

## ***May Health & Wellness***

‘Therefore, lift your drooping hands and strengthen your weak knees, and make straight paths for your feet...’

### ***Save the Date! Lunch and Learn May 9th 12 – 2 pm***

***Topic-Functional Fitness:*** nutritional and physical choices to manage muscle loss

Speakers: Ballad Health’s Crystal Woods, RD and Scott Farmer, PT

#### ***Are You Functionally Fit?***

Do you have the strength and motor skills to carry out the activities that get you through each day? As we age, we may experience many changes that affect our daily function, for example:

- The loss of muscle mass and strength, which makes it harder to lift a gallon of water, twist off a jar lid or open a car door.
- Stiffer and less flexible muscles, which may lead to difficulty turning your head as you back your car, or trouble reaching up to grab a plate out of the cupboard.
- Weakened sense of balance, which results in walking problems and increase the risk for falls.
- Arthritis of the hands, knees, or hips, which can make it hard to dress or bathe.

***Come to Lunch & Learn*** on May 9th to find tips on how to minimize the effects of aging on our bodies. Our menu this month will be a Baked Potato with all the fixings, Salad and dessert.

***Garden Ministry*** continues for the 3rd year! We are providing the JAMA Food Pantry with fresh produce again this year. Our first harvest will be this Tuesday evening, providing fresh leaf lettuce to our neighbors at the Food Pantry. Beets, carrots, peas are on their way! Meet at the Jonesborough Community Garden at 503 Hillrise Drive 4-6 pm on Tuesday afternoons.

***Gentle Yoga*** continues through the month of May. Gentle yoga provides basic stretching and toning exercises as well as balance exercises. Class time: Tuesday morning 10 am- 11 am.

***Vital Signs:*** Visit with the Parish Nurse. Blood pressure checks on the fourth Sunday, May 27th in the Fellowship Hall.

Call your Parish Nurse, Carol Jernigan at 788-3082 if you need a visitor, need a ride, or if you would like a second set of ears at your next doctor's appointment or know someone who is in the hospital. You may also call the church office and leave a message for me.

*Carol Jernigan*