



GoodNEWS is a collaboration between 30 churches in the Dallas Southern Sector (the GoodNEWS Community of Churches) and UT Southwestern Division of Community Health Sciences

THE CHURCH HEALTH CONNECTION

Random Acts of Kindness, Pass it On!

When was your latest random act of kindness for a stranger or a loved one? Believe me when I say I miss a few opportunities in the rush and bustle of daily life. No excuse, just need to do better! But, I recently took my dad to the VA Hospital in Houston, TX for his appointment. (My dad is 89 and still farming!) As we sat in the waiting room, I observed the veterans, young and old, coming in, sitting, waiting, and leaving. Near me was a middle aged woman with 3 children. The oldest was a girl about 10 years old, and the smaller babies were boys about 8 and 6 months old. It was obvious that this was possibly the grandmother on baby sitting duty, and the kids had to accompany her as she accompanied a family member to their appointment.

The grandmother had to leave for what was supposed to be a brief moment, and left the 3 children in the lobby, with the capable 10 year old girl caring for her brothers. The girl was handling things alright for a while, holding one baby, and holding the bottle for the other baby that was in the stroller. About 30-40 minutes went by—grandmother had not returned and the babies became restless. I wanted to help her, but was reluctant, not knowing what instructions the child had been given regarding strangers. As time went by, and the babies were hungry and crying, and it was obvious that the girl needed some help. Suddenly, I had a flash back to 20+ years ago, and saw my daughter's face, when she was that age helping with her baby brother. I was overwhelmingly compelled to help out, regardless of the consequences.

As I picked up the baby's bottle from the floor, I asked her if she needed some help, and her small stressed 10 year old face looked at me in relief and she said, "Yes."

I took the baby in the stroller off her hands and rolled him near me, finished feeding him, and took him from the stroller, and cradled him in my arms. The stress look left the girls face as she kept a watchful eye on me. The baby she was holding went to sleep, and the baby I had, was beginning to nod off.

I think he could feel the rhythm of my heart beat, and sensed that I was there to help.

Others in the area watched the interaction, partly holding me accountable and partly wishing they had taken some action to help the girl also. One lady even turned around and said, "I love babies. They are so precious." I saw a man waiting with his wife looking on at the situation, and noticed that he had a permanent frown on his face. It seemed that with years of pain, stress and disappointment, for what ever reason, it had left the corners of his mouth permanently turned down. I thought how sad to go through this wonderful life that God has given us, with the corners of our mouths turned down, permanently. How that must disappoint God!

Finally, the clearly flustered grandmother showed up, with a worried look, and found that all the kids were safe. She thanked me over and over for helping her granddaughter. I was glad I did, because her smile and the smile of the little girl over shadowed the turned down corners of the bitter man. Just think how many frowns would be prevented or turned upside down to smiles with simple acts of kindness. What if someone had done an act of kindness for the frowning man earlier in life, or if he had done one for someone else. He may have been better instead of bitter!

So, let's seek out opportunities to do acts of kindness, and see how much nicer the world feels toward us, and us towards the world!

Blessings,
JR Newton

Volume 2, Issue 2

June 2008

Special points of interest:

- Acts of kindness
- The GoodNews Team
- 2008 GoodNews Graduates
- GoodNEWS Announcements
- F² Health Fit Challenge
- Safe Summer
- Recipe

GoodNEWS April 2008 Graduates!



Monica Henry and Dana Richardson– Family of Faith Christian Center Church; Troy Gardner and Bernadine Wafford– First Christian Methodist Evangelistic Church; Elma Locke and Nakisha Robertson – Friendship West Baptist Church; Brenda Cotton and Alice Wesley– Goodwill Baptist Church; Beverly Chatmon and Gwendolyn Wright– Greater Harvest COGIC; Ruby Brown and Leonard Clemon– New Friendship Baptist Church; L.H. Cleaver and Sherlinda Rogers– New Lancaster Community Baptist Church; Keri Elliott, Angie Westbrook and Donna Slater– New Millennium Bible Fellowship; Dannelle Pinson and Florencia Velasco-Fortner– New Mt. Moriah Missionary Baptist Church; Marian Barnett and Joanne Daniels– Singing Hills Baptist Church.

New LHPs from existing 2005 churches that attended training were: Shannan Caple– Cornerstone Baptist Church; Alene King and April Parker– Frazier Berean Baptist Church; Janie Webb, Lynn Patterson and Linda Gipson– Greater New Zion Baptist Church and Emma Harris– Warren United Methodist Church.

