



Hello, GoodNEWS Member!
*GoodNEWS Wishes You A Blessed
 and Healthy Holiday Season!*

The GoodNEWS program is a collaboration between 28 churches in the Dallas Southern Sector (the GoodNEWS Community of Churches) and UT Southwestern Division of Community Health Sciences, UT Southwestern Medical Center.



GoodNEWS Team Members from left to right: Ms. J.R. Newton; Mrs. Janice Rookstool; Ms. Heather Kitzman-Ulrich; Mrs. Natalie Hsieh; Ms. Vanessa Danquah; Ms. Tikisa Walker and Dr. Mark DeHaven

GoodNEWS has had an exciting and Blessed 2009! When we look back and see all of the new friendships and relationships we have formed, the many lives we have touched and impacted, the healthful information we have shared, the lives that have been forever changed and transformed because of the sharing and caring by our GoodNEWS staff, GoodNEWS Pastors, Lay Health Promoters and volunteers... WE ARE BLESSED!

We want to take this time to stop and express our sincere gratitude to all of you that have been faithful with the GoodNEWS Program in 2009 by volunteering, showing up for events and programs, and participating in your churches with health related activities. We know it can be time consuming and tiresome, but we all know that the benefit out weighs the trial.

There is no substitute for good health, wholeness and joy! Without these elements, the sweetness of the gift of life that God has blessed us with would be lost.

So, from our hearts to yours, THANK YOU for blessing us with your kind words, patience, and commitment. We look forward to an even greater 2010!

The GoodNEWS Team

DECEMBER

2009

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SAVE THE DATES!

The re-measurement event for the GoodNEWS Wellness Club Members will be:

Saturdays

April 10, April 24, and May 15, 2010 each of these dates from

7 a.m.— 2 p.m.

Wednesday

April 21, 2010

from 7 a.m.—11a.m.

Location:

Friendship West Baptist Church

2020 W. Wheatland Rd.

Dallas, TX 75232



Healthy Wellness Walker's End 2009 Year and Kick-off 2010

The Healthy Wellness Walkers (formally the Healthy South Dallas Wellness Walkers) has been in existence since January 2007 in partnership with The Foundation for Community Empowerment, Parkland Hospital, Astra-Zeneca, EVB Associated, MLK Jr. Family Clinic, APAA, and other community partners, as an effort to get residents and supporters of the South Dallas Community to be more physically active.

The program has continued to enroll new walkers each year. Registration and measurements (blood pressure, weight, and waist measurements) are done quarterly for the walkers. Each quarter the walkers are presented with valuable health information and items to help them with their walking regimen (pedometers, exercise balls and bands, walking logs, etc.). At the end of the year, awards are given for the "Biggest Loser" and "Greatest Stepper."

This year's 2009 close-out event was held at Warren United Methodist Church located at 3028 Malcolm Ave. Dallas, TX 75215 on Saturday, December 5, 2009. Walkers registered for 2010 and 2009 walkers were awarded for their hard work in 2009.

The 2009 "Biggest Loser" winner was **Mrs. Emma Harris** of Warren United Methodist Church, losing 5 pounds and 1.75 waist inches!

The 2009 "Greatest Stepper" Winner was **Ellen Martin** of Warren United Methodist Church— walking over 3,000,000 steps!

Congratulations to this wonderful mother and daughter team! Both are GoodNEWS Lay Health Promoters for Warren United Methodist Church— Pastor Jackie Wickware, Senior Pastor.



Mrs. Emma Harris (left) 2009 "Biggest Loser" Winner, and Ms. Ellen Martin (right) 2009 "Greatest Stepper" Winner with Ms. JR Newton (center) GoodNEWS Program Coordinator.



Donor Sabbath- November 2009

November is recognized as Donor Awareness Month, and faith communities were encouraged to hold Donor Sabbath events in their congregations.

