



Open hearts. Open minds. Open doors.

**The people of The United Methodist Church™**

## **The Hilltopper**

**New Hope United Methodist Church's Monthly Newsletter**

### **Thank You Al!**

We wanted to take this opportunity to thank Al Tuten for all his years of dedicated service to New Hope UMC. Al has been dividing his service to the Lord between two church families, here at New Hope as Church Administrator and at Mt. Zion UMC in Mt. Solon as Pastor. Although we have and will continue to miss seeing Al each Sunday here at New Hope



UMC, we have been thrilled to see yet another New Hope UMC family member go out into the world to share God's love and to spread the Good News of Jesus Christ. May God bless Al and Lynn as they continue on the path that God has put before them.

As the new Church Administrator, I will be taking over this position from Al Tuten who served in this role for over 3 1/2 years. I am excited about my new role here at New Hope UMC. I truly consider it a gift of opportunity from God, as it could not have come at a better time in my life. When I was at one of the lowest points in my life, one again God pulled me back - and brought me back into his fold.

As I get adjusted and more comfortable in my new role, I hope to include in this monthly newsletter, a monthly editorial that I hope will be an inspirational article for you to read and reflect on. I will also include a Kid's Corner section that will have a printable biblical coloring page for parents to print off and teach their kids a select story from the bible, while the children can color or paint the picture as they learn about the bible. I hope to also get a chance to interview some of our members of the church and get to know them better, because I feel that sometimes you can share the church and love for the Lord with someone, but not really know a lot about them. The Hilltopper will also continue to have articles and pictures about events that New Hope UMC puts on throughout the year. You may also find some Christian jokes and funny stories along the way.

I welcome any Christian related submissions or articles! If there is anything that you would like to add to The Hilltopper, please send those announcements, articles or corrections/updates, etc. to me at [cds3501@gmail.com](mailto:cds3501@gmail.com) I would appreciate any updates from the Women's Circles, Men's Groups, Bible Studies, Sunday School Classes, Youth Groups, etc. We Want To Share What You Are Doing For The Glory Of The Lord! Please Share Them With Us!

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Taking on the position of Church Administrator has reminded me how just about everyone in our church as a role to help support New Hope UMC and to serve the Lord. From those who serve as the acolytes, to the teachers and leaders, to the choir, to the ushers and greeters, to the audio/visual team, to those who put the flowers on the altar, to those who help decorate the sanctuary throughout the year, to those who help keep our church building clean, to those who serve as board members, to those who cook and clean up the social hall, to those who help make copies of the bulletins and to everyone that comes together as a church family when we have a special event.

*Your Role In Our Church Is Very Important!*

Some of the roles in our church are very visible, but most of the roles are done quietly and dutifully. Without your service, we as a church family would suffer. As you look around at the faces in our church - just remember, you are almost guaranteed to be looking into the eyes of someone who serves our church, in one way or the other, **All For The Glory Of The Lord!**

**Thank You ALL For What You Do For Our Church Family At New Hope UMC!**

# Upcoming Events for February

**Sunday, February 4** - Souper Bowl of Caring - after Worship Service

**Monday, February 5** - Circle of Hope meeting (*formerly Mabry Shiflett Circle*) at NHUMC - 7:00pm

**Tuesday, February 6** - Sisters of Faith meeting (*formerly Minnie Carr Circle*) at NHUMC - 1:30pm  
- Circle of Love meeting (*formerly Irene Fretwell Circle*) at NHUMC - 7:00pm

**Wednesday, February 7** - Bible Study led by George Taylor - 5:00pm  
- Wednesday Night Mid-Week Break Dinner - 6:00pm  
- Choir Practice - 7:00pm

**Sunday, February 11** - Scouts Sunday - recognizing the Scouts that share our church

**Tuesday, February 13** - Fat Tuesday Pancake Supper by the UMM - 6:00pm

**Wednesday, February 14** - Wednesday Night Mid-Week Dinner - 6:00pm  
- Ash Wednesday Service - 7:30pm

**Friday, February 16** - Parents Night Out (Kid's Party) - 5:30 - 8:00pm

**Sunday, February 18** - Hearts Party - for the children & young at heart- 4:00 - 6:00pm

**Wednesday, February 21** - Bible Study led by George Taylor - 5:00pm  
- Wednesday Night Mid-Week Dinner - 6:00pm  
- United Methodist Men Meeting - 7:00pm  
- Choir Practice - 7:00pm

**Thursday, February 22** - Church Council Meeting - 6:30pm

*\*If you have an event to add, please let me know at [cds3501@gmail.com](mailto:cds3501@gmail.com) or 540-280-1860*