Graduation for our April 2008 GoodNEWS Lay Health Promoters was held at one of the GoodNEWS Community of Churches– Faith Memorial Church– PIE Center May 3, 2008. Training for these LHP was held at the Women's Museum – Fair Park from April 18, 19 and 26, 2008, with the last class and graduation being held at Faith Memorial Church. Thirteen (13) new churches participate in this training with 25 new LHP graduating.

Congratulations to these graduates:

Renee Walker– Church of the Living God #129; Tawana Brown– Community Missionary Baptist Church; Vera Bell– Concord Missionary Baptist Church;

GoodNEWS 2008 New Lay Health Promoters!

The GoodNEWS 2008 Program has completed graduation for — Lay Health Promoters (LHP). These Lay Health Promoters will be at the center of proving that because African American churches have LHPs and health ministries, the people in those congregations are healthier, and decrease their chances of developing chronic diseases, such as high blood pressure, diabetes, obesity and heart disease.

In June of 2007, the GoodNEWS Program located in the Clinical Sciences Department of UT Southwestern Medical School– Division of Community Health Sciences, received a grant from the National Institutes of Health (NIH) to prove that health ministries in these churches actually can make these congregation members healthier through healthy lifestyle changes.

GoodNEWS stands for **G**enes, **N**utrition, **E**xercise, **W**ellness and **S**piritual Growth. The LHPs were taught health and wellness according to the six dimensions of health– Spiritual health, Physical health, Social health, Mental health, Intellectual health and Environmental health.

They were taught to develop health ministries for their congregations and to bring health information, and resources to their congregations related to these six dimen-

sions. Each congregation will recruit 25 members from their congregation to participate in a 3 year study that will monitor their cholesterol levels, blood sugar levels, weight and lifestyle practices.

Two trainings were held to train a total of 20 churches and 40 LHPs!

The first training was held at The Women's Museum in April 2008 and the last training in June 2008 at Greater New Zion Baptist Church. The pastors also attended a special training to inform them of the GoodNEWS concept. Each church received a stipend to assist with health ministry development, and LHPs received a stipend for attending the training. In 2005 LHPs from 12 churches received training, and 10 of them are still active. The new 2008 churches will join the 2005 churches and expand the GoodNEWS Community of Churches. The original 2005 GoodNEWS churches are:

Cornerstone Baptist Church, Faith Cumberland Presbyterian Church, Faith Memorial Church, Frazier Berean Baptist Church, Greater New Zion Baptist Church, St. Mark Baptist Church, True Lee Missionary Baptist Church, Warren Ave

Christian Church, Warren United Methodist Church, and Zion Chapel Primitive Baptist Church.

The new participating 2008 churches are:

Beth-Eden Baptist Church– Dallas; Bible Way Baptist Church– Dallas, Church of the Living God #129– Dallas, Community Missionary Baptist Church– DeSoto; Concord Missionary Baptist Church– Dallas; Family of Faith Christian Center Church– Duncanville; First Christian Methodist Evangelistic Church– Dallas; Friendship West Baptist Church– Dallas; Goodwill Baptist Church– Dallas; Greater Harvest Church of God in Christ– Dallas; Heartline Ministries– Dallas; Mt. Moriah Missionary Baptist Church– Dallas; New Friendship Baptist Church– Lancaster; New Lancaster Community Baptist Church– Lancaster; New Millennium Bible Fellowship– Dallas; New Mt. Moriah Missionary Baptist Church– Dallas; North Park Missionary Baptist Church– Dallas; Singing Hills Baptist Church– Dallas; St. Matthew C.I.L. Missionary Baptist Church– Dallas; and Tabernacle Missionary Baptist Church– Dallas.

Congratulations to all of our new churches and Lay Health Promoters!!!

GoodNEWS June 2008 Graduates!



Baptist Church; Callie Harris– North Park Missionary Baptist Church; Terry McGilvery– St. Matthews C.I. L. Missionary Baptist Church; A.D. and Flo Campbell– Tabernacle Missionary Baptist Church.

New LHPs from existing 2005 churches that attended training were: Judy Harris – Faith Memorial Church; Anna Williams and Patricia Williams– True Lee Missionary Baptist Church; Felicia Horton and Shari Chandler– Warren Avenue Christian Church.

Graduation for our June 2008 Lay Health Promoters was held at one of our GoodNEWS Community of Churches– Greater New Zion Baptist Church on June 20, 21, 27 and 28, 2008. There were 7 participating new churches and 15 new LHPs.

