

**COMMITTEE CHATTER**, a weekly announcement highlighting one of the committees operating at FUMC to help acquaint our members with the work accomplished by each. **COMMITTEE CHATTER** features the **United Methodist Youth Fellowship (MYF)**. The MYF is an active group open to all youth between grades 6 through 12. It focuses on a balance of worship, service, recreation and fellowship for young people in middle and high school. The group meets at FUMC at 6:30 p.m. on alternate Sundays from September through June to conduct business, plan activities and enjoy fellowship. The MYF participates in a variety of service activities including Christmas in April, Operation Christmas Child, volunteering at the Humane Society, and much more! It also hosts fundraisers to support their and missions and recreational activities, which include lock-ins, bonfires, tie-dye night, art night, and separate retreats for middle and high school. Courtney Eversfield is the Youth Coordinator. For additional information about this or any other Committee, please contact Pastor Wayne Chung.

## “FUMC” BIBLE BITES

Beyond fasting: Ten tips for a more meaningful Lent: (1) Apologize to someone; (2) Do random acts of kindness; (3) Serve people in need; (4) Visit the lonely; (5) Tell others you love them; (6) Throw a party for everyone; (7) Serve in worship; (8) Say “thank you”; (9) Delve into a book of the Bible; (10) Read Wesley’s sermons about the Sermon on the Mount



This summer (July 15<sup>th</sup> – July 21<sup>th</sup>) the youth of Friendship UMC are scheduled take part in this very special ministry. This program is open to all young people ages 14 and older. We are planning on taking 3 crews of youth and adults for the week (15

youth & 7 Adults). We still have room for volunteers and chaperones. If you are interested in this opportunity, please make a note of the dates and let us know so we can reserve your space in the special ministry event. Information/Applications are available in the Narthex and Fellowship Hall. For more information or any questions:

Chuck Muller 301-938-6964 [chuck.muller@ngc.com](mailto:chuck.muller@ngc.com) or

Courtney Eversfield [cymc@friendshipmethodist.org](mailto:cymc@friendshipmethodist.org) or

Bonnie at the church office [bsuedean@friendshipmethodist.org](mailto:bsuedean@friendshipmethodist.org)

## THE WEEK AND BEYOND AT A GLANCE

Sunday, March 18		
Morning Worship	8:30 & 11:00 am	Sanctuary
Sunday School	9:45-10:45 am	Education Wing
Monday, March 19		
Handbell Choir Rehearsal	6:30 pm	Upper Narthex
Voices In Praise Rehearsals	6:30-8:30 pm	Music Room
Tabitha Circle Meeting	6:45-8:30 pm	Fellowship Hall
Tuesday, March 20		
Sanctuary Choir Rehearsal	7:15-8:45 pm	Music Room
SPPRC Meeting	7:30 pm	Bishop Warman Room
Wednesday, March 21		
Salsarita/Sweet Frog Spirit Night to benefit Voices In Praise Prayer Shawl Ministry Meeting	7:00 pm	Prince Frederick Prince Frederick Fellowship Hall
Thursday, March 22		
Lenten Study	7:00 am	Fellowship Hall
Saturday, March 24		
Children’s Easter Party	10:00 am – 12 noon	Fellowship Hall, Yard
Sunday, March 25		
Health Info. & BP Screening	9:30 am & 12 noon	Fellowship Hall
Youth Group Meeting	6:30-8:00 pm	Fellowship Hall
Monday, March 26		
Voices In Praise Monday Night Dinner & Rehearsals	6:30-8:30 pm	Fellowship Hall, Music Room
Finance Committee Meeting	7:30 pm	Bishop Warman Room

The March meeting of the Tabitha Circle will be Monday, March 19, 2018, at 7:00 p.m. in the Fellowship Hall. We will be creating Spring container gardens for our FUMC Shut-ins, so please “dress for the mess.” Garden pots, bulbs, soil, flowers and decorations will be provided, but feel free to bring your own dish if you’d like to make one to take home. All FUMC women (and friends, too!) are welcome! Call Shari Thorne-Sulima at 301-261-9376 with questions.



