Motivational Moment:

Stick-Figure Lesson: *What we are in our letters when we are absent, we will be in our actions when we are present.*

2 Corinthians 10:11

A friend of mine—okay, it was my counselor—drew a stick figure on a sheet of paper. She labeled this the “private” self. Then she drew an outline around the figure, about a half-inch larger, and named it the “public” self. The difference between the two figures, between the private and public selves, represents the degree to which we have integrity.

I paused at her lesson and wondered, *Am I the same person in public that I am in private? Do I have integrity?*

Paul wrote letters to the church in Corinth, weaving love and discipline into his teachings to be like Jesus. As he neared the end of this letter (2 Corinthians), he addressed accusers who challenged his integrity by saying he was bold in his letters but weak in person (10:10). These critics used professional oratory to take money from their listeners. While Paul possessed academic prowess, he spoke simply and plainly. “My message and my preaching were not with wise and persuasive words,” he had written in an earlier letter, “but with a demonstration of the Spirit’s power” (1 Corinthians 2:4). His later letter revealed his integrity: “Such people should realize that what we are in our letters when we are absent, we will be in our actions when we are present” (2 Corinthians 10:11). Paul presented himself as the same person in public that he was in private. How about us?  *By Elisa Morgan* (copied from Our Daily Bread 6/17/19)
Upcoming Meetings:

1. **New FCN Orientation** for any of you who want to learn more about being an FCN, starting a health ministry in your congregation, etc.
   
   Wednesday, **August 21, 2019** from 1-3 p.m. Bing Cancer Center Classroom Rm D
   
   If interested, please RSVP by August 14th.

2. A **Summer Fellowship** meeting. Monday, **August 26, 2019** from 1:30-3:30 Bing Conference Center Classroom G. There will not be a CE offered at this meeting, but an opportunity for us to touch base, fellowship, share common concerns and joys of our ministries.

   Please RSVP by Monday August 19th.

Church Happenings… Please send information on any programs or groups from your church that you would like to promote or share information about with the group to Amy:

Amy.taylor@ohiohealth.com or 614-566-7161

Barb Baker has someone looking for a Divorce support group- If any of you know of one meeting over the summer, please let her know.

Central College Presbyterian will host GriefShare on Sundays 2-4 p.m. beginning Sept. 8, 2019

In Other News:

Two excellent articles shared by Barb Baker….thanks Barb!

https://www.toledoblade.com/news/religion/2019/07/05/body-and-soul-toledo-faith-community-nurses-offer-outreach/stories/20190706012?fbclid=IwAR2nB3GROhegSit9JwNUFvS7_2Kvw7BzK7Ou0CrSsU8tVXG1vhMhJRuror20


***This comes to us from Annette Ticoras, MD who spoke to our group a few years back. She is a physician and owns Patient Guided Services.***
None of us are getting any younger. In fact, central Ohio’s 65 and over population is expected to double in the next 30 years. Because of that, I’d like to make you aware of a nationwide initiative I recently became involved with that is helping our local communities accommodate our growing aging population.

It’s called Age-Friendly.

Age-Friendly is a collaboration between the World Health Organization’s Global Network for Age-Friendly Cities and Communities and AARP Network of Age-Friendly States and Communities. The goal is to make local communities a great place to grow old using input from seniors themselves. I believe it is a much-needed program that deserves attention and support from the public.

Age-Friendly has rolled out in over 30 states around the county. In central Ohio alone, there are four: Columbus, Franklin County, Delaware and Westerville. Age-Friendly Columbus was the first to join the network in 2015.

(Click here to learn how to stay informed and involved locally with Age-Friendly)

This is a recent article on community programs including our own OhioHealth’s department’s Wellness on Wheels (WOW)

By JoAnne Viviano, The Columbus Dispatch
Wednesday, June 26, 2019

A report by the Central Ohio Hospital Council identifies Franklin County’s biggest health challenges as mental health and addiction; income and poverty; and maternal and infant health. The four hospital systems in central Ohio have identified mental health and addiction as the top health issue in Franklin County, followed by income and poverty, and maternal and infant health. The three priorities are detailed in the “Franklin County Health Map 2019: Navigating Our Way to a Healthier Community Together,” which was publicly released Wednesday.

The report was built by the Central Ohio Hospital Council, pulling together members Mount Carmel Health System, Ohio State University Wexner Medical Center, OhioHealth and Nationwide Children’s Hospital to identify what the community most needs.

“That’s the Columbus way. We are more collaborative than competitive and every single health-care system is committed to making sure people reach their optimal health,” said Patty McClimon, senior vice president of strategic and facilities planning at Nationwide Children’s. “There’s no point for us to compete. ... The most important piece is the commitment to the common goal.”
It was no surprise that mental health and addiction and maternal and infant health were identified as priorities, but income and poverty was a little unexpected, said Jeff Klingler, hospital council president and CEO.

