

# In the Pink!

**Power In Nurturing and Knowledge**

Volume 3 Issue 3

Mary, Mother of the Church  
HEALTH MINISTRY COMMISSION

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**S**ay the word **ASTHMA** and chances are you think of your lungs. However, there is another part of your body that can be affected by this condition: your bones. If you have asthma, you may be more vulnerable to

### **OSTEOPOROSIS —**

a disease in which bones become so fragile they can break easily. However, it is not asthma itself that threatens your bones. Instead, the link exists because of:

**Medication side effects.** Doctors often prescribe **steroid drugs**. Glucocorticoids decrease calcium absorbed from food, increase calcium lost from the kidneys, and decrease bone formation. Corticosteroids interfere with the production of sex hormones in both women and men, which can contribute to bone loss, and they can cause muscle weakness, which can increase the risk of falling and related fractures.

**Wrong ideas.** Some people with asthma avoid milk and other calcium-rich dairy products. They are afraid that these foods might trigger an asthma attack. Calcium is a bone builder. If you are unable to consume dairy products,

calcium can be taken as a supplement and can be found in other foods.

**Too little exercise.** Activities that put weight on your bones — such as walking or jogging — strengthen them. Even so, adults and kids with asthma may shy away from weight-bearing workouts because this type of exercise can trigger asthma attacks in some people.



**There is no exercise better for the heart than reaching down and lifting people up.**  
**John A. Holmes**

It can be baked, boiled, fried or added to soups and stews. Its 100 varieties come in a rainbow of colors, including white, yellow, purple and orange. Each American eats 130 pounds of this vegetable every year.

Visit our website to discover who this mystery vegetable is.

[http://www.mmoc4u.org/pages/PC%20Health Ministry.aspx](http://www.mmoc4u.org/pages/PC%20Health%20Ministry.aspx)

## Health Ministry Needs YOU!

Effective networking is a vital aspect of any ministry. As we share the love of Christ with a lost and dying world, our ministry is most effective when we take the time out to invest in an individual life.

*But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body."1 Corinthians 12:18-20 (NIV)*

Our health ministry programs continue to focus on the vision and goal of meeting the physical, spiritual, emotional and psychological needs of EVERY individual in our parish community. The sincerity of this type of ministry is desperately needed in a generation with so many stresses, pressures and physical needs. We lead very busy lives and we communicate value and appreciation by the giving of our time and efforts. There is no substitute for that precious gift of time and attention. Programs and relationships take time to build, but that is how God's kingdom will grow and be healthy.

*Each of us is gifted with special abilities that will benefit the lives we come in contact with. (Ephesians 4:16).* The commission is asking each of you to put some thought into helping us grow our ministry. Typically members serve a 2-year term. Each year, some of those terms expire, so we are looking to add new members into the ministry.

We will host a **Night of Discernment** in April. Please take a few extra minutes in the upcoming weeks to identify a parish member that you think would be a valuable asset to the health ministry commission's mission and vision. We would like to invite that person to our night of discernment. Our commission is very diverse. We need

parishioners that are devoted to outreach, not necessarily with a background in the medical field. Maybe you know someone that fits this category...someone that is divorced or widowed, a cancer survivor, a social worker, a grieving mother, a father, a coach, a child caring for an aging parent, an accountant? Anyone can serve on this commission if they have the **desire** to learn and enhance an existing ministry! Help us as we seek to "grow" our membership.

We will host a Night of Discernment in April. Nominees will receive a letter in late March. If you receive a letter, won't you join us to give this ministry some serious consideration? If you know someone that you think would be a perfect candidate, please pass that name on to Libby Long or Laura Klages, our parish nurses. They can be reached by calling the main number (314) 894-1373

## Night of Discernment

April 20<sup>th</sup>, 2010

7:30 PM

