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Healthy Lifestyle....

Living a healthy lifestyle can impact both your lifespan and quality of life, says the U.S. National Institute of Diabetes and Digestive and Kidney Diseases.

But regardless of your age, the NIDDK emphasizes that it is never too late to be good to your mind and body.

The agency encourages older adults to:

- Eat breakfast every day.
- Select high-fiber foods.
- Have three daily servings of vitamin D-fortified low-fat or fat-free dairy.
- Drink plenty of water or water-based fluids.
- Fit physical activity into your life.
- Stay connected with family, friends and your community.

Spring Word Search

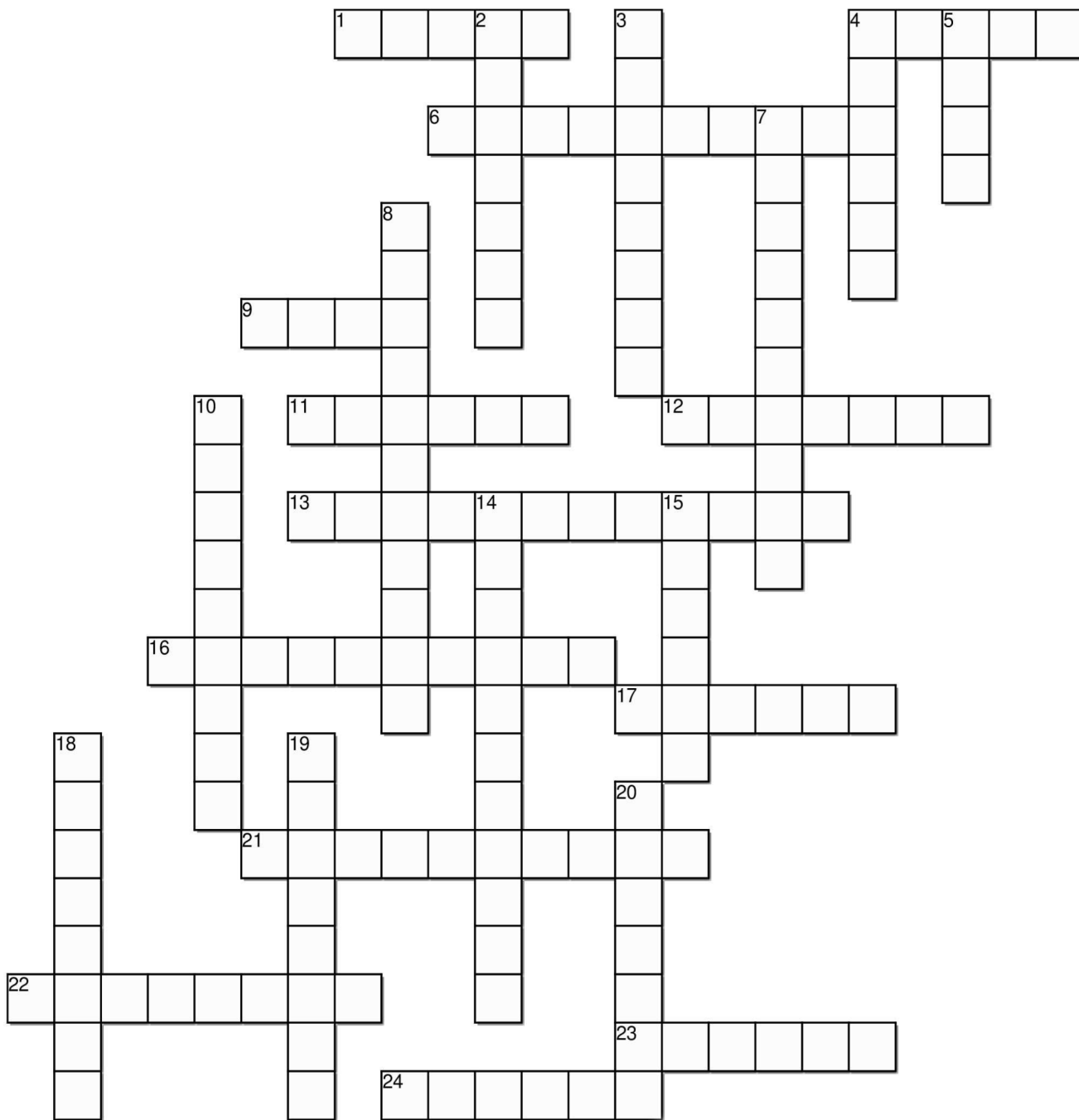
C	H	I	C	K	E	J	U	N	E	G	R	W	O	W
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A	N	U	W	E	F	M	A	Y	Y	M	V	R	O	C
S	A	N	E	R	A	N	B	O	W	S	H	E	S	O
U	M	B	R	E	L	L	A	E	A	S	T	E	R	A
T	H	A	S	P	R	I	N	G	P	U	D	D	E	T



APRIL	FLOWERS	PASSOVER
BASEBALL	GREEN	PUDDLE
BLOOM	GROW	RAINBOW
BUNNY	HATCH	RAINCOAT
BUTTERFLY	JUNE	SEEDS
CHICK	MARCH	SHOWERS
EASTER	MAY	SPRING
EGGS	NEST	UMBRELLA



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Across

1. Goes from brown to green
4. Moses's favorite snack
6. Breakfast in bed? (2 words)
9. Tuxedo and dress gathering
11. A type of water and the theme of this puzzle.
12. Child of sunshine and rain
13. Clay pigeons and skeet (2 words)
16. Marching to Pomp and Circumstance
17. An ant's favorite event
21. A Wild goal? (2 words)
22. Yellow and white Spring visitor
23. The only time chocolate and eggs go together
24. So close but yet so far

Down

2. April ____ brings May flowers
3. Dreaded Spring task
4. Distress signal or spring holiday (2 words)
5. Icicle apocalypse
7. Gardener's bane
8. A day for heros (2 words)
10. Fluttering migration
14. A common seasonal illness (2 words)
15. Rafael Nadal, Charlie Adams, and Serena Williams' sport of choice
18. America's pastime
19. Poking through a shell
20. Outcome of downpours; kids love them

Steps you can take to stay healthy now...

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

- **Stay home if possible.**
- **Wash your hands** often.
- **Take everyday precautions to keep space between yourself and others** (stay 6 feet away, which is about two arm lengths).
- **Keep away from people who are sick.**
- **Stock up on supplies.**
- **Clean and disinfect** frequently touched surfaces.
- **Avoid all cruise travel** and non-essential air travel.
- **Call your healthcare professional if you have concerns** about COVID-19 and your underlying condition or if you are sick.



Coping with stress

Older people and **people of any age who have serious underlying health conditions** are at higher risk for severe illness from COVID-19. **People who may have issues getting assistance** if they become ill, like those experiencing homelessness or people with disabilities are also at increased risk from COVID-19.

These conditions and situations may result in **increased stress** during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

Things you can do to support yourself:

- **Take breaks from watching, reading, or listening to news** stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row.
 - **If you, or someone you care about, are feeling overwhelmed** with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)