



STAYING STRONG

JESUS CHRIST IS THE BIG "C" IN OUR LIFE –
relegate cancer to be the "little "c"

June 2021

SPECIAL EDITION 15

This Month's Topics:

"Sun Protection and Examining Your Skin"

"Fathers Day"

Monthly Chuckle

The Importance of Staying Connected

Prayer Service: **Sunday, June 13, at 2:00 pm**
KimDeRhodes, on dietary supplements

GuestSpeaker: Webinar presented by Pharmacist

Small Group Devotion: Monday, June 21 at 10:30 am

"Inspirational Bible Verse:

The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?

Psalm 27:12

**CHECK WEBSITES OF FORSYTH COUNTY, NOVANT HEALTH, AND WAKE
FOREST BAPTIST HEALTH FOR COVID VACCINE INFO**

ZOOM MEETINGS FOR THE PRAYER SERVICE & SMALL GROUP DEVOTION

STAY HEALTHY EVERYONE!

SUN PROTECTION

It's that time of year again to start thinking about protecting your skin from sun damage. The sun is an important part of our lives. Sunny days have a positive impact on our mood, increase our level of physical activity, make many social events and gatherings possible, and even benefit our health by providing our bodies with essential vitamin D. Unfortunately, sun exposure also presents risk factors that can lead to skin or eye damage, and even skin cancer. Skin cancer is the most common of all cancer types. Most skin cancers are caused by too much exposure to the sun's ultraviolet (UV) rays. Prevention and early detection are the best way to keep your skin healthy. It's important to learn what you can do to protect yourself and how to spot any possible signs of skin cancer.

St. John's Lutheran Church, 2415 Silas Creek Parkway, Winston-Salem, NC 27103
#336-725-1651 stjohnsws.org

- **Wear sunscreen with a SPF 15 or higher.** If you have fair skin or light hair, you are more susceptible to the sun's rays and should use a sunscreen with a higher SPF.
- **Choose sunscreen labeled "broad spectrum"** meaning that it protects against two types of harmful rays: UVA and UVB.
- **Use waterproof sunscreen** to make sure it stays on longer, even if you perspire or get wet.
- **Reapply sunscreen often** - usually every two hours, but sooner if you've been swimming or are perspiring heavily.
- **Cover your whole body.** Remember those areas that can be easy to forget, such as your ears, eyelids, lips, nose, hands, feet, and the top of your head.
- **Seek shade or avoid the sun during the peak hours of 10 a.m. to 4 p.m.** The sun is strongest during those hours, even on cloudy days.
- **Wear a hat with a wide brim** to help shade your eyes, ears and head.
- **Wear wrap-around sunglasses that provide 100% UV protection** to safeguard your eyes.
- **Wear lightweight, loose-fitting clothing such as long-sleeve shirts or long pants that protect a larger area of your skin.** Tightly woven fabrics in dark or bright colors are best.

EXAMINING YOUR SKIN

Get a professional skin examination from a dermatologist once a year, and learn how to perform a monthly self-examination. Skin self-exams do not require any special medical equipment. All you need are our eyes, a mirror, and the knowledge of what to look for. Here are some tips:

- Perform skin self-examinations in a well-lit room in front of a full-length mirror. Use a handheld mirror for hard-to-see places.
- Learn the pattern of your moles, freckles or other birthmarks so that you will notice any changes.
- Look for new growths, spots, bumps or sores that do not heal normally.
- Don't forget hard-to-see areas of your body such as your head, the underside of your arms, the backs of your legs, and between your toes.
- Know the "ABCDEs" of moles. If you have any moles that fit the following criteria, ask your doctor to check them out.

Asymmetrical: is the mole oddly shaped?

Border: does the mole have irregular or vaguely defined borders?

Color: does the mole have uneven coloring or multiple colors?

Diameter: is the mole larger than a pencil eraser or it is growing in size?

Evolution: did the mole change over time?



Since last March, we have experienced more time alone than ever thought possible. And we have survived. We have adjusted the way we do a lot of things and our social time with friends and family has radically changed – from being near social butterflies to becoming absolute hermits. Have you become friends with yourself yet? Have you discovered the “real you”? How do you like it?

PRAYER SERVICE and SMALL GROUP DEVOTION

The Prayer Service was not held due to the second Sunday being Mothers Day.

The Small Group Devotion held their Zoom meeting on Monday, May 17th at 10:30 am. Sheryl used the devotion: "Remembering God's Promises." Among the hundreds of promises God gives us in His Word, three in particular seemed to provide the writer with the most comfort through her cancer journey. These three were:

"I am with you always, even to the end of the age." (Matt. 28:20)

"Come to Me all who are weary and heavy-laden, and I will give you rest." (Matt. 11:28)

"I will go before you and make the rough places smooth." (Isa. 45:2)

God's presence is always with us. When Moses led the Israelites out of Egypt, he asked God to show him the way, fully expecting to receive a set of directions and instructions. Instead God replied, "My Presence will go with you, and I will give you rest (Ex. 33:14). In other words, He accompanies us in the journey while directing it and He promises us rest throughout the process.

