

## GREETINGS FROM THE WESLEY NURSE

I came across this information recently in the Harvard Medical School newsletter concerning how to have a healthy brain and thought I would share. Research shows that the best brain foods are the same ones that protect your heart and blood vessels, including the following:

**Green, leafy vegetables.** Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

**Fatty fish.** Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid—the protein that forms damaging clumps in the brains of people with Alzheimer's disease. Try to eat fish at least twice a week, but choose varieties that are low in mercury, such as salmon, cod, canned light tuna, and pollack. If you're not a fan of fish, ask your doctor about taking an omega-3 supplement, or choose terrestrial omega-3 sources such as flaxseeds, avocados, and walnuts.

**Berries.** Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows. In a 2012 study published in *Annals of Neurology*, researchers at Harvard's Brigham and Women's Hospital found that women who consumed two or more servings of strawberries and blueberries each week delayed memory decline by up to two-and-a-half years.

**Tea and coffee.** The caffeine in your morning cup of coffee or tea might offer more than just a short-term concentration boost. In a 2014 study published in *The Journal of Nutrition*, participants with higher caffeine consumption scored better on tests of mental function. Caffeine might also help solidify new memories, according to other research. Investigators at Johns Hopkins University asked participants to study a series of images and then take either a placebo or a 200-milligram caffeine tablet. More members of the caffeine group were able to correctly identify the images on the following day.

**Walnuts.** Nuts are excellent sources of protein and healthy fats, and one type of nut in particular might also improve memory. A 2015 study from UCLA linked higher walnut consumption to improved cognitive test scores. Walnuts are high in a type of omega-3 fatty acid called alpha-linolenic acid (ALA), which helps lower blood pressure and protects arteries. That's good for both the heart and brain.

Just remember that eating healthy does not have to be complicated. Eat mainly fresh, unprocessed food, mostly plant based. Limit sugar to special occasions.

**Kerry, BSN, RN-BC**  
**Wesley Nurse**





Pastor Beth was at Whataburger for Ashes to Go on Ash Wednesday. Her presence was well received and several people dining in that morning remembered her from last year. Many new comers stated that it was a great service she was providing for those that couldn't attend a more traditional Ash Wednesday service.

**ATTENDANCE & OFFERING  
FEBRUARY 2019**

Feb 3:       Worship -44  
              Sunday School-29  
              Total Offering: \$4,452

Feb 10:      Worship - 24  
              Sunday School- 12  
              Total Offering: \$1,071

Feb 17:      Worship - 34  
              Sunday School- 31  
              Total Offering: \$1,055

Feb 24:      Worship - 26  
              Sunday School-11  
              Total Offering: \$2,066

**Opportunities for Service**

**Lay Readers:**

3/3 Sandra Coates  
3/10 Becky Stalcup  
3/17 Dana Allen  
3/24 Denise Cluiss  
3/31 Patrick Houser

**Hospitality Refreshments:**

3/3 Men's Group  
3/10 Irma Tamez  
3/17 Kay Drawe  
3/24 Open  
3/31 Open

**Greeter for March:** Sue McDaniel

**Money Counters for 2019:**

Contact Bonnie Hartung for more information.  
Linda Cox, Sandra Coates, Anna Franklin, Kathy Wheeler  
& Bonnie Hartung

**UMW SPRING  
CLEANING**

March 11<sup>th</sup> 2:30pm

See Kathy Wheeler  
for more info.



*Memorials Received in Honor of*

*Nina DuBose*

Ron & Carol Evilsizer  
Boyd & Anabel Harris  
Barbara May  
Donald & June West  
Linda Cox  
Robert & Susan Hunt  
Lillie & Debra Columbus  
Denise & John Smith  
Alison Van Dusen  
Estelle Hill  
Sue McDaniel

Martha Tice  
Lynn & Kay Drawe  
Sandra Coates  
Donna Rosson  
Mr. & Mrs. Dieringer  
Charlotte Walker  
Irene Wahl  
Barbara May  
Mr. & Mrs. Harris  
Mr. & Mrs. West

*Memorials Received in Honor of*

*Vince Dowling*

Estelle Hill



*in loving memory*

# Lenten SOUP Suppers

Lenten Bible Study and Soup Dinner

at Grace Lutheran Church

Every Wednesday starting

March 13 thru April 17

6:30PM

121 W. George Street, Sinton

Dear Church Friends,

It is with a heavy heart that I have decided to not be in charge of the pumpkin patch this year. If you would like to undertake this project please let me know.

Sandra Coates



Do you like to sing? Would you love to offer your musical gifts to the Lord? The Community Choir will present an Easter Cantata this year!

Weekly Rehearsals at 7:30 p.m.

at First Baptist Church.

The selection this year is *Victor's Crown*.

It will be present on Palm Sunday evening at FBC at 6:00 p.m.

Anyone interested is invited to join!



\*~\*

Food Handler Certifications need to be updated...

**ALL CERTIFICATES ON FILE HAVE EXPIRED!**

Sinton Health Department is offering a Food Handler Safety Class

March 18<sup>th</sup> 6-8PM (Registration begins at 6)

The fee is \$5.00 per person.

Make sure to give a copy of your certification to the church office so that it can be kept on file.





**Sweetheart  
Breakfast**



# March 2019

May the wisdom of God instruct us.  
 May the hand of God protect us.  
 May the Word of God direct us.

SAINT PATRICK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Happy Birthday Della Seal
3 Men's Group 9am	4	5	6 Ash Wednesday Ashes to Go @ Sinton Whataburger 7-10am  Health Committee 6:15pm	7	8 Lay Servant Training 6:30pm- 8:30pm @ UMC Goliad  Happy Birthday Becky Stalcup	9 Lay Servant Training 9:00 am- 5:00pm @ UMC Goliad
10 DAYLIGHT SAVINGS BEGINS- SPRING FORWARD 1 HOUR  Fellowship Lunch	11 UMW 2:30pm	12	13 Lenten Dinner Study @ Grace Lutheran 6:30 PM	14	15	16
17	18 Happy Birthday Kathy Vanecek  Food Handler Class @ Sinton Health Dept. 6:00PM	19	20 Lenten Dinner Study @ Grace Lutheran 6:30 PM	21	22	23
24	25 Community Connections 2:00 PM	26	27 Lenten Dinner Study @ Grace Lutheran 6:30 PM	28	29	30
31				Aislinn out thru 4/1		

FIRST UNITED METHODIST  
CHURCH  
P. O. Box 276  
Sinton, Texas 78387



Regular Activities

Christian Men's Fellowship: 1<sup>st</sup> Sunday, 8:30 am

Exercise Group: Monday, Tuesday, Thursday, Friday, 10:00 am

Health & Wellness Support Group: Monday, 6:15 pm

Health Committee: 2<sup>nd</sup> Wednesday, 6:30 pm

RX Program: By Appointment (Diana Jimenz, 512-470-6222)

Sunday Worship Service: Every Sunday, 10:00 am

Sunday School for Adults & Children: Every Sunday, 9:00 am

United Methodist Women: 2<sup>nd</sup> Monday, 2:30 pm

United Methodist Youth Group: Every Wednesday, 6:30 pm

Walk & Get Fit: Monday-Thursday, 5:30 pm

Wesley Counselor: Thursday, 9 am-5 pm (by appointment Erica Garcia 658-9708)

Wesley Nurse Office Hours: Monday, Wednesday, 8 am-6:30, Friday, 9 -11am