cost projects for homeowners.

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 September:

Food Safety Education Month: the CDC offers [Four Steps to Food Safety](#).

Healthy Aging Month: Raise awareness on the physical and mental health of older adults. Two online resources: [Ten tips for improving wellbeing](#) and the National Eye Institute's [educational resources](#) on eye health and aging. The UCC Council for Health and Human Service Ministries (CHHSM) offers an [Age-Friendly Congregations' Curriculum](#) - available from [UCC Resources](#).

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

Domestic Violence Awareness Month: The National Resource Center on Domestic Violence [website](#) provides a comprehensive source of information.

Breast Cancer Awareness Month: The [American Cancer Society](#) dedicates the month of October to raising awareness about the benefits of finding and treating breast cancer early. Information can also be found at National [Breast Cancer](#) Foundation website.

[Sudden Infant Death Syndrome \(SIDS\) Awareness Month](#)

The [Health Ministries Association](#) Annual meeting is scheduled for October 25th & 26th and November 1st & 2nd. Registration will open soon.

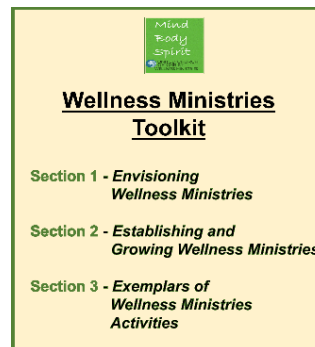
UCC WELLNESS MINISTRIES LEADERSHIP TEAM:

The September Leadership Team meeting is scheduled for September 14, 2023, at 2 pm Eastern Time. Please contact us at wellnessministries@ucc.org with ideas or topics for the agenda by September 11th .

Are you interested in serving on the Leadership team? Want to know more about UCC Wellness Ministries' goals and activities? Contact us at wellnessministries@ucc.org.

UCC Wellness Ministries Toolkit:

There has been much activity accessing the UCC Wellness Toolkit. This link includes references to the toolkit and the UCC. Anyone who has difficulties accessing the Toolkit, please contact [Peggy Matteson](mailto:Peggy.Matteson@ucc.org) directly or send an inquiry to wellnessministries@ucc.org



National UCC Programs:

September 6, 2023: 12:00 pm - 1:00 pm [Our Whole Lives Educational Program](#): ZOOM session: OWL Taking Flight: Parent Orientation for OWL and Sexuality and Our Faith: Tips for Success.

Sep 15, 2023 | 10:30am - 3:00pm [From Surviving to Thriving: Healing for the Forgotten Survivors of Racial Terror](#). Commemorating the 60th anniversary of the 16th Street Baptist Church Bombing and Supporting Sarah Collins Rudolph on September 15, 1963.

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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