



Trinity Trumpet

Trinity United
Methodist
Church

April 2024

From the Desk of the Pastor

Hebrew 6:1 *Therefore let us go on toward perfection, leaving behind the basic teaching about Christ, and not laying again the foundation: repentance from dead works and faith toward God...*

Spring is finally upon us, and with that comes Baseball! I happen to love baseball, and was an outfielder for the Girard, Ohio Syro Steel Little League team. Okay, so I wasn't particularly great at it, but I love it still. One of the things I love about it is that is the only sport that I know of that has a metric called "The Perfect Game". Only 24 such games have ever been pitched in over 230 thousand MLB games. That sounds like quite a feat. The definition is simple, the pitcher must face 27 batters without allowing any of them to get on base, and the team must win. In others words, 9 innings of "three up, and three down."

I love the concept because even though the pitcher gets the accolades, the whole team has to contribute. Even if the pitcher strikes out every batter, the catcher still has to catch the ball, and the team still has to score at least one run. But what intrigues me most is that the pitcher is not perfect every pitch, yet it can still be a perfect game. No pitcher has ever struck out more than 21 batters in a game, and no one has ever pitched a complete game without a ball.

"Why is he sharing all this?", you might ask. Well, it's actually because of holiness and grace. As we are in the Easter Season, and have just celebrated the day that makes us justified through faith in Jesus when our sins were taken to the cross, the next step in the Christian life is sanctification. It is the process of becoming holy. It is when we rely on the Holy Spirit to help us to become all that we are created to be for God.

Yet, a Methodist distinctive is the idea of Christian Perfection, in that our sanctification will lead us to becoming perfect. When I share this concept in confirmation classes, or in Bible Study, many people shrink at the idea. Even though the Bible continues to proclaim the concept, we seem to have missed the point, as we mistakenly believe that Christian perfection is the same as pitching 81 consecutive strikes and not letting anyone get a hit. It is more akin to simply making sure nobody gets on base.

What does a perfect Christian life look like? John Wesley would say it is perfect in love, always considering others before self, just as Jesus did. It is living in full reliance on God, trusting God each day. It is not holding grudges, forgiving others, and treating others as you would have them treat you. In other words, it is living out the two commandments of loving God and loving our neighbors.

You see we can attain Christian perfection, just as a pitcher can pitch a perfect game. It is not easy. It is not common. But it is possible. In fact, it should be something we are striving to do, just as every pitcher strives to pitch a perfect game. Of course, just like the pitcher, we still need a team around us to help. We cannot be a great Christian alone. We need the Holy Spirit. We need the church. We need the team. We need the preparation (study and prayer). We need the practice (ministry opportunities). And everyone needs to do their part.

So as we continue in the season of Easter, let us continue to strive for perfection, and if you don't think you can reach it, at least do all you can to help someone else. Be the best teammate you can, by being the best Christian you were called to be. To God be the glory! Amen.

You teammate on the Lord's team,

Pastor Hayden

Inside This Issue

Pastor's Message	1
UMM	3
Thank You's	3
UMW	4
Membership News	5
Missions	6
April Birthdays	8
April Calendar	9
Nurses Corner	10
Health Outreach	11



UPCOMING EVENTS AT TRINITY

April 1 - Church Office Closed

April 7 - Communion

April 20 - Community Yard Sale - 8:00 a.m. - 1:00 p.m. - FLC
(Rain Date - April 27)

May 2 - National Day of Prayer

May 12 - Mother's Day

May 19 - 2:00 p.m. - Strawberry Festival - FLC
4:00 p.m. - Irv Brumbly Concert - FLC

May 26 - Trinity's Heritage Sunday - Our Fifty-Year Members will be recognized on Sunday, May 26th at both the downtown and the FLC worship services. If you are a Fifty-Year Member and plan to attend, please call (410-749-5562) or email (sue@trinityumcsalisbury.org) the church office and let us know which service you will be attending.

