

The Grapevine



APRIL/MAY 2023

The monthly newsletter of

Church of the Redeemer United Church of Christ

PASTOR'S COLUMN

Happy Spring! While I love the season of autumn, I think I love spring even more. It is creation showing that new life happens again and again. During this season of Eastertide, the earth shows new life as well as our celebration of new life in following Jesus Christ. What might you try new this spring? Perhaps you have been thinking about becoming a member at Church of the Redeemer; you will have that opportunity in the coming weeks. Perhaps you have not been to worship recently and want to take this opportunity to give us a try again; you are always welcome here. Perhaps you would like to become more involved through volunteer opportunities; we are always looking for people to use their gifts.



This month is also Earth Day. While that is a secular holiday, we in the church take this opportunity to remember that we have been tasked with caring for God's creation. So on April 22, I encourage you to find some way to care for this precious earth that God has entrusted to us so that our children and our children's children have a healthy place to live.

So happy spring and may you find new ways to celebrate new life.

Blessings,

Pastor Brooke

GREETINGS!



The Easter season is upon us and we rejoice with a song in our hearts. The choir and bell choir have presented beautiful anthems to set the tone for our services, including Palm Sunday, Maundy Thursday, and Easter. These anthems can be seen and heard on our YouTube Channel at Redeemer UCC Westlake.

Thank you to all of our choir members who give of their time and talent and faithfully continue to bring praise and honor to God through their gift of music. A big thank you to Jarred Sorauf, our organist, who shares his outstanding artistry with us. We are truly grateful for him and all who are involved in our music program!

GOD IS GOOD and we are blessed!!!

Blessings to all,
Carol

FAITH FORMATION MINISTRIES

Be the Church – Earth Month Eco challenge!

Throughout the season of Lent, Pastor Brooke preached from the sayings on our “Be the Church” banner that typically hangs in our Gathering Room. Reading this banner is how we’ve ended each youth group gathering this year, so it was a timely sermon series! On April 2 she asked if I’d preach on “Protect the Environment,” which was perfect for the beginning of Earth Month. Later that week, Julie Barnes reached out with an opportunity for our church to further our commitment to creation care – by participating in environmental challenges as part of Earth Month Eco challenge 2023.



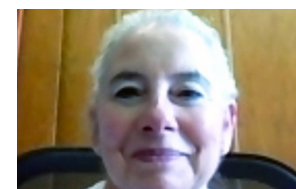
Basically, you join our “Be the Church” team and choose actions throughout the month that will help make an impact on the environment. These actions range from watching a documentary about climate change or nature to planting a tree. We rack up points and at the end of the month see how we stack up against other participating teams. If you’d like to participate, please email me at kim@corucc.org, and I’ll send you an email invite to join our team! Help us BE THE CHURCH this April!

During the last month, our youth group enjoyed a Mystery Road Trip, where we visited the labyrinth (Ohio’s biggest!) at Unity Spiritual Center in Westlake and ate ice cream at Mitchell’s Creamery. We also joined the Westshore Lions Club in a cleanup of Westlake on Saturday, April 15. Our youth group is open to youth 6th grade and up. If you’re interested in getting on our email list, please reach out to Pastor Kim.

FAITH COMMUNITY NURSE

Managing Hypertension in Older Adults

Recently, I assessed several patients that were experiencing Stage 2 High Blood Pressure and/or Hypertensive Crisis. I realized that I needed additional research to better treat the patients and increase understanding of how serious high blood pressure is! The following is an accumulation of my research provided to the patients to help them better understand high blood pressure.



American Heart Association healthy and unhealthy ranges for blood pressure.

<u>Blood Pressure Category</u>	<u>Systolic (Upper Number)</u>	<u>And/Or</u>	<u>Diastolic (Bottom Number)</u>
Normal	Less than 120	And	Less than 80
Elevated	120-129	And	Less than 80
High Blood Pressure Stage I	130-139	Or	80-89
High Blood Pressure Stage II	140 or Higher	Or	90 or higher
Hypertensive Crisis (consult your doctor immediately)	Higher than 180	And/Or	Higher than 120

FACTS:

1. High blood pressure (also known as hypertension [HTN]) is a common condition that affects the body's arteries. It occurs when the force of the blood pushing against the artery walls is consistently too high. The heart must work harder to pump blood. Approximately 70% of older adults have hypertension.
2. Untreated HTN in an older adult can lead to cognitive decline, increased morbidity and mortality, and cardiovascular and renal problems.
3. **Recent studies link HTN with a higher risk for dementia.**
4. The scary part is HTN doesn't usually have any symptoms. That is why it is sometimes called the "silent killer." Just because you *feel* fine does not mean your blood pressure is in the normal range. You still need to get your blood pressure checked.

