



# GoodNEWS Church Health Connection!

Volume 3, Issue 2- June 2009

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 UT SOUTHWESTERN MEDICAL CENTER

Visit the GoodNEWS Website:  
[www.goodnews-trueliving.com](http://www.goodnews-trueliving.com)

## Motivation to Change

*By Ms. J.R. Newton, R.N.*

### INSIDE THIS ISSUE

- 1 Motivation to Change
- 2 Faith Memorial Church new exercise room
- 3 GoodNEWS Announcements
- 4 Healthy Recipe

In talking to a nursing colleague recently, the conversation of people's priorities regarding their health came up. She stated that she had helped with a health fair where they offered free Cholesterol and Blood Sugar testing to the community. There was another vendor at the event that was offering teeth whitening, and the cost was \$95 per person for their services. She stated that they had to literally beg people to get their finger stuck to check their cholesterol and blood sugar. The teeth whitening vendor, at \$95 per person, saw three times as many people as the cholesterol screening, which was free!

As nurses, we could not understand the priority people had of having a pretty white smile as you gripped your chest with a heart attack! We humans can be so superficial, and think that as long as everything looks alright on the outside, everything is good. The beauty industry (make-up, hair products, etc.) is a Billion Dollar industry! We spend countless hours and large amounts of money making sure our face, hair and nails are in order, and the rest of our body is sorely out of shape. High Blood Pressure does not have a face or hair do!

So, enough of that! What thing can we do to start to make some positive healthy lifestyle changes?

- Imagine what your life would be like with the new you. What are things you would be able to do, things you could wear, places you could go, that you are not able to do now?
- What is your motivation for change, and are you ready to make changes?
- Identify the things you will do to support your new lifestyle. (get a gym membership; take all of the unhealthy snacks out of the house; find a safe place to walk, etc.)
- Establish a support system of friends and family that will give you encouragement to reach your goal.
- Decide on the time frame you will put your plan in action. (Ex. Workout or walk 3 times a week, eat out only once a month, drink more water, etc.)
- Start NOW!

(Exerts from: Diane Randall: "Change your life in 21 days.

[www.ideamarketers.com](http://www.ideamarketers.com))



Please see *Great Articles* on page 2

## A GoodNEWS Church Getting and Staying Fit!



Members of Union Cathedral and the YES Program clean out Faith Memorial storage.

Many of the GoodNEWS Community of Churches are getting their churches and the communities involved in physical fitness activities. For example, GoodNEWS Church, Faith Memorial Church (Senior Pastor- Larry Jefferson, Sr.) had a storage room that was cluttered and not being utilized. Pastor Jefferson wanted to turn that room into an exercise facility that the clients they serves as part of their outreach program, Vision Regeneration (prison reentry program and youth gang intervention program) could come and exercise, release some of their tensions, and make new friends.

The teen youth program from Union Cathedral, the YES (Youth Expecting Success) Program, and their pastor- Rev. Richie Butler, and members of Union Cathedral, did a community service project to help clean out the storage area. Pastor Jefferson then had an opportunity to make his vision become a reality by soliciting exercise equipment, painters and volunteers. An area sign painter, David Fullylove, donated his services to paint murals and positive statements on the walls, bringing the room to life! Some of the exercise equipment is in need of repair, but that has not stopped Pastor Jefferson from promoting the workout room, and using the facility himself.



Pastor Richie Butler (Union Cathedral) and Pastor Larry Jefferson, Sr. (Faith Memorial Church) after storage area cleaned.

“This community really needs a place like this to exercise and develop healthy lifestyle habits” stated Pastor Jefferson. He also sees it as a chance to minister to those that come to use the facility, and invite those that need free medical care, to the clinic that the church host monthly. When in the area of Faith Memorial Church (located at 1900 S. Ewing Ave. Dallas, TX 75216) stop by and visit Pastor Jefferson, and get a tour of the new exercise room. If you have exercise equipment, in good work condition, Pastor Jefferson is accepting donations.



