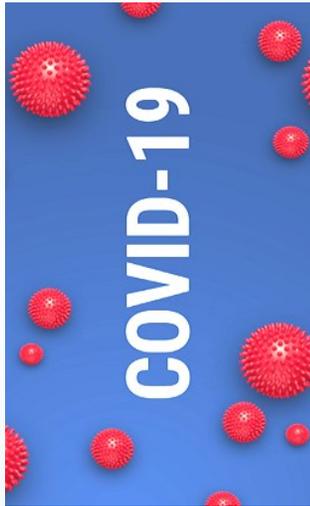


COUNSELING AND WELLNESS MINISTRY NEWSLETTER



Be Still and Know That I Am God...The Lord Almighty is With Us.
Psalm 46:10,7

This Newsletter will address some of the concerns we have regarding our present situation due to the Coronavirus COVID-19. We hope the information will be helpful and uplifting.

"Though the future is uncertain to you, it is not to God. Turn to the One who turns the hearts of kings. Rest in the One who doesn't let a sparrow fall from the sky unless He so wills." Proverbs 21:1, Matthew 10:29

COVID-19 Coping Strategies

Mindset Matters

Do your best to stay "present focused." If you find that your worries are beginning to include future events, gently bring yourself back to the present moment. You may do this through prayer, mindfulness meditation reading poetry or engaging in a pleasant activity.

Reclaim your peace. Understand the facts of what's going on in your immediate vicinity. Limit your time taking in negative or distressing messages and imagery on social media. Spend time outdoors.

Seek Support and Connection

Talk to someone. Reach out to close friends and family for support and encouragement. After checking in with friends and loved ones, be intentional in avoiding conversations that mostly focus on COVID-19. Use this time to connect with others to decrease a sense of isolation.

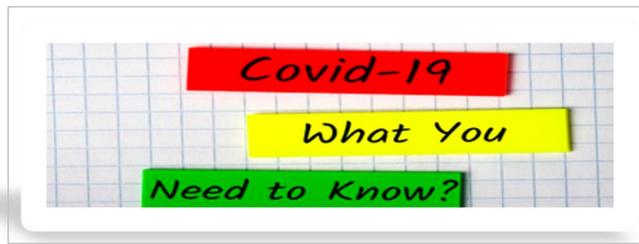
Reach out to clergy and mental health professionals for additional support. Do things within the scope of the current situation to build on moments of connection, joy, safety, contentment, love and friendship.

Schedule virtual coffee or tea phone dates with your friends, loved ones and church family. You can even have a group phone date to discuss a book or article that's been assigned to the group.

Be guided by information, but don't allow it to overwhelm you

When it comes to issues of safety, you are unique! The things that make you feel safe are not the same things that might make others feel safe. Do what makes you feel best, while also making sure that it is guided by recommended precautions.

You may be experiencing a sense of urgency around preparation and protection from COVID-19 while others in your family circle or community are not as concerned about the phenomenon. Try to understand that each person processes information in different ways. ***Accepting the limitations of what you can control can reduce anger and frustration. Focus on what you can control.***



Alternative to Physician Office Visit - Telemedicine Visits

Telehealth is the use of live videoconferencing to let you interact with your medical provider. Instead of driving to your visit, you can see and talk with your provider in the convenience of your own home using a smartphone, tablet, or computer with a webcam connected to the internet. There is no extra fee for this service. Co-pays, co-insurance, or deductibles, if any, are the same as an in-person visit.

Telemedicine (Telemed) Visits will be specific for each physician/provider's office. You will need to contact your provider's office to obtain specific information for the process. A step by step set of directions will be provided to you from your provider via email or possibly snail mail.

You would then schedule a Telemedicine appointment with your provider. Prior to your appointment, be sure you are in a private setting without distractions.

Reminder: Telemed will require a smartphone, tablet or computer with a webcam. You may be required to download "Zoom."



Health Tip: Are you 60 or older? Consider making a reservation for your pneumonia vaccine!