KNOW YOUR RISK FOR HIGH BLOOD PRESSURE (HTN)

1. **Conditions that increase your risk for HTN:**
 - a. **Lack of knowledge** - **If your blood pressure is not in the normal range, you have elevated blood pressure.** You need to take steps to manage your blood pressure and keep it in a healthy range. Familiarize yourself with the Blood Pressure Categories.
 - b. **Diabetes** – 6 out of 10 people with diabetes have high blood pressure. Talk to your doctor to find ways to manage diabetes and control other risk factors.
 - c. **Unhealthy diet** – A diet high in sodium and low in potassium puts you at risk for high blood pressure.
 - d. **Physical activity** – Regular exercise helps your heart and blood vessels stay strong and healthy and helps to keep you at a healthy weight.
 - e. **Obesity or overweight** – means your heart must work harder to pump blood and oxygen around your body. Overtime, this can add stress to your heart and blood vessels.
 - f. **Alcohol** – Drinking too much alcohol can raise your blood pressure. (Women no more than 1 drink per day and men no more than two drinks per day.)
 - g. **Tobacco** – increases your risk for high blood pressure. Smoking can damage the heart and blood vessels.
 - h. **Stress** – Can cause a steep rise in your blood pressure but can lower when the stress has been removed. Unfortunately short spikes in blood pressure can cause heart attacks or strokes. This damage is equal to damage from long-term high blood pressure. Talk to your doctor about ways to manage stress and lower your blood pressure.

If you are under stress or have other risk factors, **please** call your doctor and make an appointment. If you have been diagnosed with HTN, follow your doctor's guidance on managing your blood pressure. If you would like to have your blood pressure monitored on a regular basis, please call me. I am available Tuesdays and Thursdays 7:00 – 1:00. We will create a log for you to provide to your doctor.

Nancey Brock, RN
Parish Nurse

*"Do you not know that you are God's temple and that God's Spirit dwells in you?"
I Corinthians 3:16*

LEADERSHIP TEAM



He Has Risen!

What a blessing Holy Week was, Thank you to everyone who participated in all of the services. As we celebrate the season of Easter at Church of the Redeemer we need help around the church.

I'm still looking for Ushers to help with greeting and collection of offering on Sunday morning. If you are interested in helping please email me at

mwilliams@americascoroscleveland.org or call me at 330-327-4638.

The Leadership Team continues to meet monthly to discuss the business of the church. We are also focused on the spiritual growth of our members. Please let me know if you have any concerns.

Grapevine Announcements

April/May 2023

Pastoral Relations Committee - The role of the Pastoral Relations Committee is to serve as a liaison between the congregation and the pastor. This group of dedicated volunteers is not meant to be a go-between, but to provide both support and feedback to the pastor. If you have a problem, it is still always best to go directly to the pastor, but constructive feedback or questions can be directed to this committee. The current committee members are:

Rudy Duscha
Elaine Freed
Debbie Shank
Julie Miller

Coffee, Tea, and Pastor B - Coffee, Tea, and Pastor B will meet at Black Bird Bakery, 1391 Sloane Ave, Lakewood, on April 18, 10:30-noon. All are welcome to come for a pastry, fellowship, and a cuppa.

Church Read - The Leadership Team is reading the book, "Breakthrough: Trusting God for Big Change In Your Church" by Dawn Darwin Weaks. If you would like to pick up your own copy, we will have an opportunity to discuss it as a church at a time to be determined in June. As Mahatma Gandhi said, "Be the change you wish to see in the world"

APRIL AND MAY BIRTHDAYS AND ANNIVERSARIES

April Birthdays

- 12 Dave Kvasnicka
Drew Davies
- 13 Emma Kozar
Shannon Widmer
Sarah Scardina
- 14 Mark Lentz
Collin Dewyre
- 15 Lisa Thomas
Daniel Zak
- 18 Brent Miller
Keith Miller
- 19 Bill Schlitter
- 21 Leola Adams
Chuck Zaugg
- 22 Paul Hartman
- 25 Dave Patzwahl
- 30 Janet Kramer

May Birthdays

- 8 Kathleen (Kitty) Carroll
Elizabeth Hille
Andrew Hille
- 13 Diane Kvasnicka
- 16 Jan Bischof
Jeff Kirkby
- 21 Christine Foote
- 22 Karen Tomoff
- 25 Matthew Warren

May Anniversaries

- 10 Mike & Kathy Barrick
- 24 Tony & Nola Branch
- 30 Dave & Diane Kvasnicka

CHURCH OF THE REDEEMER

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Sign up for our newsletter:

<https://www.corucc.org/newsletter/>

Join us Sundays at 10:30 a.m. for
worship and faith formation.
Church of the Redeemer UCC is a
Just Peace and an Open and
Affirming
congregation.

ALL ARE WELCOME!

Staff

The Rev. R. Brooke Baker,
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Office Hours

Tuesday & Wednesday, 9 a.m.-
12 p.m.

Thursday, 9 a.m.-Noon

Just Peace. Open and Affirming.
All are Welcome.