

September is.....

- Prostate Cancer Awareness Month
- National Suicide Prevention Month, Week & Day
- Healthy Aging Month
- National Childhood Obesity Awareness Month
- National Food Safety Education Month
- National Preparedness Month

In His Service,

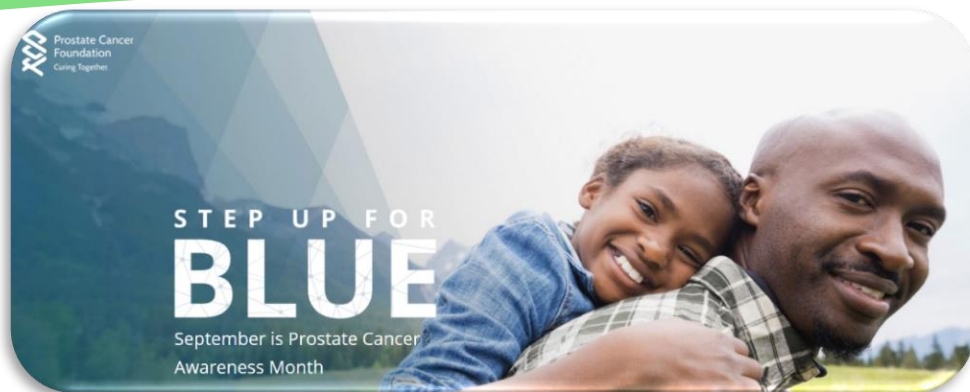


H-3 Ministry

"I have set the Lord always before me: because he is at my right hand, I shall not be moved.

Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope."

Psalms 16:8-9



We're making medical history

The Prostate Cancer Foundation is transforming medical research – and saving lives.

Prostate cancer is the second-most common cancer in U.S. men.

Learn about prostate cancer to start stepping up against it. The Step Up For Blue campaign empowers men to take control of their health — and encourages their loved ones to support them.

When you Step Up for Blue, you support the 3 million U.S. men living with prostate cancer and the countless families fighting this disease worldwide.

PCF research has helped lower the U.S. prostate cancer death rate by more than 50%. And breakthroughs in prostate cancer research are also saving lives for at least 9 other cancers.

Invitation: For more information on Prostate Cancer Education / Awareness, we invite **ALL adult males** to join us on 3rd Sunday, September 15, immediately following morning service. Our speaker will be our very own member, Dr. Javar Myatt-Jones.

SUICIDE PREVENTION MONTH

September is National Suicide Prevention Awareness Month. National Suicide Prevention Week is September 8–14, 2019, with World Suicide Prevention Day on the 10th. During this month, week and day, individuals and organizations alike will be drawing attention to the problem of suicide and advocating the prevention of this terrible tragedy. Suicide is a national health problem that currently ranks as the 2nd leading cause of death for ages 10 – 24. Suicide is also one of the leading causes of preventable death in our nation.

All around the nation, suicide prevention organizations will be conducting prevention and awareness events. The Jason Foundation is currently planning events to help spread awareness during this week and month.





Be Aware, Be Able, Be Prepared

B1 FOR A FRIEND!

<p><u>BE AWARE</u></p> <p>Be aware and understand the problem of youth suicide.</p> <ul style="list-style-type: none">• Suicide is the 2nd leading cause of death for youth ages 10-24.	<p><u>BE PREPARED TO REACT</u></p> <p>You should never be afraid to talk to someone who may be depressed or at-risk. At the very least, they will know there is someone who cares for them. You should also have an action plan in case a friend or family member shows signs of suicidal ideation. Taking the B1 pledge will help you to "Be Prepared".</p>
<p><u>BE ABLE TO IDENTIFY</u></p> <p>Be able to identify warning signs in a friend who may be hurting. Look for these warning signs in your friends:</p> <ul style="list-style-type: none">• Suicide threats• Depression• Anger, increased irritability• Lack of interest in activities they once enjoyed• Sudden increase/decrease in appetite• Sudden changes in appearance• Dwindling academic performance• Preoccupation with death and suicide• Previous suicide attempts	<p><u>WHERE DO I GO FOR HELP?</u></p> <ul style="list-style-type: none">• Your favorite teacher/coach• Parents• Clergy• Guidance counselor• Doctor• Trusted adult• National Suicide Prevention Lifeline 1-800-273-TALK (273-8255)• Local mental health center

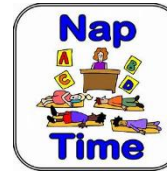
Remember: Never be reluctant to get involved and always take any child/adolescent's desire or intent to harm themselves seriously. If you suspect a young person of suicidal ideation, get them to professional help immediately. **Suicide is Preventable.**

HEALTHY AGING MONTH TIPS: 6 HEALTHY LIFESTYLE IDEAS

1

Take cat naps

It's proven that naps are not just good for toddlers but for people of all ages. A study revealed people who take naps are 37% less likely to die from heart disease.



