

Receive these humble and healing words:

Jesus help us live in peace...

Jesus help us live in peace
From our blindness set us free
Fill us with your healing love.
Help us live in unity.

Many times we don't agree
On what's right and wrong to do.
It's so hard to really see
From another's point of view.

How we long for power and fame,
seeking every earthly thing.
We forget the One who came
as a servant, not a king.

Jesus help us live in peace,
From our blindness set us free.
Fill us with your healing love.
Help us live in unity.

(Sing the Journey, Gerald Derstine, Based on Philippians 2:1-8)



Healthy Reflections

Body, Mind and Spirit

November 2015

Flu Season Already!!

Influenza, or “the flu”, is a highly contagious, severe respiratory illness caused by a virus. Each year from October through until April influenza is fairly common across countries in the Northern Hemisphere. There are many strains of influenza, often referred to as Type A and Type B Influenzas.



Because viruses have the amazing ability to change themselves (or mutate), the flu shot components change each year. This year the inactivated vaccine will immunize against two Type A and one Type B virus (California A, Switzerland A and Phuket B).

Did you know that by getting the flu shot you are not only protecting yourself, you are also protecting others who are more vulnerable to serious complications? When a large part of the population has immunity against an infectious disease, this is called herd immunity. Herd immunity is considered the most effective way to prevent the spread of the influenza virus. If enough people “**get the shot**” then we are all better protected from extensive local outbreaks, epidemics and pandemic outbreaks.

The most vulnerable people around us are at higher risk of serious complications. Remember that those under the age of 5, the elderly, those with chronic illness, and those living in nursing homes or in conditions of poverty will be more vulnerable. These groups benefit from herd immunity as well as personal immunization.

**Of course, let's not forget
that hand washing
and good respiratory hygiene
are most important.**



- Wash your hands thoroughly and often – be extra diligent in large gatherings
- Remember to use the alcohol wash if you cannot wash with soap and water (available in each pew in the sanctuary)
- Respiratory hygiene is key – this includes keeping hands away from mouth and nose, immediate disposal of used tissues, covering the mouth and nose in the crook of your elbow when coughing or sneezing

Please stay at home and rest if you are feeling ill with flu symptoms

New options are available this year for pneumonia vaccination – you may want to ask your health care provider for further information. As well, a new product called **FluMist** is available for children ages 2-8 years and is considered more effective than the flu shot for children under 6.

May you stay healthy and well throughout this flu season.

Peace & Unity - On another note entirely, I cannot help but share how moved I was on Peace Sunday (November 8th) when we sang together “**Jesus help us live in peace**” (**Sing the Journey # 52**). It was a beautiful experience for me to feel the sense of community as we worshipped together through the music.

Next month in our Healthy Reflections we will explore further the health benefits of singing together. For now, let's just sing out our joy and praise to God. Thanks be to God for the gift of music!

Karen Watson – Parish Nurse



Make every effort
to keep the unity of
the Spirit through
the bond of peace.

Ephesians 4:3