

January 2012

The Health and Emotional Wellness Committee Wishes You a Healthy and Happy New Year in 2012!



The Early - Bird Advantage

Try starting this New Year off with setting aside the first hour or so of each day just for God and yourself. Before the clutter and hassles of daily life begin to pull you in a dozen or more different directions, come away for an intentional time alone with God. It starts your day off right!

The psalmist David speaks of waking up in the morning “thirsting” for God. How wise it is to drink from the fountain of life early in the day and thereby gain strength for whatever lies ahead. God sees ahead and if you give Him time, He can prepare your heart and mind for what each day holds. Seek Him when you will have the least amount of interruptions because it is usually in the silence that God speaks to our hearts...Be still and know that He is God.

Exercise is another active choice that seems to work best for me early in the morning. And for those who know me, you know that I hate to exercise... so this is not an easy task for me. After taking time to refresh and strengthen my spirit, I then devote time to refreshing and strengthening my body, His temple, so I'm more fit to serve. So jump out of bed early and refresh your spirit and body. Chances are you will be more faithful in your devotions and your physical exercise if you make an intentional active decision to just do it!

O God, thou art my God; early will I seek thee..... Psalm 63:1

O God, my heart longs to be with You. Help me to discipline myself to spend time with You each morning, listening to Your voice. Give me your wisdom to have Faith, Focus, and Follow-through. In Jesus Name, Amen.

From Fran Carnes

A Fresh Beginning

“Behold, I will do a new thing, now it shall spring forth. I will even make a road in the wilderness and rivers in the desert” Isaiah 43:19. As you begin this new year, here is a reminder of a couple of blessings our Heavenly Father has for us:

First, God uses events in our lives to shape us, to teach us, to grow us, and some of the key events are those sparked by sin (our own or someone sinning against us), by our missteps, by our confusion. Memories of the past can too easily feel like shackles holding us to failures, regrets, ignorance, foolishness, and sin. However, God doesn't want us bound to our past. When God saves us from the death we deserve, He frees us from the guilt and shame of our former life as well. He gives us a fresh beginning. He frees us to receive every good thing He wants to give us. Embrace the fresh beginning God wants to give you.



The second is to realize our Lord listens to us. **“I cry out to the Lord; I pray to the Lord for mercy”** Psalm 142:1. You can talk to God because God listens. Your voice matters to Him. When you enter His presence, He turns to you to hear your voice. No need to fear that you will be ignored. Even if you stumble, even if what you have to say impresses no one, it impresses God, and He listens. He listens to the painful plea of the elderly in the rest home. He listens to the gruff confession of the death-row inmate. When the alcoholic begs for mercy, when the spouse seeks guidance, when the businessman steps off the street into the chapel, God listens.

My prayer is that each of you will have a very successful 2012. If the Health and Emotional Wellness committee members can support you in any way, please let us know.

From Don Davis

Update on Vaccines to Prevent Pneumonia



Pneumovax® commonly referred to as the “Pneumonia vaccine” is currently recommended for use in all adults who are older than 65 years of age and for persons who are 2 years and older and at high risk for disease (e.g., sickle cell disease, HIV infection, or other conditions). It is also recommended for use in adults 19 through 64 years of age who smoke cigarettes or who have asthma.

On Friday, December 30, 2011, the FDA approved another vaccine for diseases like pneumonia that was previously only used in children under 5 years old. It is called Prevnar-13. It can be used in patients over 50 years old. Below is part of the press-release from the FDA:

“Prevnar 13®, a pneumococcal 13-valent conjugate vaccine, was approved today by the U.S. Food and Drug Administration for people ages 50 years and older to prevent pneumonia and invasive disease caused by the bacterium, *Streptococcus pneumoniae*. When the bacterium invades parts of the body that are normally free from germs, such as the blood or spinal fluid, the disease is considered “invasive.”

“According to recent information for the United States, it is estimated that approximately 300,000 adults 50 years of age and older are hospitalized yearly because of pneumococcal pneumonia,” said Karen Midthun, M.D., director of FDA’s Center for Biologics Evaluation and Research. “Pneumococcal disease is a substantial cause of illness and death. Today’s approval provides an additional vaccine for preventing pneumococcal pneumonia and invasive disease in this age group.”

The new use for Prevnar 13 was approved under the agency’s accelerated approval pathway, which allows for earlier approval of treatments for serious and life-threatening illnesses. The pathway allows for the demonstration of effectiveness of a vaccine using an immune marker that is reasonably likely to predict clinical benefit.

The safety of Prevnar 13 was evaluated in about 6,000 people ages 50 and older who received Prevnar 13 and who had and had not previously received Pneumovax 23. Common adverse reactions reported with Prevnar 13 were pain, redness, and swelling at the injection site, limitation of movement of the injected arm, fatigue, headache, chills, decreased appetite, generalized muscle pain, and joint pain. Similar reactions were observed in those who received Pneumovax 23.

Accelerated approval is granted on the condition that a clinical trial is conducted during the post-approval marketing of the vaccine to verify the anticipated clinical benefit. An additional trial in 85,000 people ages 65 and older, is underway to confirm the clinical benefit of Prevnar 13 in the prevention of pneumonia.

Prevnar 13 is already approved for use in children ages 6 weeks through 5 years for the prevention of invasive disease caused by the bacterium *Streptococcus pneumoniae* and for the prevention of middle ear infection.

The approval of Prevnar 13 for adults 50 years and older supports the Department of Health and Human Services’ Healthy People 2020 objectives. Of note, you should check with your health-care provider on whether you should receive the vaccine and check with your health insurance on whether it is covered. Insurance coverage usually lags behind FDA approvals.