“That’s really great to have the community thinking about that as a health need,” Klingler said, pointing to other “social determinants” of health such as access to food, secure housing, employment and reliable transportation. “If we’re truly going to improve health, we’ve got to improve the other aspects of people’s lives.”

The report meets a federal Affordable Care Act requirement that every hospital conduct a community needs assessment every three years, Klingler said. Hospitals also are tasked with developing individual strategic plans to address the needs.

Among some of the strategies:

• Mount Carmel has partnered with Acadia Healthcare Co. to bring an 80-bed, inpatient mental-health hospital to the East Side; has opened a substance use disorder program at the Diley Ridge Medical Center, also affiliated with Fairfield Medical Center; and provides free classes on healthy cooking, exercise and other topics at its Healthy Living Center in Franklinton. The system operates a street medicine program for people in poverty and works to help the homeless and people facing eviction find stable housing.

• OSU Wexner offers a substance use treatment program at its women’s health clinic; is expanding an “Exercise Is Medicine Program” to YMCA and Columbus Recreation And Parks locations; and is partnering with the Mid-Ohio Foodbank to arm patients with “food prescriptions” that allow them to access more fresh produce. The system also is building a model to screen emergency department patients for substance use disorder, enrolling them in treatment before discharge, and does the same with inpatients being treated for other medical problems.

• OhioHealth is placing behavioral health providers in each primary care office; employs a mobile unit to provide both prenatal and primary care in underserved areas; and has partnered with ChenMed to bring senior-focused primary care offices to economically disadvantaged neighborhoods.

• Nationwide Children’s is building a new behavioral health pavilion to expand inpatient and outpatient care and provides socialization and suicide prevention programs in schools. Further, the Nationwide Children’s Health Neighborhood Healthy Families initiative offers home-improvement grants to nearby homeowners, provides affordable housing sales and rentals, offers job training, and mentors schoolchildren.

The systems also collaborate in various areas, such as the CelebrateOne initiative to reduce infant mortality. The initiative includes several other partners and has programs to help families prepare for birth, reduce teen pregnancies and preterm deliveries, and make home visits after babies are born. It makes sense for health-care systems in a major metropolitan area to collaborate on identifying needs and, wherever possible, work together to address them, said Dr. Bruce Vanderhoff, chief medical officer and senior vice president at OhioHealth.

“This map is very, very meaningful to us because it really is our community looking at the needs and opportunities in our community as a community,” Vanderhoff said. “So it really gets to the heart of our mission. It really is about taking care of the people we serve.”

jviviano@dispatch.com

***Free Fans!!
From Vicki Fox at Columbus Fire Department:
I want to share FREE items/services the Columbus Fire Department has for its residents. We have boxes of 9-volt smoke detector batteries (210 batteries in each box). These would be especially beneficial for maintenance departments. We have smoke alarms and CO detectors that the CFD personnel installs. These items are available to anyone living in Franklin County. We have knox boxes. Knox boxes are installed on the outside of a residents front door. It provides the CFD rapid access to the resident due to medical assistance and reduces forced entry property damage. The knox boxes are only for residents living in the Columbus Fire Department jurisdiction. Also, the resident should have an existing medical/physical condition that renders them unable to open a locked door. The CFD personnel also installs the knox boxes. The CFD acquired these items from a federal grant and have quantities of each. If you or you know of someone who can benefit from any of the above items/services, contact the CFD Public Outreach Office @ 614- 724-0935. On it, leave your name, phone number and what service you are inquiring about. If you are aware of a group setting that you want like me to discuss our CFD services, contact Vicki @614-645-7377.

***If you ever want to do a Word Search for your congregation to educate them on a certain health topic, here is a great and easy to use link☺

http://puzzlemaker.discoveryeducation.com/WordSearchSetupForm.asp

Health Observances:

**July:**

1. World Hepatitis Day
http://www.worldhepatitisalliance.org/world-hepatitis-day/world-hepatitis-day-2019

**August:**

1. Gastroparesis Awareness Month
www.aboutgastroparesis.org/gastroparesis-awareness-month.html
2. World Breast Feeding Week (Aug 4-10)

**Professional Nursing HMA**

1. Health Ministries Association: www.hmassoc.org
http://www.hmassoc.org/ HMA memberships are $105/yr., $70 for students or those >65.

2019 Conference: October 11-14 *Faith Based Approaches to Cultivate Healthier Communities*
Will be held again at St. Elizabeth Training and Educational Center; Erlanger, KY

2. Church Health Center

Faith Community Nursing www.parishnurse.org (Church Health Center)