

# the Pine Cone

A PUBLICATION OF KILLIAN PINES UNITED METHODIST CHURCH

## Self Care & Staying Connected to Combat Social Isolation and Loneliness During COVID-19: Part 2

*Collaboration between Dr. Ed Brown, Dr. Karlene Sturgis, and Brenda Benitez, LMHC*

### EAT HEALTHY

Helen Delichatsios, MD, has a degree in nutrition and runs healthy cooking classes for her patients.

"In times such as these, nutrition and healthy eating can easily fall to the wayside," she says. "However, if anything, it is more important than ever to appropriately fuel our bodies and to do so in a mindful way. We have increased physical and mental stress, and healthy eating is vital in supporting our immune system to stave off illness and recuperate faster if we fall ill."

Anne Thorndike, MD, usually works in the cardiometabolic center, helping people at high risk for heart disease change the way they eat and live. "We're all eating at home more," she notes. "This is a great time to explore new recipes you've been meaning to try. Be creative with what you have stocked in the house. Plan your grocery list so you have the basics on hand for healthy meals. Frozen vegetables and fruits are a great option when you can't buy fresh produce on a regular basis."

Amy Wheeler, MD, is also certified in obesity medicine and runs healthy lifestyle sessions for patients. At home, she's been adapting healthy recipes she usually makes with fresh ingredients by using simple substitutes. Try her easy, adaptable recipe for Quarantine Chili for a family of five:

"Last night, I diced an onion and potato, then added one chicken breast cut in chunks, 1/2 small can diced green chilies, 1/4 cup salsa, 3 to 4 teaspoons paprika, 1 teaspoon cumin, a sprinkle of cheese, some leftover rice, 1 can yellow corn, and 1 can tomatoes. Once the chicken is cooked, try a dollop of Greek yogurt on top instead of sour cream."

Use fresh ingredients if you have them, or canned or frozen if you don't. Goes nicely with tortillas, but it's also great right out of a bowl.

### EXERCISE REGULARLY

"We are all spending less time commuting, driving our kids around, and doing errands," says Dr. Thorndike. "Use the

extra time to take a walk or do some exercise at home. Even housework can be a way to be physically active!"

Dr. Wheeler finds it helps to set SMART goals: Specific, Measurable, Achievable, Relevant, Timed. These are by definition small steps that are easy to achieve, and thus fuel motivation.

"I have been making little SMART goals for myself," she says. "Daily goals like 'I will take a 20-minute walk outside at 10 am today, while wearing my mask and performing social distancing.' Or 'I will find three flowers with different colors on my walk.' Helps me get out of my PJs, off the laptop, and appreciating nature — very relaxing!"

### GET ADEQUATE SLEEP

Our bodies need sufficient sleep in order to function. Me, I've been working hard to keep a schedule, setting my alarm for my usual early morning time, and going to bed just after my kids. This helps to ensure I get a solid eight hours of sleep, so that I'll be at my best when I'm called into clinic.

## Women: What, Who Are They?

*By Janet Cruz, President UMW*

Women's History Month is a celebration of women's contributions to history, culture and society, past and present. In the United States, Women's History month started out as a 'day', in New York City, in 1909. Then it progressed into a 'week' in 1978. Finally, we were given a 'whole month' in 1987. Our true history dates back before the annals of time. Women as a whole are the backbone of any family, city, state and country. There is a wealth of information about women who have been very instrumental in changing the lives of all Americans. However, I would like to highlight a few important, unsung and little known women in Biblical history.

**Joanna-Luke 8:1-3:** Joanna was cured of evil spirits and infirmities by Jesus. She later supported Jesus and His disciples in their travels. She stayed with Jesus through the crucifixion and was one of the three women who went to the tomb on Easter morning to find it empty.

**Anna-Luke 2:36-38.** Anna was present in the temple fasting and praying when Jesus' parents presented him there. She gave thanks to the child in their arms because she knew that He was the one who would set Jerusalem free. She went around telling people what she saw in the temple.

**Deborah-Judges 4:4-23,5.** These passages in Judges tell us that Godly women can become leaders of countries (states and municipalities too!) and also be a support to men who are doing the work that God has called them to do. Deborah eventually became a Judge (Leader) of Israel.

Leaders, pioneers or homemakers, women are essential for life. We gladly use our God-given talents whatever they may be to glorify God in the highest manner. The women of Killian Pines UMC salute women worldwide!

# Being a Woman in Today's World

It is not easy being a woman. That goes without saying. From our culture's expectations on how a woman should look,—and the cost to keep up with it—to the way we are treated, it becomes major work for us to continually demonstrate our value just because of our gender. I personally thought that entering the 21st century, things would change, but just reading the latest about women in the news at times makes me cringe.

I recently preached a message on how the Bible lifts up women, opposed to what many have taught through the years. Yes, from cover to cover, the holy scriptures include women in all aspects of God's mission in this world, against a culture that wanted to keep women on a lower level as pretty much another possession of men.