Pastor Larry Jefferson, Faith Memorial Church, works out in the new fitness room at Faith Memorial.

## GoodNEWS Announcements!

### GoodNEWS Advisory Board Meeting:

Date: Thursday, June 18, 2009

Time: 6:00 p.m. to 7:30 p.m.

Location: Greater New Zion Baptist Church  
2210 Pine St.  
Dallas, TX 75215

### GoodNEWS Combined Lay Health Promoter Meeting (for LHPs only):

Date: Thursday, June 25, 2009

Time: 6:30-7:00 p.m. Dinner served  
7:00-8:30 p.m. Meeting

Location: First CME Church  
7575 S. Hampton Rd.  
Dallas, TX 75232

The Community is invited to attend:

### The GoodNEWS Community Health Education Event!

Topic: Heart Health Awareness Breakfast with  
"Ask the Doctor" Session

Date: Saturday, July 25, 2009

Time: 8-9 a.m. Heart Health Walk;  
9:15 to 11:30 a.m. Presentation

Location: Concord Missionary Baptist Church  
6808 Pastor Bailey Dr.  
Dallas, TX 75237

### **Faith Memorial Free Clinic**

Tuesday, June 23, 2009

2:30 p.m. to 4:30 p.m.

1900 S. Ewing Ave.

Dallas, TX 75216

Free non-emergency medical care for  
adults and children

Services provided:

Laboratory services

STD screenings

Some medications provided

Physical exam

No vaccines provided

### Free Marriage Workshop!

The Park South Family YMCA, in partnership with ANTHEM (Alliance for North Texas Healthy Effective Marriages) will host a FREE marriage workshop

Date: Saturday, June 27, 2009

Time: 9 a.m. - 5 p.m.

The program is free, but you must RSVP due to limited seating. Interested couples should contact:

Sabra Wigfill at 214.421.5301 or  
sabraw.parksouth@ymcadallas.org

Childcare is provided for children 3 to 7 (must be potty trained)

### Community Missionary Baptist Church

## Shape up your



## MIND, BODY & SOUL

"Lay Aside Every Weight..." -Hebrews 12:1

Don't miss the opportunity to get yourself back into shape  
The exercise class has come to you.

Join our own Brother Nathan Wilson for an exciting exercise class offered on Saturday mornings from 7:30 a.m. - 8:30 a.m. and on Tuesday at 6:30 p.m.

Beginning February 21, 2009 ... to be held in the gym

115 W. Beltline Rd. • DeSoto, Texas 75115 • 972.230.4477



## HAPPY FATHER'S DAY TO ALL FATHERS!!

### "Good Fathers build Strong Families"

*"Research has shown that fathers, no matter what their income or cultural background, can play a critical role in their children's education. When fathers are involved, their children learn more, perform better in school, and exhibit healthier behavior. Even when fathers do not share a home with their children, their active involvement can have a lasting and positive impact."*

US Department of Education, "A Call to Commitment: Father's Involvement in Children's Learning."




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### Healthy Oatmeal Crisp Cookies

*Great for Father's Day!*



#### Ingredients:

2 eggs  
 3/4 cup sugar  
 1/4 teaspoon ground ginger  
 1/2 teaspoon vanilla  
 1/4 teaspoon salt  
 1 tablespoon butter, melted  
 2 teaspoons baking powder  
 1 3/4 cup quick cooking oats

#### Directions:

Heat oven to 350 degrees. In large bowl beat eggs until frothy. Add sugar, ginger, vanilla and salt; mix until sugar is dissolved, about 2 minutes longer.

Blend in butter and baking powder, then fold in the oats.

Cover a large cookie sheet with ungreased foil. Drop the batter onto sheet in rounded teaspoonfuls spaced 2" apart. Bake in center of oven until the edges are golden brown, 10 to 12 minutes. Remove from pan while hot and cool on a rack. Repeat with remaining batter.

Calories 58 Fat 1 g Fiber 0.6 g

[www.cdktichen.com](http://www.cdktichen.com)



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