

GoodNEWS Church Health Connection!

THE GOODNEWS CHURCH HEALTH CONNECTION IS A COLLABORATION BETWEEN 28 CHURCHES IN THE DALLAS SOUTHERN SECTOR (THE GOODNEWS COMMUNITY OF CHURCHES) AND UT SOUTHWESTERN DIVISION OF COMMUNITY HEALTH SCIENCES

VOLUME 3, ISSUE 1

MARCH 2009

SPECIAL POINTS OF INTEREST:

- Matters of the Heart
- GoodNEWS LHP Meeting Announcement
- GoodNEWS Pastor Highlight
- GoodNEWS LHP Highlight
- Announcements
- Healthy Recipe

INSIDE THIS ISSUE:

- Matters of the Heart 1
- Heart Health Facts 1
- Pastor Featured: Pastor Edward Moore 2
- LHPs Featured: Troy Gardner & Bernadine Wafford 2
- Announcements 3
- Biggest Loser 2008! 3
- GoodNEWS Goodie Winner! 4
- Healthy Recipe 4

Matters of the Heart!

February is designated by the National Health Observances as "Heart Health Month." They encourage us to take care of our hearts by exercising, eating healthy, not smoking, and decreasing our weight. We see the words, we are familiar with the message, but often times do not take it to "heart."

What is taking it to heart? In January I recently journeyed to Washington, D.C. by bus with a group from Dallas, TX. There were three busloads of us pilgrims, all excited about witnessing history, and celebrating the inauguration of the first black president of the United States, President Barack Obama.

As our journey progressed, we became fatigued, frustrated, and faint. With frequent stops, and long hours on the bus, some people expressed their "heartfelt" feelings about the long trip. We spent a total of 80 hours on the bus for our round trip experience. I realized that this trip was truly a matter of the "heart"— Why we do what we do, and how we treat

each other along the way— is a matter of the heart.

How we treat each other, be that kind or not so kind can have a physical effect on our hearts. *One large study published in Circulation in 2000 found that among 12,986 middle-aged African-American and white men and women, those who*



rated high in traits such as anger -- but had normal blood pressure -- were more prone to coronary artery disease (CAD)

heart attack. In fact, the angriest people faced roughly twice the risk of CAD and almost three times the risk of heart attack compared to subjects with the lowest levels of anger.

Admit it, life can be stressful, even without long bus trips! But the choices we make along the way can either add to, or help with the stressors that we all face.

On our trip to D.C. and back, the group on my bus experienced a breakdown— both spiritually and physically! The wheel on the bus

was within inches of coming off while we were on the highway! There was a mixture of responses, from confusion, panic, and anger, to silence and prayer. Many of the people began to sing gospel songs and pray. This totally changed the atmosphere from frustration to faith.

If researchers had been aboard and measured the pilgrims, they would have probably found that the prayers and spiritual songs actually lowered some blood pressures, and prevented some heart attacks.

So, when the stressor of life come, and they will come— draw on those things that can truly protect our physical and spiritual hearts. Prayer has a way of connecting us to our creator, who wants us to be whole and in health. The connection helps our bodies to respond to His love and His desire for us to be well.

We have to make the ultimate decision to choose peace instead of anger and confusion. How is your "heart" today?

By Ms. JR Newton, R.N.

Heart Health Facts!



1. Put your hand on your heart. Did you place your hand on the left side of your chest? Many people do, but the heart is actually located almost in the center of the chest, between the lungs. It's tipped slightly so that a part of it sticks out and taps against the left side of the chest, which is what makes it

- seem as though it is located there.
2. The aorta, the largest artery in the body, is almost the diameter of a garden hose. Capillaries, on the other hand, are so small that it takes ten of them to equal the thickness of a human hair!
3. Your body has about 5.6 liters (6 quarts) of blood.

This 5.6 liters of blood circulates through the body three times every minute. In one day, the blood travels a total of 19,000 km (12,000 miles)—that's four times the distance across the US from coast to coast!

GoodNEWS Pastor Highlight!