The past four years have been an awakening for many. From the “me too” movement, to the women's march in Washington, D.C. women's voices are being heard more than ever. Many wonder if all this is just a passing fad, or if will really bring about change. Being the eternal hopeful, I truly believe all is here to stay. Women for years have been fighting to take our rightful place in all areas of society, and now women are demanding their rightful place, and taking it. Many speculate if this demeans men, but I digress. Men's place has never been challenged. The fact that some men feel threatened by the entrance of strong women in all areas of society, is something all will have to get used to. It is a learning curve for all, but one we should not fight. As women we were created to be *ezer*

*kenegdos*, warrior helpers according to a correct translation of the Genesis text. The term does not relate to women being under the authority of men, but co-creators and co-workers, and sharing in the image of God in this world. As Christians, it is our responsibility to show the world God's intent for both men and women in word and action. This is part of our call to share with everyone God's will for humanity by virtue of our baptisms. I pray the church continues working toward the full inclusion of women in every aspect of the church, and that the followers of Jesus Christ walk in God's will for both men and women, to live in equality and work together in God's mission in this world.

Pastor Wilma

## Self Care ...

(Continued from page 1)

It can help to see the light—and dark (literally). “Spend time outside in nature,” Dr. Crocker suggests. “Exposure to the visible diurnal rhythms of the day/night is an added benefit.”

### CONNECT SOCIALLY

Dr. Delichatsios loves to cook at home and has been having virtual dinner parties.

“Why don't you invite some people over for dinner?” she suggests “In our family, we call them FaceTime Dinners, Zoom Dinners, or Skype Dinners. These platforms have allowed us to ‘go out to dinner’ and connect with many friends and families, when before we were often too busy to meet up in person.”

Dr. Crocker has a great suggestion that can be a win-win for working parents and their relatives. “With school out, if you have kids

and any extended family, invite the relative (grandparent, aunt, uncle) to teach an online lesson once a week on the same topic or a rotating topic. Allow that special bonding time between your child and their relative to unburden your time.”

He also found a way to continue choir singing from home. “Try a different way of connecting with friends and colleagues — a chat room, or Zoom meeting over a meal. I joined a 20-voice choir that I've never physically sung with and sang in a recorded five-part arrangement—all from my home!”

### MANAGE STRESS

Everything you've read to this point can help you manage stress and anxiety. Eating healthy, being active, and getting enough sleep all help us to mitigate the effects of stress and anxiety on our bodies. One more technique is positive thinking.

Remembering and acknowledging the good in our lives is a powerfully positive action.

“Practicing gratitude for what we still have — our health, our families, our homes, food, whatever it may be — rather than rehearsing the daily ‘loss’ of life and routine as we know it, is an important health practice,” notes Dr. Crocker.

In our household, we take turns saying grace before we eat dinner. One part of grace is to state something we're grateful for, and usually it ends up being a bunch of things, sometimes silly ones like our cats cuddling with us, or the sun shining. But it always makes us smile!

### February Financials

Budgeted Income .....	\$6,292
Actual Income .....	\$9,188
Budgeted Expenses .....	\$11,948
Actual Expenses .....	\$9,212

### MISSION HOPE BAGS DRIVE

Our youth continues collecting hygiene items for Miami Rescue Mission. You can drop off your donations at the church

**WEDNESDAY'S** 11:00am - 1:00pm  
**SATURDAY'S** 10:00am - 12 noon

**Deadline: Saturday, March 27th!**  
Thank you for being God's hands and feet!

## Save the Date!

### KPUMC 50th Anniversary

Celebration Service & Luncheon  
October 24, 2021

Killian Pines United Methodist Church will be celebrating its 50th year of Reaching out, Growing and Serving in Christ on **Sunday October 24, 2021**. Mark your calendar!

If you know of anyone that used to attend our church that you think would be interested in coming please email or call Gail Staples with their name and address. Gail Staples: (305) 917-5474 | Email: [gailann72@yahoo.com](mailto:gailann72@yahoo.com).

Join us in this wonderful celebration!



Mildred Seng .....	3/2
Daphne McKenzie .....	3/17
Jan Olmstead .....	3/30
Karen Lewe .....	3/30

*If we missed your birthday, please notify the office so we can correct our records. Thanks!*

### LENT WORSHIP OPPORTUNITIES



**PALM SUNDAY:** Sunday, March 28<sup>th</sup>  
Zoom worship at 11:00 am

**GOOD FRIDAY:** Friday, April 2<sup>nd</sup>  
Zoom worship at 6:30 pm

**EASTER SUNRISE:** Sunday, April 4<sup>th</sup>  
Outdoor Service at 7:00 am  
in person at KPUMC

**EASTER WORSHIP:** Sunday, April 4<sup>th</sup>  
Zoom Worship at 11:00 am