

Caring Team Notes

Care Corner / SLEEP!

We need our sleep and studies show some 80% of working adults suffer to some extent from sleep deprivation. Adults should be getting 7-9 hours of sleep a night. Currently we are getting 1-2 hours less sleep than we did 50-100 years ago. In fact, 50 -70 million people in the U.S. suffer from some form of chronic sleep disorder.

What can we do to improve on our sleeping habits?

1. Avoid pulling all-nighters.
2. Think of cycling down ½ hour before bedtime.
3. Think of midnight as the middle of the night.
4. Get to bed earlier.
5. Follow simple sleep tips: avoid caffeine, alcohol, nicotine 4-6 hours before bedtime. Have a quiet, dark, cool environment. Try using ear plugs, use a white noise appliance, use heavy curtains or black out shades or eye masks to block out light. Stop using electronic devices, cell phones and television at least one hour prior to retiring for the night. Keep those items out of the bedroom.

Sleeping is just as important as eating healthy and exercising. People are sleeping less than they did in the past and the quality has decreased as well. Poor sleep is linked to weight gain. Adults are 55% more likely to become obese with short sleep durations and children are 88% more likely to have abnormal weight. Good sleepers tend to eat fewer calories. Good sleep can improve concentration and productivity. Some aspects of brain function are affected by short sleep to a similar degree as alcohol intoxication. Good sleep maximizes athletic performance improving speed, accuracy reaction times and mental well being.

Sleeping less than 7 – 8 hours per night is linked to increased heart disease and stroke. It is linked to glucose metabolism thus related to an increase risk for Type 2 diabetes. Sleeping less than six hours a night for six nights in a row can cause pre-diabetes in an otherwise healthy adult. 90% of those with depression complain about sleep quality. This with insomnia or obstructive sleep apnea have higher rates of depression. **Sleeping improves the immune function.** Studies show those who sleep less than seven hours are three times likely to catch a cold than those who sleep eight or more hours. There are links to increased inflammation in the body and cell damage with poor sleep. Sleep loss reduces our ability to interact socially and affects our ability to recognize important social cues and processing information.

So it is important to establish good sleeping habits using the above mentioned suggestions. If sleeping well continues to be a problem, please schedule an appointment with your primary physician for help.



**Sunday, March 4 at 11:30 AM /
Fellowship Hall**

Host / Church Council

Care Team Fair During Potluck

There will be blood pressure checks, helpful information and sign-ups to volunteer! Come, CARE with us!

Care Team Needs YOU:

First UMC's Care Team is inviting you to **"Come, CARE with us!"** Currently there are many opportunities to help expand the caring ministry of the Church.

- ◆ **VISITATION TEAM — hospital visits.**
During the week, our pastors check the hospital every day; on the weekends, members of the this team make hospital visits.
- ◆ **VISITATION TEAM — deliver bulletins.**
On Mondays each week, bulletins are assembled with a hard copy of the sermon (and a CD of the worship service) to be delivered to our church family members who are homebound and/or in care facilities.
- ◆ **VISITATION TEAM — meals of care.**
As church family members return home after being in the hospital, **meals** are offered. Members are contacted to help to provide meals; typically, we may provide 2-3 meals for 3-4 people during any given month. Currently, we are looking for a Meals of Care Coordinator.
- ◆ **TRANSPORTATION TEAM — drivers.**
Members of this team provide transportation for church family members from their homes and/or care facilities to worship—as well as provide rides to medical appointments and to stores.

Above All: Lent 2018

Bible Studies /



Our Lenten Studies continue thru the month of March!

SUNDAY / 9 to 10 AM. Sunday School Classes

4:30 to 5:30 PM. Intergenerational Study @ OC
#letgo (struggles on the journey, movie themes)
Feb. 25 & Mar. 4 and/or Mar. 18 & 25

MONDAY / 12 to 1 PM. Bible & Bag @ OC
The Gospel of Mark (continuing)

TUESDAY / 9:30 AM. Bible Study @ Church (CP)

7 PM. Serendipity Group @ Church (RM 207)
“The Easter Experience”

WEDNESDAY / 7:15 PM. Kidz Korner & Youth
Groups @ OC / Symbols of Lent

7:15 PM. Parents are invited to gather on **March 7, 14 & 21** for “Family Lenten Practices” in the Meditation Room with Rev. Cindi to talk about the ways to grow closer to Christ in this season!

THURSDAY / 6 to 8 PM. Alpha (continuing)

DAILY DEVOTIONAL / Available in the Church Office. *Thank you to the church family members who contributed devotions this year!*

Lenten Lunches /

This year’s theme is **#momentsofgrace**. We will reflect on those moments of grace in our lives where we have overcome obstacles and/or experienced our passion connected with hopes & dreams. Starts at **12:05 PM in Fellowship Hall** with worship & soup luncheon. **Cost is \$5.**

- **Mar. 7** / Rev. Edward Yang / Federated
- **Mar. 14** / Rev. Cindi Stewart / First UMC
- **Mar. 21** / Rev. Annika Lister-Stroope / Federated

#letgo

Feb. 25 & Mar. 4
4:30 to 5:30 PM
The Last Jedi:
(Past, Failure, Control, Power)

Mar. 18 & 25
4:30 to 5:30 PM
The Greatest Showman:
(Prejudice, Pursuing More)

For ALL ages! Movie Clips, Bible Study, Reflection Time & Prayer!

Fill-the-Truck / UMCOR Cleaning Bucket Supplies



March 17 & 18, 2018

We can do this! Let’s fill a truck with supplies for cleaning buckets— see list in the *Circuit Rider*.

