



You are the salt of the Earth

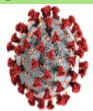
Ministry of Health and Wholeness

Brain Injury Awareness: Protecting Your Brain

Special points of interest:

- “Falls lead to nearly half of TBI hospitalizations.”
- Older adults are most likely to be hospitalized and die from a TBI following a fall.

- Practice:
 - G**– greens & grains
 - R**– rest/ relax
 - A**– activity & exercise
 - C**– cease smoking, control drinking
 - E**– emotional centering



COVID Update

As of 3/2/2023 Mecklenburg is reporting **LOW transmission** and **LOW-burden** of illness.

Wearing a mask indoors is now optional for all.

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Traumatic Brain Injury Can Affect Us All



March is Brain Injury Awareness Month. A traumatic brain injury (TBI) is an injury that affects how the brain works and is a major cause of death and disability. TBIs are caused by a bump, blow or jolt to the head or a penetrating injury such as a gunshot.

Interesting Facts:

- In 2020 176 Americans died **each day** from TBI
- In 2019 there were 223,000 TBI related hospitalizations
- In 2019 15% of all US high school students reported recreation related concussion

At Greatest Risk:

- Anyone can experience a TBI, but those at greatest risk of dying or ongoing disability are:
- Racial and ethnic minorities
 - Military and Veterans
 - Homeless Individuals
 - Inmates in facilities
 - Intimate partner violence
 - People living in rural areas

Preventing TBIs

1. Buckle up every ride– wear a seat belt at all times in motor vehicles
2. Never drive while using alcohol or drugs
3. Wear a helmet when:
 - a. Riding a bike, motorcycle, snowmobile, scooter, or all terrain vehicle
 - b. Play a contact sport
 - c. Use in-line skates or skateboard
 - d. Playing baseball or softball
 - e. Ride a horse
 - f. Ski or snowboard
4. Prevent older adult Falls by:
 - a. Assessing Risk for Falls***
 - b. Reduce Risk for Falls***
 - c. Ask a doctor or pharmacist to review medi-

Most common causes of TBI:

- Falls lead to nearly half of TBI hospitalizations
- Firearm suicide is the most common cause of TBI death
- Motor vehicle crashes and assaults

A person with a possible TBI should be seen by a health care provider. Most people with mild TBI can recover at home following a check up. Those with moderate or severe TBI may need ongoing care to assist recovery.

A childhood TBI is different than an adult’s because the brain is developing and can disrupt development and limit activities.

Children may experience changes in health, thinking and behavior that affect learning, self regulation and social participation.

Older adults are more likely to be hospitalized and die from a TBI. TBIs may be missed in older adults because symptoms can overlap with other common medical conditions such as dementia. Older adults should be checked for TBI after falls or car crashes. This is especially important for older adults on blood thinners. Older adults should be checked regularly for fall risks.

- a. cation
- d. Have annual eye exams and update eyeglasses
- e. Do strength and balance exercises to improve balance
- f. Make the home safer
5. Make living and play areas safe for children
 - a. Install window guards
 - b. Use stair gates
 - c. Use soft playground material

***Pick up an older adult Fall Risk assessment

***Watch: <https://www.youtube.com/watch?v=tx3Oc0SIZnI>

Information taken from the CDC-Traumatic Brain Injury & Concussion Website.



LIVING SAVIOUR
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More Special Points:

- “Think about ways we can honor God as we live into following self care practices for care of our brains.”

Resources:

- All information on honoring God with brain care was taken from [How to Build a Healthy Brain](#) by Kimberly Wilson.
- **YouTube: 6 Steps to Prevent a Fall:** <https://www.youtube.com/watch?v=tx3Oc0SIZnl>
- **CDC website on Traumatic Brain Injury:** <https://www.cdc.gov/traumaticbraininjury/index.html>

Ministry of Health and Wholeness: Pondering the Sacred

“For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church,” Ephesians 5:29

“Do you not know that you are God’s temple and that God’s Spirit dwells in you? So glorify God in your body.” 1 Corinthians 3:16

“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God.” Romans 12:1

Honoring God with Self Care:

We can honor God and worship God in so many ways as we take care of ourselves. Whatever we do we can always pray and focus our minds on God. Think about ways we can honor God as we live into the following self care practices for care of our brains, most of which probably sound familiar by now.

- Scheduling and preparing for adequate good quality sleep is essential for brain care
- Schedule to get at least 30 minutes of natural light in the morning or at lunchtime to help anchor your circadian rhythm (which promotes healthy sleep)
- Nutrition affects the microbiome and influences the immune system. Diets that are rich in fibre, diverse plant foods, nuts, beans and legumes, herbs and spices, olive oil and fatty fish are associated with lower systemic inflammation, and reduced risk and severity of depression and dementia. Limit sugars and sugar-sweetened beverages, fried foods and heavily processed foods to ideally no more than three to five portions per week
- Regular physical activity is the best investment you can make to your long-term brain health, including cognitive reserve, and reducing the risk of highly prevalent disorders such as depression, anxiety and Alzheimer’s disease. Physical activity can also reverse brain ageing.
- Contact sports (and any activity that incurs a likelihood of concussion) are associated with increased brain-health risks, even when helmets are worn. Every blow to the head or concussion increases the risk of later developing cognitive impairment .
- Schedule at 2 minutes of slow nasal breathing each day to reduce the symptoms of stress and depression. Also try the 4-4-8 breath (breathe in to the count of 4, hold for 4 and breathe out to the count of 8. The way we breathe has the potential to influence several biological systems, including cortisol, heart rate and even cognitive performance. Controlled breathing is the most accessible way of influencing the vagus nerve and activating relaxation. Mindful movement practices, such as yoga, that combine controlled breathing with gentle movement reduce stress.
- Daily management of emotional health should include both emotional and physical practices. Emotional suppression is associated with greater risk of psychological and physical illness
- Many of life’s most important problems can only be solved by conjuring the courage to have a difficult conversation.
- See your dentist regularly and maintain careful oral hygiene. Bacteria from the mouth can cross the blood brain barrier.
- Cease smoking and limit alcohol to recommended daily allowance.

How will you honor God as you implement these brain protective self-care practices?

Opportunities to Boost Health and Practice G.R.A.C.E. at Living Saviour

Tuesday: Steps to Wellbeing for ALL 10:30 AM

Thursday: Chair Yoga 11:00 AM

Saturday: Active Workout 10:00 AM

Special Event: CPR Training Saturday, March 11 at 11:00AM

All are welcome to all activities.

***Assistance from Faith Community Nurses by Appointment