May 27 - Church Office Closed in observance of Memorial Day

June 2 - Graduate Recognition & Scholarship Presentation Sunday - Downtown & FLC

June 6-8 - Peninsula-Delaware Annual Conference - Ocean City, MD

June 15 - Antique Car Show - 9:00 a.m. - 3:00 p.m. - FLC
(Rain Date - June 29)

June 16 - Father's Day

July 4 - Independence Day; Church office closed

Pastor Hayden, Rev. Burris, Phyllis Oldham, Sanctuary Choir, and Congregation,

Thank you for your visits, flowers, cards, phone calls, texts, and most of all, your prayers while I was in Tidal Health and Encompass for my recent extended illness. I especially appreciate Pastor Hayden leading you all in a special prayer for me on Sunday, February 18. I was getting low at that time, but on the following Tuesday morning, I woke up feeling calm, breathing better, knowing that God had heard your prayers, I knew I had turned a corner, and He was going to take care of me. Thanks be to God for his great goodness!

Again, many thanks to all of you.....I felt your love and prayers for many weeks, and am still feeling them. God bless Trinity Church!

Roy S. Perdue



Salisbury Urban Ministries would like to thank you for your continued support of the Ministry and its programs. We ask you to continue to donate to the Lazarus Food Pantry each Sunday with non-perishable items or money. Prices are still high for food and the number of people needing assistance is still rising. Volunteers to assist SUM are also welcomed.

Thank you also for supporting the February Fundraisers, the “Soup-er Bowl of Caring” and the “Care for the Cause”!

Carroll Thamert

Thank you Trinity for the thoughts, prayers and cards.

Sincerely, Becky Taylor

National Day of Prayer
Thursday, May 2nd

Trinity United Methodist Men
By Carroll Thamert

The Methodist Men of Trinity UMC meets the 2nd Monday of each month for devotion, dinner, conversation, and fellowship at the Deli at Pecan Square. There has been an average of 10-12 men at the first 3 meetings. All men of Trinity, young and old, are invited to attend. In fact, come and bring a friend!

At our last meeting in March, two possible events/ideas were brought up for the men to sponsor.

The first and most important is a possible “Pancake Breakfast Honoring Mothers” to be held on Mother’s Day, Sunday, May 12, 2024, from 7:30 am—11:00 am in the Jackson Memorial Building Hall. This Breakfast if it happens will be prepared and served by the Trinity men. We are looking for places to get the ingredients at a reduced price or donated. If you know of any business or person that would be interested in this, please let the Church Office know. A Free Will Donation will be taken at the Breakfast.

2)The next event that was discussed is a “Trinity Men’s Night Out” at a Shorebird’s Game later in the spring or summer.

Both the Breakfast and Shorebird Game have not been finalized yet. Hopefully more will be known later in April. If you have any great ideas for possible projects for the group or if you just want to join a good night of fellowship, plan to attend the next meeting on Monday, April 08, 2024 at 6:00 pm at the Deli at Pecan Square.

United Methodist Women

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.
1 Peter 1:3 (NIV)

During the month of April we are surrounded by so many signs of the new life that the resurrection of Christ has promised us! We see, hear, feel and smell all the promises of new life: birds singing, flowers and trees fragrantly blooming, children playing outside and the start of many outdoor activities with the warmer temperatures and longer days. What beautiful examples of new life God provides for us each spring!

The three UMW circles will meet the first week in April and in addition to their Bible study and devotionals, they continue to support our Trinity members who are in nursing homes or are "shut ins" at home with cards, phone calls and visits. This has brought some much needed joy to everyone participating!

The Faith Filled Women's Conference held on Saturday, March 23rd was a wonderful event for all the Trinity women who attended. It is always a very special occasion when hundreds of Christian women from all over the Eastern Shore and beyond come together to learn, fellowship and give praise to the Lord!

Our annual UMW Spring Luncheon and Program is scheduled for Tuesday, May 21st at noon in the JMB. We are excited to have as our speaker, Joyce Detwiler, who will be sharing her inspirational faith journey and testimony. The three circles will be preparing a covered dish lunch and we invite all the women of Trinity to join us!

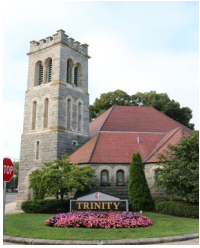
Wishing everyone a Healthy and Happy Spring!