Congratulations to these graduates:

Reginald Mitchell and LeQuita Garrett– Beth Eden Baptist Church; Rita Smith and LaToya Spencer– Bible Way Baptist Church; Raquel Harper and Marilyn Hellum– Community Missionary Baptist Church; Ronney Jackson– Goodwill Baptist Church; Delores Wiley and Cassandra Williamson– Heartline Ministries; Charles and Lanell Wiley– Mt. Moriah Missionary

GoodNEWS Announcements!

GoodNEWS Community Health Revival!

**Thursday, July 31, 2008
7:00 p.m. to 9:00 p.m.**

True Lee Missionary Baptist Church
3907 Bertrand Ave. Dallas, TX 75210

Come and help GoodNEWS celebrate our GoodNEWS Community of Churches.

GoodNEWS Pastors and Lay Health Promoters are asked to participate in the Pastor's Chorus and the GoodNEWS Mass Chorus. (Rehearsal at 5:30 p.m. prior to service)

Key Note Speaker:

Jenny J. Lee, Ph. D., MPH

The Hidden Truth of God's Love and Human Living"

GoodNEWS Curriculum Creator

For more information call:
214-648-3321

This event is FREE and open to the public!

GoodNEWS Pastors Information Meeting!

Saturday, August 2, 2008

at

Zion Chapel Primitive Baptist Church

3311 Bertrand Ave.
Dallas, TX 75215

8:30 a.m. to 1:00 p.m.
(Brunch Served)

Presentation by;

Jenny J. Lee, Ph. D.

"This meeting is designed for all new GoodNEWS pastors and other interested pastors.

To reserve you place: contact Natalie at 214-648-3321 or Goodnews@utsouthwestern.edu

True Lee Missionary Baptist Church

3907 Bertrand Ave.
Dallas, TX 75210
214-421-9435

Presents:

**Healthy Lifestyle Week
July 21-26, 2008**

Venues such as exercise demonstration, cooking demonstration, CPR class and more will be offered.

*July 26, 2008 from 9a to 12 noon– CPR classes will be offered. Cost only \$25.00

"Faithfully Fit Challenge"

The GoodNEWS 2005 Churches will have a healthy lifestyle challenge between their churches from August 1 to October 31, 2008

Registration will be after the July 31, 2008 GoodNEWS Community Health Revival.

Registration fees: \$5 adults, \$2 children; \$10 Pastors category.

Participants that register at the event will receive a pedometer and a Soul Food Cookbook!

Faith Memorial Church Free Clinic

1900 S. Ewing Dallas, TX 75216
214-941-7401

**July 29, 2008 and August 19, 2008
2:30 p.m. to 4:30 p.m.**

Services provided:

Back to school physicals, adult and children non-emergency health care needs; free lab work; STD testing; health information; health care referrals.

*No vaccinations provided

Cornerstone Baptist Church

2815 S. Ervay St. Dallas, TX 75215
will be holding their

"Annual Back to School Carnival"

Saturday, August 16th from 10:00 AM to 1:00 PM.

For youth grades K through 8th grade.

For more information call:
214-426-5468

Benefits of Walking!

There are many benefits to be gained from walking. This includes, but are not limited to the following, more energy, satisfying sleep, stronger leg muscles, lower body fat, higher metabolic rate, and reduced stress.

Research has found, that many students who walk or exercise study more effectively and have better recall. Furthermore, daily physical exercise may also reduce your lifelong risks for heart disease, cancer, stroke, and high blood pressure, and may even slow the aging process. While 30 to 60 minutes of walking per day is ideal, you can still benefit from just a little bit of walking.

Nowadays, our lifestyles have changed from the past through dependence on vehicles, labor-saving devices, sedentary recreation, and a fast-paced lifestyle that leaves little room for physical activity.

One result of this has been a dramatic increase in the rate of obesity in America. The Surgeon General has recently established the "obesity epidemic" as the single greatest threat to the public's health with an estimated 65% of adults overweight or obese

(National Center for Health Statistics, 2004).

The Healthy Wellness Walkers

The Healthy Wellness Walkers

is a community collaborative effort supported by: The GoodNEWS Program, Parkland Health and Hospital Systems, MLK Jr. Family Clinic, APAA, Foundation for Community Empowerment and other community partners.

The Healthy Wellness Walkers have quarterly check-up events where participants have their weight, waist measurement, and blood pressure measured to track their improvements.

Each walker is provided a pedometer and encouraged to walk 10,000 steps a day. The walkers walk as a group each Saturday morning from 8 a.m. to 9:30 a.m. at the Fair Grounds (MLK Jr. Blvd. Entrance)

Those wishing to walk can join them each Saturday morning.