2

Mix & mingle with the right crowd

There is clear link between having the right social ties and living a longer life. Surround yourself around positive people who help lift you up and encourage you to follow your dreams. Continue your old hobbies and find new activities that you can do with your friends or alone.



3

Stay active

Exercise regularly. It is recommended to get least 2.5 hours of exercise a week. Not everyone likes the gym but how about a nice nature walk or dancing?



4

Set realistic goals

Make a plan to clearly define where you are going and how you will get there. Research has shown those who have a clear sense of purpose and drive have a less chance of getting Alzheimer's disease.



5

Budget and spend your money wisely

Create a budget. Know where your money is going. Try to cut down your expenses. Not being able to afford the things you want to do in life can add stress your life. Look at ways you can lower regular bills and allocate it to other things like traveling, hobbies or sports.



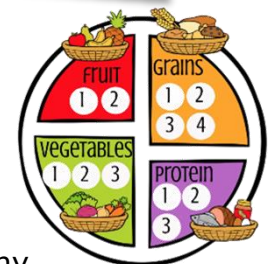
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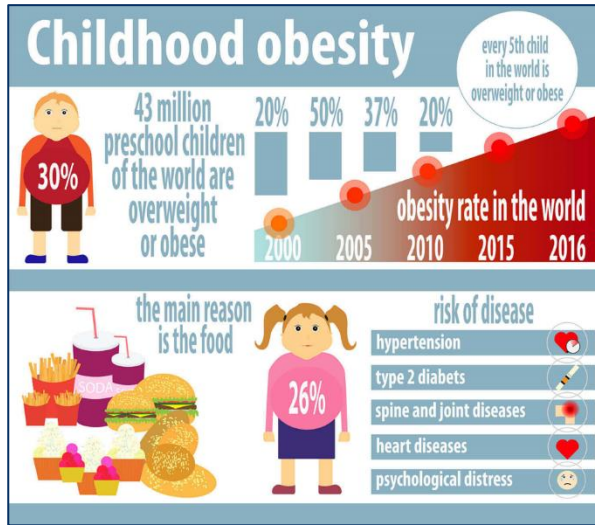
Eat foods that give you natural energy

Iron Rich: If you feel lethargic it may be worth examining if you are eating iron rich foods. It's a fact that almost 10% of women are iron deficient. Increasing your iron intake will get more oxygen to your cells by eating more foods like spinach, beans, dried fruit and meats.

Right Formula for every meal: It's one thing to eat one or two healthy foods a day but if you add the right foods at the right times together it will give you more energy. One example is one fruit or veggie, a whole grain, a lean protein, a plant-based fat food (avocado, nuts, coconut oil) and top it off with a fresh herb or spice.

Healthy snacking: Everyone knows to stay away from processed sugar foods but there are many other snack options out there that are just as bad. It's great to read the labels to see what you're eating instead of going for a convenient packaged item like chips try nuts, dried fruit or trail mix. Consider making your own fruit and energy nut bars. You will notice a difference in your energy levels as you continue to make healthier snack choices.





Each month of the year has its own health observations to bring light to the wellness issues that impact our society. With children going back to school, this September is National Childhood Obesity Awareness Month. Growing obesity rates affect not only adults, but children and adolescents, too. Currently one out every five children in the United States is obese, according to the Center for Disease Control and Prevention. Unfortunately, with increasing obesity rates we also see an increase in related health conditions such as heart disease, Type 2 Diabetes, asthma and sleep apnea among children. Not only are obese children at a higher risk to become obese adults; but the risk factors associated with weight are more likely to be severe. These children also have a higher risk of being the target of bullying, having lower self-esteem and potential depression and behavioral issues.

Needless to say, there are many benefits to be had from making changes to curb childhood obesity and these changes start in the home. Here are some simple steps you can take:

- 1. Eat together as a family.** Studies have found that families that eat dinner together most days of the week have children that are less likely to be obese and are likelier to have healthier eating habits. Participating in family dinners can also decrease your child's risk of developing disordered eating patterns, as well. Even beyond all these benefits, family dinners are a great way to take time to slow down and enjoy time together as family.
- 2. Offer healthy food options.** Kids need balanced meals that include all of the food groups. Be sure to provide lots of fruits and vegetables, include low-fat dairy for children over age two. Opt for whole grains and choose lean meats and proteins. Kids may turn up their noses at some of these options; especially at first. Don't give up! **Kids develop their food preferences through exposure and experiences, so it may take several tries before kids will adopt a food.**

