

Health Ministry



Colesville United Methodist Church

A Community of Faith in Action

FEB 5, 2026

Cathy Runnels
Health Ministry

CUMC

Health Ministry

Abundant Health

In the United Methodist tradition, health is part of our call to wholeness, stewardship, and community care.



Booster & Shots Checklist

This checklist is offered as a guide to help us move through this season with strength and informed decision-making.

Fall / Winter

Flu vaccine (still rampant in Maryland!)

- COVID Booster (if recommended for you)
- RSV vaccine (older adults & high risk persons)
- Shingles (new research on protective benefits from dementia)
- Annual wellness or primary-care visit

Imani Oakes, Program Coordinator of Holy Cross Health* wants you to know of upcoming training:

Chronic Disease Self-Management

- Leader's training
- Registration: Now
- Training: Feb 18-27th
- No Fee
- Contact Imani Oakes
- imani.oakes@holycrosshealth.org

This program is a remote two-week experience that trains individuals to support those with long-term health challenges.

**Holy Cross Hospital, now Holy Cross Health, is part of the Trinity Network, a national healthcare system of hospitals.*



Measles in Maryland

- Maryland has seen recent cases tied to international travel, clinics, etc
- The state's 96% vaccination rate helps prevent large outbreaks

Stay informed via [CDC](#) or [MD Health Dept](#)

What Are the Symptoms?

- Fever, cough, runny nose, red/watery eyes, then rash
- Contagious 4 days before & after rash
- Virus can stay in the air up to 2 hours after someone leaves
- Incubation: 10–14 days after exposure (up to 21)



Help Us continue to
"Choose Healthy Life"

Join the Health Ministry!

Contact: **Cathy Runnels**
healthministrycumc@gmail.com

Measles cont'd

How to Protect Yourself

- Get vaccinated (or confirm your records—esp if vaccinated between 1963–1968)
- Avoid contact with anyone w/symptoms
- Limit time in crowded places during outbreaks
- Practice good hygiene: wash hands often
- Protect infants by reducing their exposure

"value others above yourselves, & not looking to your own interests but each of you to the interests of the others."

- *Philippians 2:4*

Click Here: [MONTGOMERY COUNTY WINTER ALERT!](#)

Winter Blues? Tips to take care of yourself & our community:

- Let the LIGHT in – Open curtains, sit by windows, or consider a light therapy box, and short daily walks outside.
- Stay active – Gentle stretching, movement classes *1, walks, or housework can lift energy and mood.
- Connect with others – Reach out to friends, join church calls or events, or check on neighbors. Social connection is powerful.
- Keep a routine – Regular sleep, meals, prayer, and daily structure help anchor us in uncertain or low-energy times.
- Find joy in the season – Hot tea or cocoa, warm socks, favorite books, fireplaces, scenic drives, or winter sports—notice what makes you smile!

"The light shines in the darkness, and the darkness has not overcome it."

-John 1:5

CRISIS 988
HOTLINE Suicide & Crisis Hotline