The next check up event will be October 2008 with the "Biggest Loser" awards presented in December 2008. Participants must be registered to be eligible for awards.

For more information: Contact Tiffany Billmeier at 214- 648-0626 or tiffany.billmeier@utsouthwestern.edu

Have A Safe Summer

How to Keep Yourself and Your Family Safe and Healthy in the Summertime

by Robin Hoogshagen, R.Ph.

Summer is when you're more likely to see kids outside playing ball, riding bikes -- and getting hurt. In fact, May through August is the most dangerous time of year for children, according to the National SAFE KIDS Campaign. In a recent report, SAFE KIDS found that nearly half of all injury-related childhood deaths occur during the summer, with July having the highest death rate. And although an estimated 3 million children will visit emergency rooms this summer, there are some things we all can do to help keep our loved ones safe.

Be safe around water -- inside and outside

Drowning claims the lives of 4,000 people every year, according to the National Safety Council, with small children having the highest death rate. Most small

children drown in pool accidents or when left alone in a bathtub. Here are several things you can do to keep your children safe around water:

- Never leave your children alone near water -- outside, at the pool or beach, or inside, near a bathtub -- not even for a second.
- Be vigilant about hidden household water hazards. For example, small children have been known to drown in buckets with only a few inches of water. Also, keep toilet lids secured if you have toddlers in the home.
- Even if your home pool is secured, be aware of other neighborhood pools.
- Teach your children always to swim with a buddy, and not to dive head-first into unknown bodies of water.

Don't forget the sunscreen

Some common sense guidelines can go a long way toward preventing the

immediate discomfort of sunburn -- and the long-term damage and health risks associated with UV-ray exposure. Limit your time outside when the sun's rays are strongest -- usually from 11 a.m. to 3 p.m. Wear sufficient sunscreen, rated SPF 15 or higher, and reapply it every two hours. Sun protection is especially important for babies and young children, who have particularly sensitive skin. Some doctors don't recommend using sunscreen on children six months or younger, so check with your pediatrician before applying sunscreen to a baby. (continued)

Safe Summer Continued:

The best course might be to simply limit exposure for little ones. Also, consider wearing a hat and protective clothing, such as a shirt with long sleeves, and use sunglasses with UV-

absorbing lenses.

Learn CPR, or take a refresher course

Many people have taken a CPR course at one time or another, but how many of us can say that we actually remember how to safely perform it? Are we familiar enough with the steps to be able to give CPR during the middle of a crisis? So even if you've been certified to perform CPR, take a refresher course, or review your CPR manual.

Stock up your First-Aid Kit

And don't forget the all-important first-aid kit. You probably already have many of these items scattered throughout your home, but in an emergency, it would save time if your first-aid materials were already packaged into a handy kit. Double-check your first-aid supplies with the following checklist:

- Alcohol or antiseptic wound wipes
- Antiseptic/anesthetic spray (like Bactine)
- Adhesive tape (1-inch thickness)
- Antibiotic ointment (like Neosporin) for cuts and scrapes
- Aspirin or acetaminophen (aspirin is not

recommended for children 12 years or younger)

- Bandages
- Blanket
- Burn cream for minor burns
- Calamine lotion or hydrocortisone cream
- Cotton balls and swabs
- Eye wash kit
- Flashlight and spare batteries
- Instant cold pack
- Insect bite/sting stick
- Scissors
- Smelling salts
- Sterile gauze pads for large wounds
- Syrup of ipecac
- Tweezers

A few common sense practices and a little preparation can make all the difference in the world. So be vigilant, have fun, but most importantly -- have a safe and healthy summer!

Robin Hoogshagen, R.Ph., is a Wal-Mart pharmacist in Bentonville, Ark.

Recent Articles

by Robin Hoogshagen, R.Ph.

You can learn more about safe biking for children by visiting the National Highway Traffic Safety Administration's Web site.

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Even if your home pool is secured, be



THE BENEFITS OF A COMMUNITY GARDEN



Crime Prevention

- Community gardens provide opportunities to meet neighbors.
- Community gardens build block clubs (neighborhood associations).
- Community gardens increase eyes on the street.
- Community gardening is recognized by the many police departments as an effective community crime prevention strategy.

Cultural Opportunities

- Community gardens offer unique opportunities for new immigrants (who tend to be concentrated in low-income urban communities) to:
 - Produce traditional crops otherwise unavailable locally,
 - Take advantage of the experience of elders to produce a significant amount of food for the household,
 - Provide inter-generational exposure to cultural traditions,
 - Offer a cultural exchange with other gardeners,
 - Learn about block clubs, neighborhood groups, and other community information.