Spring Blessings,
Jennifer Doyle
UMW President
410-430-8869



UNITED
METHODIST
WOMEN

Faith • Hope • Love in Action



Membership News

NEW MEMBERS

March 24, 2024
Samuel W. Drew
Keith J. Brown

BAPTISMS

March 3, 2024
Lucia Priscilla Orbino
Parents: Joseph & Angela Orbino

DEATHS

February 28, 2024
Thomas L. Trice, IV



**TRINITY GRADUATE
AND
SCHOLARSHIP SUNDAY**

Sunday, June 2nd

At the downtown and the FLC worship services, we will honor and recognize all high school and college graduates from our congregation. We will also recognize those receiving scholarships to universities and seminaries. If you know of a Trinity student who is graduating from high school or college this year, please let us know so that we can include them in our recognition.



of Salisbury Urban Ministries

SALISBURY URBAN MINISTRIES

DONATIONS NEEDED FOR

LAZARUS FOOD PANTRY:

- Ramen noodles
- Vienna sausages

KIDS CAFÉ:

Individual fruit cups (mandarin oranges, fruit cocktail, peaches)

MEN'S WELCOME CENTER:

- Corn Beef Hash
- Potted Meat
- Spam
- Vienna Sausages

Donations can be dropped off at
Salisbury Urban Ministries Office
326 Barclay St
Or call 410-749-1563

MISSION: *MOMENTUM*

By Carroll Thamert

APB APRIL IS
PEANUT
BUTTER
MONTH



Please bring your favorite brand of peanut butter to Trinity during the month of April.

Give one Sunday or every Sunday. Give one jar or many jars. It's up to you. All donations benefit the Lazarus Food Pantry.

Ephesians 5: 15-17.... "Be very careful, then, how you love—not as unwise but as wise; making the most of every opportunity, because the days are evil. Therefore, do not be foolish, but understand what the Lord's will is."

April has arrived. Spring is in the early stages and April Showers are upon us with May flowers not far behind. And, we survived, whether you liked it or not, another April's Fools Day! However, this year, at least it seems like it to me, the "Weather" has said "April Fools" to us this winter since the New Year! Whether it be 60 to 70 degree temperatures on certain days in January and February; gloomy, dreary snowless winter days; February and March "downpours" and rainy days making you think Noah is around the corner; or flowers and trees blooming in late February or early March, you get the idea! April Fools.....from the weatherman!

Regardless of the weather and April Fools Day, we have made it through another Winter and arrived at April with God's help and guidance. The Promise of Rebirth and New Beginnings that came with Spring and Easter gives us Hope for the future. As Ephesians says we need to be wise and make the most of every opportunity to do God's will, not be foolish, but to spread love and the Truth of Salvation to others. The Missions that Trinity UMC supports (HALO; SUM; T-Cap; ASP; Van Ministry; Hands & Hearts; Santa's Angels; and Joseph House) gives each of us that opportunity now and in the months to come.

This month, the Missions Committee of TUMC would like to highlight one of those missions:

JOSEPH HOUSE MINISTRY

This year marks the 40th Anniversary of the Joseph House Crisis Center. On February 14, 1983, the Little Sisters of Jesus and Mary opened the Center on Boundary Street in Salisbury, Maryland. The Joseph House is a non-profit charitable organization that helps the poor and homeless of southern Delaware and the Lower Shore counties of Maryland and Virginia.

The Joseph House was born of necessity as per the web site. The mission started as the Little Sisters journeying out into the neighboring countryside to help the poor and less fortunate. Eventually as the word spread, people and crowds were flocking to the convent to seek help. The scope of the work while beneficial was becoming overwhelming and creating a few problems. Needing help from the growing numbers in the neighborhood, the Mayors Office agreed to help the Sisters find a new location better suited for the ministry. The community became united, with local government, businesses, churches, and private individuals all working together to find a solution and to do God's Will. Alas, the Joseph House Crisis Center on Boundary Street became a reality with a network of community support that remains to this very day. Trinity UM Church has been a supporter of the Joseph House and it's Mission over the years.

When the Crisis Center opened, the founder Sr. Mary Elizabeth called it "a first class miracle". After a lot of hard work and planning, the program had a real soup kitchen and food pantry plus office space to counsel the children of God. For 40 years, with God's help, hard work, dedication, and the generosity of many people, such as those of Trinity, the Crisis Center has continued to bring fruition to its mission of providing direct services and the Truth of God to low-income families and individuals. Hope for the future has been put center stage for the clients. Expansion has taken place over the years with a day shelter for men and women experiencing homelessness as well as a long term residential program for homeless men being added.