Augusta  
HEALTH

HEART

HEALTH FAIR

**Thursday, February 15**

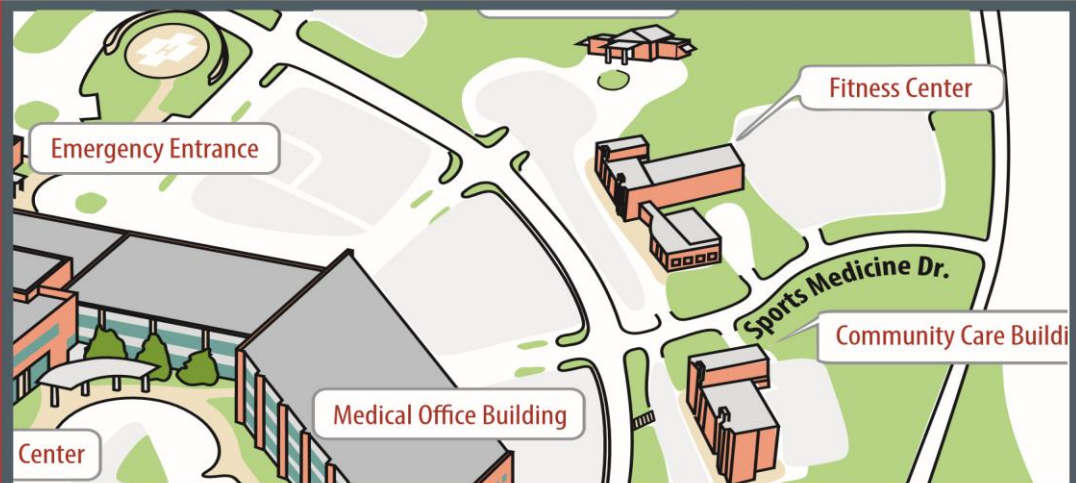
3:00pm - 6:00pm at the  
Augusta Health Fitness Center

**Free Health Education and Screenings:**

Carotid Artery, Stroke Assessment, Sleep Assessment,  
Blood Pressure, Glucose and Pulmonary Function Testing

**Cholesterol Lipid Panel Blood Test: \$10 pre-register**

**Must  
PRE-REGISTER**  
for the Carotid  
Artery Screening  
and Pulmonary  
Function Testing  
by calling  
**540-245-7910**



Augusta  
HEALTH  
Heart & Vascular Center

Care within minutes,  
not miles



## **Nurse's Health Corner**

Great strides have been made in the last several years for the care of those with cardiovascular disease (CVD). Immediate action to enter emergency medical care continues to be the number one goal to save lives. Even 15 minutes can be the difference between death and disability and returning to a fulfilling life. The second goal is primary and secondary prevention of the causes surrounding CVD and reducing these risk factors.

### **Goal #1: Immediate Action**

Two of the most common reasons of cardiovascular emergencies are heart attack and stroke. The cause for a heart attack or stroke is similar. Blood supply is interrupted, causing tissue death. Most often this is caused by a blood clot or *thrombus*. When a blood clot (thrombus) moves from one part of the body to another, it is called an *embolus*. When a clot blocks an artery to the heart, it is called a heart attack. When the clot blocks an artery to the brain, it is called a stroke. Symptoms of heart attack and stroke are different, as well as how they are treated. Symptoms must be recognized to activate emergency care.

A **heart attack** or *myocardial infarction* is a loss of blood to the heart muscle causing the heart tissue to start to die. The symptoms for a heart attack are:

- **Chest discomfort** in the center of the chest that lasts for more than a few minutes or that goes away and comes back (uncomfortable pressure, squeezing, fullness, or pain)
- **Discomfort in other areas of the upper body** (one or both arms, back, neck, jaw, or stomach)
- **Shortness of breath** (with or without chest discomfort)
- Other signs: **breaking out in a cold sweat, nausea, or lightheadedness**
- Chest pain is the most common symptom; however, women are more likely to experience other common symptoms.

The first 90 minutes after symptoms begin is critical. Persons suffering a heart attack are more likely to survive if blood flow is restored within the first 90 minutes. Every 10 minutes is associated with an increase in long term survival rates. Blood is most often restored through use of a technique called a cardiac catheterization where an interventional cardiologist enters the heart through an artery in the groin or wrist, with a small wire. Both are direct routes to the heart's arteries. The wire has a tool to remove the clot and deploy a wire stent to keep the cardiac blood vessel open. Blood is restored and the heart muscle stops dying.

A **Stroke** is a brain attack, also called a *Cerebral Vascular Accident (CVA)*, and is the sudden loss of brain tissue. The symptoms of a stroke are simplified by the acronym F.A.S.T.:

- **F - Face** - Sudden facial droop or numbness
- **A - Arms** - Sudden weakness or tingling/numbness (*paresthesia*) of one side of the body
- **S - Speech** - Sudden slurring/garbled speech or the inability to speak or understand speech
- **T - Time** - Time to call 9-1-1

- Other common symptoms are sudden **confusion, trouble seeing** in one or both eyes, **trouble walking or dizziness, loss of balance or coordination**, and a **severe headache** with no known cause.

The first 3 hours after a stroke are critical. A drug called tissue plasminogen activator (tPA) that can break up the blood clot can be given during this time. The Federal Drug Association allows this drug to be given up to 4.5 hours. It is twice as effective in the first 90 minutes of a stroke versus given at 3 hours. Every 15 minutes sooner that tPA is given is associated with better outcomes and decreased disability.