• Community gardens offer neighborhoods an access point to non-English speaking communities.

• Community gardens allow people from diverse backgrounds to work side-by-side on common goals without speaking the same language.

Youth

- Community gardens offer unique opportunities to teach youth about:
 - Where food comes from
 - Practical math skills
 - Basic business principles
 - The importance of community and stewardship
 - Issues of environmental sustainability
 - Job and life skills

• Community gardening is a healthy, inexpensive activity for youth that can bring them closer to nature, and allow them to interact with each other in a socially meaningful and physically productive way.

Food Production

- Many community gardeners, especially those from immigrant communities, take advantage of food production in community gardens to provide a significant source of food and/or income.
- Community gardens allow families and individuals without land of their own the opportunity to produce food.
- Community gardens provide access to nutritionally rich foods that may otherwise be unavailable to low-income families and individuals.
- Urban agriculture is 3-5 times more productive per acre than traditional large-scale farming!
- Community gardens donate thousands of pounds of fresh produce to food pantries and involve people in processes that provide food security and alleviate hunger.

Health

- Studies have shown that community gardeners and their children eat healthier diets than do non-gardening families.
- Eating locally produced food reduces asthma rates, because children are able to consume manageable amounts of local pollen and develop immunities.
- Increasing the consumption of fresh local produce is one of the best ways to address childhood lead poisoning.
- The benefits of Horticulture Therapy can be and are used to great advantage in community gardens.

Green Space

- Community gardens add beauty to the community and heighten people's awareness and appreciation for living things.
- Community gardens filter rainwater, helping to keep lakes, rivers, and groundwater clean.
- Community gardens restore oxygen to the air and help to reduce air pollution.
- Community gardens recycle huge volumes of tree trimmings, leaves, grass clippings, and other organic wastes back into the soil.
- Community gardens provide a place to retreat from the noise and commotion of urban environments.
- Community gardens provide much needed green space in lower-income neighborhoods which typically have access to less green space than do other parts of the community.
- Development and maintenance of garden space is less expensive than that of parkland.
- Scientific studies show that crime decreases in neighborhoods as the amount of green space increases.

Community gardens have been shown to actually increase property values in the immediate vicinity where they are located.

We thank St. Paul Park and Recreation for posting a list of community gardening benefits on their website. The GICD version is mainly from that source with a couple of additions. Any list of benefits can never be complete.

<http://www.stpaul.gov/depts/parks/environment/gardens/index.html>

The **American Community Gardening Association's** website is also a great resource for learning more about the many positive benefits of community gardening in the U.S. and Canada.

<http://communitygarden.org>



GoodNEWS
live life lovingly and healthfully

GoodNEWS
6303 Harry Hines Blvd.
Dallas, TX 75390-9165

HEALTHY RECIPES!



Spinach and Strawberry Salad!

2 bunches spinach, rinsed and torn into bite-size pieces

4 cups sliced strawberries
1/2 cup vegetable oil
1/4 cup white wine vinegar
1/2 cup white sugar
1/4 teaspoon paprika
2 tablespoons sesame seeds
1 tablespoon poppy seeds

In a large bowl, toss together the spinach and strawberries.

In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss

Servings Per Recipe: 8
Amount Per Serving
Calories: 232
Total Fat: 16g
Cholesterol: 0mg
Sodium: 69mg
Total Carbs: 22.1g
Dietary Fiber: 4.6g
Protein: 3.5g
Source: www.allrecipes.com

Lemon Chicken Oregano!

2 boneless, skinless chicken breast
2 tablespoon lemon juice
1 tablespoon non-transfat margarine or butter melted
3/4 teaspoon dried oregano
1/2 teaspoon lemon pepper seasoning



1/8 teaspoon salt

2 teaspoon finely chopped parsley or chives, if desired

1. Heat oven to 375 degrees. Coat small baking dish with cooking spray. Place chicken in a single layer in dish. Pour lemon juice and margarine over chicken. Sprinkle with oregano, lemon pepper and salt.
2. Bake about 15 minutes, or until a thermometer inserted in thickest portion registers 160 degrees, and juices run clear.
3. Serve drizzled with pan juices. Sprinkle with parsley or chives.

Nutritional information:

1 serving: Calories 160 (from fat 45); Total fat 5g (saturated fat 1g, trans fat 0g); cholesterol 75mg; Sodium 350mg; Total carbohydrate 2g; Protein 26g.

Source: www.eatbetteramerica.com