Trinity's Family has been active in supporting the program over the years. When the café and day shelter closed during COVID, Trinity began providing 35 bagged lunches every Tuesday and Thursday. After several months, other churches followed suit. This program continued monthly for almost 18 months until the café reopened to the public to provide hot lunches. More than 1500 lunches were provided by members of Trinity. Now, Trinity continues to prepare and serve a hot meal for approximately 40 persons the 3rd Wednesday of each month. The clients seem to always be polite and grateful for the meals and conversations that the Trinity volunteers provide. As Missions Committee Chairman, Maureen Williams, said, "I enjoy being able to see familiar faces when I serve at the Joseph House each month and hear about some of the steps the clients are taking towards healthier and more independent lives."

God bless the Little Sisters of Jesus and Mary as well as the many volunteers that are doing God's Will by helping others to find a better life through Jesus Christ. If you would like other information or you wish to volunteer/donate to the program, go to: www.thejosephhouse.org or look them up on Facebook. Also, call the church office to volunteer.

Spring is right around the corner and with comes the thoughts of “house cleaning”! Time to get rid of all the belongings and keepsakes that have accumulated in all the spaces at home. Time to unload the “stuff” that your family no longer uses or you no longer need: the old bicycles, toys, books, pictures, exercise equipment, sporting items, knick knacks, etc. that are cluttering your sheds, closets, and attics!

Of course, “Your trash might be someone else’s treasure” as the old saying goes. On Saturday, April 20th, Trinity UMC will be holding a yard sale at the Family Life Center from 8:00 a.m. -1:00 p.m. with set-up at 6:00am. Members of Trinity and the community are invited to participate on a first come, first sign-up basis. The rain date is April 27th. Spaces (combined 2 parking spaces with a table provided) for vendors to sell church appropriate items (no clothes) on a “Cash and Carry” basis will cost \$25 per space located around the FLC. There will also be a location under the picnic pavilion for those that wish to donate items for the church to sell with proceeds going to Trinity. Pick-up of items can be arranged.

Vendor spaces will be assigned on a first come, first serve basis. To apply, complete an application and make payment. Spaces are limited. The application fee as well as the sale of the donated items under the pavilion will go directly to Trinity. All money made by the vendors less the application fee goes directly to the vendor. Sam Ennis will be onsite with his food truck and the Wicomico Humane Society will be there all day accepting dog and cat food and toy donations, to discuss adoption. In addition, at Noon there will be a canine obedience training demonstration. Come join us for a day of fun and fellowship. Information, applications, and payment can be made at the church office.

YARD SALE

SATURDAY
APRIL 20TH
8 AM - 1 PM

RAIN DATE
APRIL 27TH

Trinity Family Life Center
3193 Mt Hermon Road
Salisbury, MD 21804

Vendor Spaces Available
Call (410) 749-5562

Sam Ennis' food truck will be onsite

Check out the Canine Obedience Training Demonstration at **NOON**
The Humane Society will have a booth where they will be accepting dog and cat food and toys. They will also have adoption information.



**MARK YOUR CALENDARS FOR THE
SECOND ANNUAL TRINITY CAR SHOW!
JUNE 15TH FROM 9 AM TO 3 PM AT THE FLC
(Rain date, June 29th)**

Last year RAD Construction sponsored the car show by purchasing 50 dash plates at a cost of \$130 and 12 trophies at a cost of \$163.40. We are looking for an individual or someone owning a business to purchase dash plates and/or trophies. If you are interested, please contact Joyce Dunn at (home) 410-749-2515 or (cell) 410-726-6325. Sam Ennis' Malibu Beach Eats food truck has been contacted to serve delicious food and we are looking for an ice cream truck, requested by many who attended last year's event. We had so many volunteers last year who helped to make the event a success. Stay tuned for more information as we get closer to April/May.