Rev. Dr. Edward Moore, Pastor First Christian Methodist Evangelistic Church 7575 S. Hampton Rd. Dallas, TX 75232

"Pastor Moore's

ministry theme is reconciliation of man to God and Humanity to Humanity"



Troy Gardner and Bernadine Wafford— A "dynamic duo" LHP team for First CME Church- Dallas, TX

Our featured GoodNEWS Pastor of his ministry, Pastor Moore is Rev. Dr. Edward Moore of the First Christian Evangelistic Church, Dallas, TX. He was born in Louisiana, but was raised in Dallas, TX. He is a graduate of Franklin D. Roosevelt High School. He continued his education at El Centro College and Bishop College in Dallas. He received his masters degree from Lexington Theological Seminary, Lexington, KY, and his Doctorate in Divinity from United Theological Seminary, Dayton, Ohio.

He has been married to his wife Diane for 36 years, and they have two children— daughter Tracy and son Eugene. They also have 5 beautiful grandchildren.

When asked what was the theme

of his ministry, Pastor Moore stated— *Reconciliation*. Reconciliation of man with God, and humanity to humanity. He lives by his theme as demonstrated with his work in Louisville, KY in 1998, where he helped to organize the community around eliminating the escalating gang violence, drug trafficking, and senseless black on black crime. Out of that effort a day care center, an after school program, and a unique opportunity for the youth to express themselves through producing their rap music. Through collaboration with local colleges and other churches, their church received a \$75,000 grant to design a recording studio for the youth to record their music. As

a result, many gang members gave their lives to Christ.

Pastor Moore stated that the GoodNEWS program in his church has helped raise awareness that the spiritual and the natural are connected. He credits the two Lay Health Promoters (featured below) for helping to build their health ministry and bring small groups in the church together around health. He believes there should be a balance in ministry. People should get enough rest, avoid high fat and high sugar foods, as well as be spiritual.

He thanks GoodNEWS for their partnership, and looks forward to the growth and healthy outcomes for his congregation.

Lay Health Promoter Highlight!

Mrs. Troy Gardner and Mrs. Bernadine Wafford are quiet, but effective forces and advocates for health at First Christian Methodist Evangelistic Church, Dallas, TX. Both of these quiet-spoken women work closely with Pastor Moore to promote health and well being in their congregation through the GoodNEWS Program.

Professionally, Troy has been a paralegal for 8 years and currently works for Locke Lord, Billell and Liddell, LLP Dallas, TX. She is a graduate of Bishop Dunn High School Dallas, and a Spellman University alumnus. She is married to Daymond, and they have two sons— Daymond Jr. and Dillon.

When Troy was approached by Pastor Moore to help with the health ministry at the church, she answered the call because she remembered her mother dying from complications of hypertension. She wanted to help her family and church members to find a way to avoid that same problem.

She solicited the help of her friend, and fellow church member, Bernadine Wafford to go to the GoodNEWS training with her. Bernadine has worked at UT Southwestern for 33 years as a service technician. She is dedicated to helping others. Bernadine is married to Greg and they have two sons, Greg, Jr. and Kevin, and a daughter Shuniqua. She wanted to be apart of the health initiative to help her family to eat better,

live a better life, and to help her fellow congregants to do the same. She has a history of hypertension and diabetes in her family, and youngest son, Kevin was struggling with his weight. Since being involved in the GoodNEWS Program, and participating in the health information sessions, he is losing weight, with his new lifestyle, and is making better decisions for his health.

Working together, using their GoodNEWS training, Troy and Bernadine have implemented an exercise class for their church, and are starting a walking program with nutrition information.

Thank you Pastor Moore, Troy and Bernadine for your dedication to making First CME a place of health and wholeness!

Hear Ye, Hear Ye! Community Announcements!

The next **GoodNEWS LHP meeting** will be held March 12, 2009. Dinner will be prepared by the GoodNEWS Team and served from 6:00 p.m. to 6:30 p.m. (optional). Meeting and presentation will be from 6:30 p.m. to 8:30 p.m. Location: Greater Harvest Church of God in Christ 27755 Overton Rd. Dallas, TX 75216.

Free Exercise Classes!

Community Missionary Baptist Church
115 W. Beltline Rd. DeSoto, TX 75115
972-230-4477

Saturday mornings from 7:30 a.m. to 8:30 a.m. and Tuesday evenings at 6:30 p.m.



Free Medical clinics:

Cornerstone Life Clinic

2711 S. Ervay, Suite 104
Dallas, TX 75215

Each Tuesday- 10 a.m. to 2 p.m.
214-426-5468

Faith Memorial Clinic (FMC)

1900 S. Ewing Ave.
Dallas, TX 75216

Medical Clinic: Tuesday- March 24, 2009 2:30 p.m. to 4:30 p.m.