## **Goal #2: Reducing Risk Factors**

Risk factors are the same for heart attack and stroke. Risk factors that cannot be controlled are:

- Age - every decade of life increases the chances of stroke and heart attack especially > 40
- Gender - men are more likely than women to die of a heart attack; however, women are more likely to have a stroke and die of a stroke
- Family History (of CVD) - genetics can increase the risk of heart attack and stroke
- Race - African descendants are most likely to have cardiovascular disease followed by Hispanics, Whites, and Asians
- Previous stroke or heart attack.

Most people are aware that a healthy diet and proper exercise can lower risk factors. Some risk factors that can be controlled, even by medication if needed, are:

- High Blood Pressure (BP) - a BP of less than 120 over less than 80 is shown to have less negative cardiovascular effects including *stenosis* (narrowing of the arteries) and *atherosclerosis* (hardening of the arteries)
- Smoking - quitting smoking significantly decreases your risk of CVD. Smoking narrows and hardens the arteries much like high BP and allows fatty deposits to cling to the arteries. Medications and behavioral change programs can help with smoking cessation
- High Cholesterol - high cholesterol in the blood forms fatty deposits that narrow the arteries and make it easier for clots to form on the artery walls. Medications can reduce cholesterol in the blood
- Lack of regular physical activity - exercising 30-45 minutes a day has been shown to decrease blood pressure and cholesterol, and strengthen the heart muscle
- Obesity - the heart has to push through an extra mile of blood vessels for every pound of being overweight. Simply put, the less weight, the less the heart has to work.
- Diabetes - diabetes affects every vessel of the body especially the small vessels of the heart and the brain causing narrowing and hardening of the arteries.

*This article was written by Joel Black, PT, MPT, CSRS. Joel is a Senior Therapist, Clinician III, providing physical therapy services to the Augusta Health inpatient population. He also serves on our Stroke Team, providing education and health screenings in our community. If you have any questions related to this article, please contact Dana Breeding, RN Health Educator in Community Outreach of Augusta Health at 332-4988 or 932-4988.*



## February Birthdays and Anniversaries

1 - Martha English

1 - Loretta Dameron

1 - Jamie Stout

2 - Kylie Armstrong

❤️❤� 2 - Al & Lynn Tuten

4 - Robert Shiflett

5 - Roosevelt Rowe

5 - JoEtta Walker

8 - Colin Hester

9 - Nancy Pyle

10 - Ian Gruber

13 - Marguerite Howell

13 - Owen Pence

14 - Ernest Shaver

14 - Becky Tate

❤️❤� 14 - **Dale & Sherry Rankin**

15 - Cooper Coffey

15 - Rebecca McCaskey

15 - Holly Morris

15 - Joan Simmons

15 - Isabelle Willberger

15 - Tonya Meier

17 - Pastor Shin Hong

17 - Zack Rickman

❤️❤� 17 - **Lewis & Karen Whitmer**

17 - Seth Joyner

18 - Susie Shreckhise

19 - Jo Layman

19 - Robert Riner

20 - Helen Shiflett

21 - Al Tuten

❤️❤� 22 - **Colin & Teresa Hester**

23 - Mike Shreckhise

24 - Jennifer Bottenmiller

24 - Tabitha Herring

25 - Marc Mehler

26 - Dave Dively

27 - Stephen Sundeen

❤️❤� 27 - **Richard & Natosha Ritchie**



## **Mission Opportunities**

**Valley Mission** - Items needed: mostly cereal, but other items are welcomed as well **Mission Central** - District project at Cedar Grove

**UMC in Harrisonburg** - Items needed: children's socks and underwear

**Prison Ministry** - District project at Kingsway Prison Ministry - Items needed: junior legal pads, pencils, toothpaste, toothbrushes, chapstick

**Verona Community Center** - They are in need of donations, including coffee and snack items, drinks, etc. They are also in need of volunteers to spend a few hours a month at the Community Center inviting people in and helping them out whenever necessary. Please see Cindy Sheets for more information on donation and volunteer opportunities.

## **Lectionary Readings for February**

### **February 4**

Isaiah 40:21-31

Psalms 147:1-11, 20c  
(UMH 859)

1 Corinthians 9:16-23

Mark: 1:29-39

### **February 11**

2 Kings 2:1-12

Psalms 50:1-6 (UMH  
783)

2 Corinthians 4:3-6

Mark 9:2-9

### **February 14**

(Ash Wednesday)

Joel 2:1-2, 12-17

Psalms 51:1-17 (UMH  
785)

2 Corinthians 5:20b-  
6:10

Matthew 6:1-6, 16-21

### **February 18**

Genesis 9:8-17

Psalms 25:1-10 (UMH  
756)

1 Peter 3:18-22

Mark 1:9-15

### **February 25**

Genesis 17:1-7, 15-16

Psalms 22:23-31 (UMH  
752)

Romans 4:13-25

Mark 8:31-38





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