Amy Hackney, a member of True Lee Missionary Baptist Church is a perfect testimony of how a life can be changed by organ donation. Amy is employed by Methodist Hospital Dallas as a Liver Transplant Financial Coordinator, and works with families in need of liver transplants. Amy has an infectious smile, and the reason behind her smile is her testimony of gratitude to God, her sisters, and the Transplant and Oncology team at Methodist Medical Center, Dallas. Ten years ago Amy was diagnosed with Glomerulonephritis (is a type of kidney disease that damages your kidneys' ability to remove waste and excess fluids). The cause for her condition was unknown, and her condition rapidly declined to renal failure. Dialysis was her only option for survival. For two years Amy was on Peritoneal Dialysis using the Cycler Machine nightly (dialysis done at home using special fluids placed in the abdominal cavity). This effort eventually became less and less effective, and hemo-dialysis was considered.



Amy Hackney

As the middle child of three children, and both parents deceased, Amy's sisters wanted to give her a gift for life, and informed her they would be evaluated to be her kidney donor. Her older sister Sharon was a perfect match! Amy had not approached them with this option because of not wanting to cause them any discomfort. Sisterhood prevailed! Determined to maintain a normal life, Amy enrolled in graduate school only four months after the transplant in 1999, and she completed her Master's degree in Business Management with concentration in Health Care Management in 2001.

Amy's receiving a new functioning kidney changed her life, but the side effects of the anti-rejection drugs caused her to develop T-Cell Lymphoma. With this new cross to bear, and knowing that chemotherapy could damage her new kidney, Amy decided to pursue treatment. Her Oncologist at Methodist Hospital consulted with doctors at M.D. Anderson Cancer center to decide what chemo regimen would work best for her. She was given very aggressive rounds of chemo therapy which included 5 rounds every 12 hours, over a period of 5 days, for a total 6 months. Through all of her treatments and surgeries, she never stopped working or worshipping—it kept her grounded. Amy's younger sister, Shaubronda, gave her gospel CD's to listen to and healing scriptures to read during chemotherapy.

At age 39, Amy's cancer is in remission, and she claims her healing! She realizes that God has spared her to show others his healing power, and to raise awareness in the community of the benefits and blessings of organ donations. She stated, "African Americans and other minorities stay on the waiting list longer than others races, especially with kidney transplants. The organ donation community encourages minorities to donate at rates that reflect their numbers on the waiting list. This simply means... If more people donate then there would be less people waiting."

GoodNEWS Community Announcements



Faith Memorial FreeClinic

1900 S. Ewing Ave.

Dallas, TX 75216

December dates:

*Wednesday: 12/9/09

12:00 p.m. to 2 p.m.

*Saturday: 12/19/09

9:00 a.m. to 11:00 a.m.

*Tuesday: 12/22/09

5:30 p.m. to 8:00 p.m.



GoodNEWS

UT Southwestern Medical Center

5323 Harry Hines Blvd.

Dallas, TX 75390-9066

Healthy Holiday Cookie Recipe!



Ingredients:

(This recipe makes 48 cookies)

- 1/4 cup butter, softened
- 1/2 cup sugar or sugar substitute-sugar blend* equivalent to 1/2 cup sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup canola oil
- 1/4 cup refrigerated or frozen egg product, thawed, or 1 egg
- 1 teaspoon vanilla
- 2-1/2 cups sifted cake flour

Directions:

In a large bowl, beat butter with an electric mixer on medium to high speed for 30 seconds. Add sugar, baking powder, and salt; beat until combined, scraping side of bowl occasionally. Add oil, egg, and vanilla; beat until combined. Beat in as much of the flour as you can with the mixer. Using a wooden spoon, stir in any remaining flour. Divide dough in half. Cover and chill for 1 to 2 hours or until easy to handle.

Preheat oven to 375°F. On a lightly floured surface, roll dough, half at a time, to an 1/8-inch thickness. Using a 2 1/2-inch cookie cutter, cut into desired shapes.* Place cut-outs 1 inch apart on ungreased cookie sheets. Reroll scraps as necessary.

Bake for 6 to 8 minutes or until edges are firm and starting to brown. Transfer to a wire rack; cool.

Nutrition:

Calories 48; Total Fat 2g; Saturated Fat 1g; Cholesterol 3mg; Sodium 26 mg; Carbohydrates 6g; Protein 1 g.

Source: <http://my.hearthealthyonline.com>