**Voices In Praise fundraising SPIRIT NIGHT!!**  
**Wednesday, March 21, 2018**



**Join us before or after the free concert at the Calvert Library, Prince Frederick -- 7-8pm featuring Downrange, a military vocal group.**

*Show this ad or tell them you are here for Voices In Praise!*



**Children's Easter Party**  
**Saturday March 24<sup>th</sup>**  
**10:00am – 12:00pm**

Join us for our Children's Easter Party!  
We will dye eggs, play games, eat snacks, and have our Annual Easter Egg Hunt! Open to all!

*If you would like to bring a snack tell Courtney!*  
[cymc@friendshipmethodist.org](mailto:cymc@friendshipmethodist.org)

*One of the wonderful traditions of Easter at Friendship Church is the flower-decorated Easter Sunday Cross. You are warmly invited to bring a handful or two of flowers on Easter Sunday, April 1st, to help decorate for our annual celebration of new life and resurrection at Easter. This is a joyful activity for children and families. Thank you for your participation!*



The Board of Trustees Spring Work Day is scheduled for Saturday, April 7, 2018 from 9:00 am until 12 noon. Come out and lend a hand with various clean-up projects around the church. Many hands make light work! For more information, see Keith Ulrich, Chairman of the Board of Trustees.

The FUMC Tabitha Circle is partnering with St. James Episcopal Church to stuff Easter Baskets for Neighbors in Need on Saturday, March 31. We will be accepting donations to purchase Easter dinners for 80 local families. A donation of \$31.50 will provide a complete ham dinner with fixings for a family of four. Your donations can be made payable to **Friendship United Methodist Women** and placed in the collection plate or in the basket in the Narthex. Also, we are seeking donations of chocolate Easter bunnies to help fill the baskets of the children of the recipient families. Bunnies can be added to the chocolate bunny "hutch" located in the Narthex. All are invited to join the stuffing party at St. James on March 31 at 7:15 a.m. and stay as long as possible to help fill the bags, load cars and share God's blessings with the less fortunate in our community. Call Shari Thorne-Sulima at 301-261-9376 with questions.



A nursery attendant is needed for the 8:30 am worship service. Please contact Sue Muller if you are interested at 301-855-8688 or (c) 301-938-6961

## Polypharmacy: Everything You Need to Know, But Didn't Know to Ask

**What is polypharmacy?** It refers to the effects of taking multiple medications to manage multiple health problems. Polypharmacy can lead to Adverse Drug Reactions. For this article, the terms polypharmacy and adverse drug

reactions will be used interchangeably. Polypharmacy becomes problematic when patients are prescribed too many medications by multiple healthcare providers when no single healthcare provider knows the patient's complete medication picture. The term "medications" refers to prescribed medications, over-the-counter (OTC) medications, vitamins, minerals and herbal supplements. Polypharmacy is common in older adults who may take medications for a variety of disorders such as hypertension, diabetes, GI reflux, depression, constipation, cardiac and respiratory disorders.

**Why does it occur?** Our aging population has multiple diseases, illnesses and ailments requiring multiple medications for management. Patients self-medicate with OTC meds without a clear understanding of adverse reactions to prescribed medications. The "prescribing cascade" occurs when patients take a medication then exhibits side effects that are misinterpreted by a healthcare provider as a new disease requiring additional medications. Patients see multiple physicians for various disorders without coordinating medications. Patients tend to "hang on" to old medications that result in ineffective meds, incomplete medication regimens or self-treating. Patients obtain medications from various pharmacies and each pharmacy can only check for potential drug interactions on meds they fill and know about. Forty percent of older adults fail to take their medications as instructed.

**Effects of the Normal Aging Process on Medications.** As we age:

- Body weight increases from 40-60, mainly due to an increase in fat. Body weight then decreases from 60-70 with a sharp decline after 70 years of age. This additional fat results in medications "getting trapped" and staying in our system longer.
- there is a decrease our body fluid, which results in medications becoming too concentrated in our bodies.
- our GI system slows down resulting in slower absorption rates and less stomach acid production to break drugs down.
- the liver shrinks with age and blood flow decreases resulting in a decrease in our liver's ability to break medications down and thus medications tend to collect in the liver.
- kidney function decreases (starting at age 40) and "left over" medications have trouble being eliminated. By age 65, the kidney's filtering ability has decreased by over 30%.
- there is a decrease in memory that may result in forgetting doses or doubling doses
- our hearing and vision decrease resulting in difficulty reading medication labels and hearing instructions from healthcare providers.
- decrease in dexterity making it difficult to open bottles, pick up small pills, handle injections, eye drops, and inhalers.