FMC Women's Clinic-

Saturday- March 14, 2009 9:00 a.m. to 11:00 a.m. Free laboratory services, physicals, STD screenings, some medications provided,

Call for appointment-972-218-1921

Relay For Life- South Dallas

April 17-18, 2009

P.C. Cobb Stadium

(Robert B. Cullum next to State Fairground)

Form your own team or join an existing one by online registration. VIP Treatment for Cancer Survivors!

www.relayforlife.org/southdallastx

Healthy Wellness Walkers "Biggest Loser" for 2008

Mrs. Joyce Brown!



Joyce a native of Gary, Indiana, has been in Dallas since 1974. She is married to Jerome Brown and attends St. John Missionary Baptist Church, Dallas, TX. Joyce works for Dallas County Home Loan Counseling.

Congratulations go to **Mrs. Joyce Brown** of Dallas, TX for being the Health Wellness Walkers 2008 Biggest Loser! Joyce has been a participant in the Wellness Walker program since its beginning in 2007.

The Healthy Wellness Walker Program originally started as an effort of the South Dallas Community Actions Coalition's Health Task Force to provide a way for residents of South Dallas to improve their health. It was originally called the Healthy South

Dallas Wellness Walkers. The name was changed in 2008 to reflect the inclusion of people in other parts of Dallas that wanted a program to walk with. The Wellness Walker close-out event for 2008 participants was held January 31, 2009 at the Warren United Methodist Church, Dallas, TX.

Joyce began her journey of transformation in 2006 when she was diagnosed with high blood pressure. She knew she needed to make some lifestyle changes to help lower her blood pressure. She came to Kwanzaa Fest at the Texas State Fairground in 2007 and visited the GoodNEWS UT Southwestern booth where she got her blood pressure checked, and was invited by GoodNEWS Lay Health Promoters to join the walking program. At the Wellness

Walkers event she found others that wanted to walk and change their lifestyles also. She was not alone.

But, in January of 2008 she suffered an injury to her ankle and was not able to walk for 6 months. She was discouraged, but when the doctor released her to walk, she came to one of the quarterly check up events, and started walking again. She now walks about three miles 2-3 times a week and has lost 30+ pounds since her walking journey began in 2006. Joyced has shown that not giving up is the key to becoming the "**Biggest Loser!**"

So, save the date for the next Wellness Walker check-up registration event April 11, 2009, and plan to start your walk to be the **Biggest Loser!**

"I no longer diet. I started making better choices, and began to taste my food and listen to my body."

Joyce Brown



Joyce at 2008 Wellness Walker check-up event participating in fitness demonstration with Personal Trainer , Dwayne Levels.



GoodNEWS
UT Southwestern Medical Center
Community Health Sciences
5323 Harry Hines Blvd.
Dallas, TX 75390-9066

We are on the Web:
www.goodnews-trueliving.com

If your contact information has changed, please go to <http://goodnews-trueliving.com/update-contact-info> or call 214-648-3321 and submit your changes.

The answer to the GoodNEWS Goodie of the Month question from the February GoodNEWS Flash was: #3: 90,000-100,000 (the number of times the heart beats in a day). Our winner was Charlette Davis of Changing Directions Christian Center Church. Congratulations Charlette!

Healthy Recipe!

Mouth Watering Oven-Fried Fish!

- 2 lbs. Fish fillets
- 1 Tbsp. Lemon juice, fresh
- 1/4 cup Skim Milk or 1% buttermilk
- 2 drops Hot Pepper sauce
- 1 Tsp. Garlic, fresh, minced
- 1/4 Tsp. White ground pepper
- 1/4 Tsp. Salt
- 1/4 Tsp. Onion Powder
- 1/2 Cup cornflakes, crumbled or Regular bread crumbs
- 1 Tbsp. Vegetable oil (fro greasing Baking dish)
- 1 Lemon, fresh, cut in wedges



1. Preheat oven to 475 degrees F.
2. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot pepper sauce, and garlic.
4. Combine pepper, salt, and onion powder with cornflake crumbs and place on a plate.
5. Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand

briefly until coating sticks to each side of fish.

6. Arrange on lightly oiled shallow baking dish.
7. Bake 20 minutes on middle rack without turning,
8. Cut into 6 pieces. Serve with fresh lemon.

Nutrition per serving size: 1 cut piece
 Calories- 183; Fat- 2g; Saturated fat- less than 1g; Cholesterol- 80mg; Sodium- 325 mg.