3. **Limit high fat and high sugar foods.** These may be the foods many children prefer, but they tend to run low on nutrition and high in calories. If you are having trouble making the transition with your children try making healthier versions of their favorite snacks. Stevia is a safe alternative sweetener to use to replace or reduce excess sugars. For example, you could sprinkle some stevia into plain yogurt and add some fruit to replace ice cream. To replace potato chips, try thinly slicing a sweet potato, spray it with olive oil and lightly season for homemade potato chips. (Bake at 425* for 20 minutes.) You can check out [Stevia Benefits' Back to School Pinterest board](#) for more ideas for kid-friendly foods that cut down on excess fat and sugar.
4. **Serve appropriate portions.** The biggest issue we face in America today is our excess food consumption, overall. Be sure that you are providing your kids with portion sizes that are appropriate for their age. Simply having a moderate approach in the amount of food that they eat can help children maintain a healthy weight.
5. **Promote physical activity.** It is recommended that kids partake in 60 minutes of moderate-to-vigorous activity most days of the week. Take time as a family to be active. This not only provides a great example for your children, but also helps the adults get in much-needed activity, as well. So, get outside and getting moving, and more importantly...have fun!
6. **Limit screen time to 2 hours or less.** Screen time can have a negative impact on children's development in a variety of ways. One critical impact is an increase in obesity risks with higher screen time. Replace screen time with physical activity or other activities that use creativity and imagination.
7. **Be a role model.** Kids learn by example and will often pick up the behavior of the adults in their life. Further, if you have a child already managing a weight problem it can be difficult to make changes when they feel different from other family members. Being active and healthy as a family is a great way to support each other and set the stage for success.



September is National Food Safety Education Month

Learn how to be a food safety superhero! Take steps to help prevent food poisoning and show others how to keep food safe.

Every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from eating contaminated food. Anyone can get sick from a foodborne illness (also called food poisoning). But some groups of people are more likely to get sick and to have a more serious illness. These groups are:

- Children younger than 5
- Adults aged 65 and older
- People with health problems or who take medicines that lower the body's ability to fight germs and sickness
- Pregnant women

There are things you can do to protect yourself and your family. As you prepare and handle food, follow these four steps:



- Clean: Wash your hands, utensils, and surfaces often when you cook.
- Separate: Raw meat, poultry, seafood, and eggs can spread germs. Separate them from cooked food and fresh produce.
- Cook: Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
- Chill: Refrigerate perishable foods and leftovers within two hours. Chill within one hour if it's above 90°F.

Join us in sharing information about the four steps to food safety. Let's make sure everyone knows how to protect themselves and their loved ones from food poisoning.



PREPARED, NOT SCARED

National Preparedness Month 2019

ALWAYS CALL 911 IF YOU ARE IN IMMEDIATE DANGER AND NEED EMERGENCY HELP.

National Preparedness Month is recognized each September to promote family and community disaster and emergency planning now and throughout the year. The 2019 theme is "**Prepared, Not Scared.**"

General: What You Can Do

Planning - Preparing for natural disasters can greatly reduce the risks to health and the environment. Hurricanes or floods can contaminate drinking water sources. Forest fires or volcanoes harm air quality. Tornadoes or earthquakes, by damaging factories or storage facilities, can release contaminants where people live or into the environment.

- *Individuals and homeowners* can plan ahead to protect health for themselves and family members.
- *Communities, schools, and businesses* can plan ahead to reduce risks and possible costs of storm-related spills or cleanup.
- Learn about [making an emergency plan](#), from Ready.gov.

Recovery - Understanding risks will help speed recovery efforts and help keep problems from becoming worse. Improper use of portable generators or heating devices can release deadly carbon monoxide to indoor air. Ice-melting agents used improperly can pollute waterways. Large amounts of debris can present serious disposal problems for state and local communities. Owners or operators of damaged facilities may be responsible for reporting spills.

- *Individuals and homeowners* can learn more about what, and what not, to do to protect health of themselves and family.
- *Communities, schools, and businesses* can learn more about address large-scale risks and be aware of any legal requirements they may have under applicable regulations.

THINK AHEAD, HAVE A PLAN, BE PREPARED FOR ANY EMERGENCY.

KNOW
EVACUATION
ROUTES

PAY ATTENTION
TO ALERTS
AND WARNINGS

CREATE AND PRACTICE
FAMILY
COMMUNICATION
PLAN

BACK UP IMPORTANT
DOCUMENTS AND
KEEP THEM IN
A SAFE PLACE

CHOOSE A SAFE
MEETING PLACE,
& CARRY NEEDED
MEDICATIONS



Ready

resources this issue

Resources: <https://stepup.pcf.org/>
<http://jasonfoundation.com/get-involved/suicide-prevention-month/>
<http://jasonfoundation.com/wp-content/uploads/sites/97/2019/08/B1-Flyer.pdf>
<https://healthyaging.net/healthy-lifestyle/healthy-aging/>
<https://caloriecontrol.org/september-is-national-childhood-obesity-awareness-month/>
<https://www.cdc.gov/foodsafety/education-month.html>
<https://www.ready.gov/september>
<https://www.epa.gov/natural-disasters/general-information-disasters>
<https://elmorecoema.com/national-preparedness-month-week-2-do-you-have-an-emergency-plan-in-place/>
<https://www.familyeducation.com/school/breakfast/8-breakfasts-kids-can-cook-themselves>