**How often does it take place?** Older adults account for over 35% of prescription medications and over 40% of the over-the-counter medications used in the USA. The National Institutes of Health (NIH) reports that over 4 million polypharmacy (adverse drug reactions) events occur each year, which results in 1.5 million hospitalizations and over 100,000 deaths.



### Upcoming Events

- March 25<sup>th</sup>: Health Information Table and Blood Pressure Screenings, 9:30am & 12pm, Fellowship Hall
- April 22<sup>nd</sup>: Health Information Table and Blood Pressure Screenings, 9:30am & 12pm, Fellowship Hall
- May 6<sup>th</sup>: Mental Health Awareness Month Event, 12pm, Lobby of Education Wing

**What to look for?** The following is a list of symptoms that have been associated with adverse drug reactions: decreased alertness, GI disorders, loss of appetite, confusion, falls, depression, weakness, tremors, anxiety, dizziness, rashes, increase/decrease in blood pressure, heart palpitations, prolonged sedation, lightheadedness, and urinary disorders just to name a few.

**Examples of problems:**

- avoid grapefruit juice when taking anti-seizure meds, antidepressants, benzodiazepines (Ativan, Xanax, Klonopin, Librium, Valium), calcium channel blockers (Cardizem, Cardene, Procardia, Norvasc), anti-arrhythmic meds (for abnormal heartbeats) (metoprolol, Amiodarone), cholesterol lowering meds, and some anti-histamines.
- Vitamin K & E can produce substances that can reduce the effectiveness of anticoagulants.
- Zinc and Echinacea can interfere with corticosteroids
- St. John's wort, ginkgo biloba, goldenseal, kava, ephedra and garlic have been known to cause adverse drug interactions in patient taking prescriptions for high blood pressure, anticoagulants, diabetes, cardiac disorders, and MAOIs.

**Ways to prevent the problem:**

1. Make and keep an accurate and up-to-date list of ALL the medications you take. If that is not possible, "brown bag" it. Gather up all your medications and take them with you when you go see your healthcare provider. Put a list of meds on your smart phone.
2. Ask your provider and/or pharmacist about side effects and drug interactions.
3. Be cautious and ask questions. Be a smart patient!
4. Organize your medications and make a schedule to follow (helpful for you and family/neighbors).
5. Store your meds in a safe, dry place and avoid sunlight.
6. Don't take another person's medications.
7. Use only one pharmacy if possible.
8. Review ALL your medications with your primary care provider annually.

**Bottom line: Be safe and be smart with your medications. Your health and well-being ARE dependent on it.**

Michael H. Walls, MSN, PhD, RN

Health Questions? Requests for Information? Suggestions for Health Ministry?

Please feel free to contact

Sarah David (volunteer parish nurse)

Email: [nurse@friendshipmethodist.org](mailto:nurse@friendshipmethodist.org)



**EASTER FLOWERS**

It's time to place your order for flowers to decorate the Sanctuary Easter Sunday in honor or memory of someone.

All plants are \$9.00 each

Number of plants

6" pot - Easter Lilies \_\_\_\_\_

6" pot Mixed Tulips (3 bulbs) \_\_\_\_\_

You also have the option of making a donation to SCAN (South County Assistant Network) if you do not want flowers.

Donation to SCAN \$ \_\_\_\_\_

***Orders must be received by March 25th***

TOTAL AMOUNT ENCLOSED: \_\_\_\_\_ \$

***MAKE CHECK PAYABLE TO FRIENDSHIP UNITED METHODIST CHURCH, on the memo line clearly write of flowers/SCAN***

Given by: \_\_\_\_\_

In Honor of: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In Memory Of: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Contact Marge Lewis (301/855-6497) if you have any questions. Orders can be mailed to the church

Attn. Marge, P.O. Box 72, Friendship, MD 20758



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