We see evidence of God's promise to Noah when we look in the sky at a rainbow. Which of God's promises are evidenced in your life?

HAPPY FATHERS DAY!

Wishing all the fathers a happy and enjoyable day on Sunday, June 20th. But let us not forget the grandfathers, the stepfathers, adopted fathers, the uncles, special neighbors and friends who may have been surrogate "fathers" to those who needed some guidance and TLC. Give thanks to all those who might not have been biological fathers but cared and treated you as one of their own. This writer's son-in-law had such an experience thru his junior high school buddy's father and has used that exposure in his own life with his three children (my grandchildren) who have turned out to be wonderful, responsible young adults. That childhood friendship (really a bond) still exists to this day, more than thirty-five years later. So, one never knows how WE will affect the lives of others. We should all be open to giving this "gift" to others.

CHUCKLE FOR THE MONTH:

CORONACOASTER noun: the ups and downs of a pandemic. One day you're loving your bubble, doing workouts, baking banana bread and going for long walks and the next you're crying, drinking gin for breakfast and missing people you don't even like.



EVERYONE: Many of you have concerns on a variety of matters. **Please feel free to contact us for prayer, help with questions, or just to say hello.** We are to stay strong and don't lose hope! There will be a time of reconnections with hugs all around!.

Call Sheryl: 336-577-1935

St. John's Lutheran Church, 2415 Silas Creek Parkway, Winston-Salem, NC 27103
#336-725-1651 stjohnsws.org

From our friends at Trellis: **THE IMPORTANCE OF STAYING CONNECTED**

Isolation and loneliness are not just sad situations. They have been shown to increase the likelihood of dementia, depression, and heart disease in older adults. Even early death. Below are some ideas to boost connection. Some require technology. Others do not.

Video Calls. Video calls top the list in terms of reducing isolation and loneliness. Studies show that video chatting results in half the depression experienced by those who use only email, Social networks, or instant messaging.

Old-fashioned snail mail. Your relative's generation is used to writing and receiving letters. Consider buying postcards (flowers, baseball stars, etc.) to make it easy to pop a note in the mail. Unlike phone calls, cards can be displayed as a visual reminder of love sent and received.

Telephone calls with an activity. Consider doing the day's crossword puzzle together. Or agree to read a book together or watch a show you can both discuss.

Explore reminiscence activities. Begin with casual questions now and then about the past. (Tell me about your wedding day, your first job ...). Even if you've heard the stories before, encourage more detail. Check out the **StoryCorps Connect project** at the American Folk Life Center of the Library of Congress. This new program enables a family member to record and store a 40-minute interview using video conferencing technology.

Consider a telephone check-in service. Many people are volunteering to call isolated seniors. They have been trained to be good listeners and to spot signs of trouble. Check the local senior center to see if they have a phone check-in program. Or contact **Covia Social Calls**. This free service provides nationwide telephone check-ins by trained volunteers.

While at home, communicate with neighbors, friends and relatives. Don't wait for calls to come to you, pick up that phone and call someone! Our phones will become one of our best friends!

OUR HEAVENLY FATHER *WILL* BRING US THROUGH THIS TRIAL!!!

TRUSTED WEBSITES FOR INFORMATION ON THE CORONAVIRUS:

<https://www.cdc.gov/COVID19>

Federal government

<https://www.ncdhhs.gov/coronavirus>

North Carolina government

Please DO NOT get your health and safety information, guidance, and advice on any social media site. They are notorious for loads of "bad actors" giving out contradictory information that causes confusion. And that is what Satan and our enemies want – for us to be confused and terrified and our Faith shaken. Pay attention as the restrictions have loosened but if it is your preference, continue to wear your face mask and to practice "social distancing" when out in public. And follow the advice from the appropriate health professionals.

St. John's Lutheran Church, 2415 Silas Creek Parkway, Winston-Salem, NC 27103
#336-725-1651 stjohnsws.org

MARK YOUR CALENDARS

Sunday, June 13 **2:00** Prayer Service via Zoom. Guest speaker is Kim DeRhodes, Pharmacist speaking in a webinar on dietary supplements

Monday, June 21 **10:30** Small Group Devotion via Zoom:

Please check www.cancerservicesonline.org/events-calendar/ for additional activities that might interest you. They have all kinds of activities going on each month. Look and see for yourself! **FOR NOW, ALL ON SITE ACTIVITIES HAVE BEEN CANCELLED!**

But websites everywhere are available to all! Check them out!

Trusted websites:

www.shepherdscenter.org

The Shepherd's Center: offers help with: Zoom, Advance Directives, and Senior Activities

www.cancer-companions.org

www.healthhopeandinspiration.com

Religious podcasts

www.cancerdietician.com

Julie Lanford, Cancer Services

www.cancer.org

American Cancer Society

www.mayoclinic.org

Mayo Clinic

www.mdanderson.org

MD Anderson Cancer Center

"Draw near to God and He will draw near to you" James 4:8