

Health and Wellness News for October

October Wellness

Ask any child what the month of October brings and you will hear “Halloween!”

“Candy!” or “Trick or Treat!”. October means fun for children....but not all children. Did you know over a million people in Tennessee live below the poverty level and essentially 25% are children? Did you know there are ways to help? Please consider getting involved. October is Children’s Sabbath Month, so please consider “all the little children of the world”.

The Presbyterian Child Advocacy Network is a part of PHEWA, and recognizes the unique nature of its work and is committed to the safety and welfare of every child. All of the issues addressed by the other nine PHEWA networks impacts children and, because of the powerlessness of children, impacts them even more severely than the adults in their lives. The Presbyterian Health, Education and Welfare Association (PHEWA) is a community of ministries:

Seeking and voicing God’s shalom

Proclaiming the inclusive gospel of justice and mercy

Sharing in Christ’s work of compassion and love

Witnessing the Spirit’s prophetic activity in church and world

The annual tradition of Kids Helping Kids® has helped to raise more than \$175 million since 1950. It has helped UNICEF provide countless children around the world with medicine, nutrition, clean water, emergency relief and education. When you Trick-or-Treat for UNICEF, small donations add up to big changes in children’s lives.

Are you a new grandparent or planning a visit with small children this holiday season? Consider having your TDAP vaccination updated for the safety of your grandchildren!

Have a happy and safe Halloween!

We have a new sitting area providing a space for young parents and their young infants in the upstairs Balcony Room. This will allow for families who prefer to sit with their youngest members and still participate in our worship service.

October 22- Visit with your Parish Nurse each 4th Sunday for answering questions and blood pressure checks.

Gentle Yoga will return the Tuesday following the Storytelling Festival. Class begins at 10a.m. in the Fellowship Hall.

Carol Jernigan, Parish Nurse, can be reached at 901-485-4280.

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