Free Crisis Support/Counseling Available:

1. TN State Coronavirus Hotline: 877-857-2945 (10:00 a.m.-10:00 p.m.).
2. Onsite Foundation: Call or text 615-323-3191.
3. Nashville Crisis Line: 615-244-7444 (24 hours).
4. Domestic Violence Hotline: 615-983-5170.
5. Adult Statewide Crisis Telephone Line: 855-274-7471.
6. Crisis Text Line: 741741 (24 hours) for those in crisis, including COVID-19).
7. SAMHSA's (Substance Abuse and Mental Health Services Administration) Disaster Distress Helpline: 800-985-5990 or Text: TalkWithUs to 66746.
8. NAMI (National Alliance on Mental Illness) Helpline: 800-467-3589 (9:00 a.m.- 5:00 p.m.) Monday -Friday.

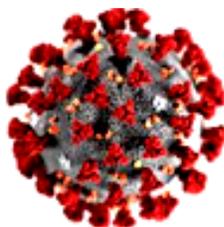
The following are the names and contact information for our active Deacons. Please contact your Deacon, if you need their support, or if you need help coordinating needs and services.

NAME	PHONE	EMAIL
Deacon Carol Boone	615.851.1527	cboone31@gmail.com
Deacon Beverly Brown	615.391.3737	beverlybrown2000@yahoo.com
Deacon Martin Currie	615.390.9418	mcurrie433@comcast.net
Deacon Richard Dinkins	615.299.8741	r.dinkins10@comcast.net
Deacon Ernest Dismuke	615.876.3522	
Deacon Adrienne Fancher	615.626.7975	a_fanch@yahoo.com
Deacon Emmitt Hayes	615.791.4624	ehayes43@att.net
Deacon Derek Howard	615.717.5835	derekwhoward56@gmail.com
Deacon Ronald McFarland	615.331.0564	rnmcfar@aol.com
Deacon Sunny Owunnah	615.708.1893	sowunnah51@gmail.com
Deacon Brian Wood	615.945.2303	woodpile358@comcast.net
Deacon Pamela Wood	615.734.9005	mylifecoachtoo@comcast.net

The Deacons, Lay Ministry teams, and the Counseling and Wellness Ministry have joined hands to provide services to any church member who's unable to leave their home to obtain needed goods such as groceries, medicines, etc. If you don't have friends/family members to call upon....contact us.

We will assist you in getting needed items. We will either help you navigate free delivery services – grocery stores, pharmacies, restaurants or our team will ensure delivery.

**Please note that we will not be able to enter your home if you have COVID-19 or if you are on self-quarantine because of exposure to someone who had COVID-19.



The Nashville Website Link regarding COVID-19: www.covid19.nashville.gov
 CDC Link: www.cdc.gov/coronavirus/2019
 YouTube Link: <https://youtu.be/kHUuWq6y8F0>

Can't Find a Face Mask? How About Making Your Own?

HINT: Barbara, Ruth, Clara 

Materials needed:

- ◆ Tight-weave cotton fabric (i.e. quilting cotton)
- ◆ Fabric must be newly purchased within approximately the past year and never used.
- ◆ Wash and dry fabric without fragrance or dyes prior to sewing.
- ◆ Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic if 1/4" is unavailable).

One adult mask requires two (2) 9" x 6" pieces tight-weave cotton and two 7" pieces of 1/4 inch elastic. Therefore, one yard of 44" wide fabric yields 12-15 masks. You need 7.5 yards of elastic for 25 masks (14 inches per mask).

You can make two sizes: Adult or Child. *Adult-sized masks will be the greatest need.*

- ◆ Put right sides of cotton fabric together (Be sure any fabric design is placed horizontally.) Cut 9x6 (Adult) or 7.5 x 5 (Child).
- ◆ Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
- ◆ Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
- ◆ Now sew across that top of the mask to the next corner. Again, put an elastic with the edge out.
- ◆ Sew to the next corner and sew in the other end of the same elastic.
- ◆ Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread.

**EACH OF US MAY BE SURE THAT IF GOD SENDS US
ON STONY PATHS HE WILL PROVIDE US WITH
STRONG SHOES.**

ALEXANDER MACLAREN