SATURDAY, JUNE 15TH
9AM-3PM

RAIN DATE: JUNE 29TH

TRINITY UMC'S 2ND ANNUAL CAR SHOW

\$15 REGISTRATION
PROCEEDS GO TO TRINITY UNITED METHODIST CHURCH

ALL CARS WELCOME!
DASH PLAQUES WILL BE GIVEN TO THE FIRST 50 CARS!

TRINITY UMC FAMILY LIFE CENTER,
3193 MT. HERMON ROAD, SALISBURY, MD

QUESTIONS? EMAIL
TRINITY@TRINITYUMCSALISBURY.ORG

TROPHIES WITH BEACH ARCADE



7 - Lauren Bailey

8 - Donald Baysinger

9 - Gabriel Luppens
Kennedy O'Malley
Carole Rollins
Maria Weaver

10 - Chad Disharoon
Richard Duvall
Thomas Malone
Juliette Pope
Aubrey Sousa
Billy Stewart

11 - Tracy Bostwick
Grant Lischick
Clay Marcum
Abbigail Nechay

12 - Alec Bryson
William Wiseman

13 - Raymond Hudson
Sarah Kauffman
William Owens III
Tammy Paxton
Carter Spicer
Daniel Warwick
Kathy Warwick

14 - Danny Collins
John Glenn, Sr.
Lee Grier
Gavin Townsend
Carol Wilson

15 - Kristen Iman
Amy Kelley
Trevor Lankford
Lisa Moore

16 - Cooper Day
Steve Hammond
Howard Iman
Barry King
Monta Kutchen
Jillian Massey
Kaitlyn Price
Craig Snyder
Kelly Tawes

17 - Sarah Arrington
Caitlyn Dunn
Steve Greenwood
Barbara Hannemann
David Irvine
Lisa Justice
Carolyn Lewis
Sarah Phippin
George Strott

18 - Lucille Conway
Darra Hansen
Korinne Jones
Kim Pelot

19 -

20 - Jennifer Berkman
Joe Burris
Samuel Hayden
Peggy Iman
Kemp Tregoe
Beth Whittington

21 - Fung Ying Cheng
Kay Crouse
Angie Dempsey
Jane Ford
Pastor Vaughan Hayden
Alexander Lischick
Jennifer Moore
Heather North

22 - William Hamilton
Elliana Hapner
Brody King
Michelle Twilley

23 - Casie Post
Melanie Sammons

24 - Robert Carlisle
Alexa Hudson
Bob Hussey

25 - Anne Cornelius
Cecila Hoehn
Ashley Marcum
Jay Owen
Tony Waller
Selah Wilson

26 - Dora Ashby
Lynn Gaul
Alice Kilgour
Jeanie Long
Christopher Vorhis

27 - Brittnee Collins
Grier Custis
Erin Huddleston

28 - Debbie Bailey
Judy Bullock
Christina Cook
Thomas Fisher
Andrew Fox
Kristen Stuart

29 - Kelly Lloyd
Caryn Morris
Jeremy Nelson
Brian Weeg

30 - Lynn Harris
Sherry Pope
Nancy Stephens

PLEASE NOTE: If your name does not appear on this list it does not mean that we do not have you as a Trinity member. It only means that we do not have your birth date. Please give the church office a call with any additions to, or corrections of this list.

APRIL

1 - Hunter Jones
Zachary Kitzrow
Eva Paxton Whipple

2 - Jessica Barnes
Lauren Bilski
Cameron Galloway
Franny Johnson
Ali Jones
Reagan Shockley

3 - Rebecca Dobson
Joan Elliott
Robert Freeman
Amy Gilland
Valerie Haldeman
Bryan Hensley
Tina Shaffer

4 - Lee Lawson
Richard Parsons

5 - Sarah Evans
Kimberly Groves
Maggie McCabe
Nancy Nyquist
Jill Sell
Angela Smith
Terry Walter

6 - Katie Clatterbuck
Kobe Heinicke
Brooke Hudson
Zoe Sheller



April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Easter Monday— Church office Closed 1:30pm UMW “Deborah” 3:30pm Hebrew Class	2 1:00pm UMW “Esther” 5:15pm SPRC Meeting	3 7:30pm FLC Praise Team Practice	4 10:30 am UMW “Ruth” 2pm ABC Study Group 4:30 pm Handbell Choir 5:30 pm Grief Share 6:30 pm Sanctuary Choir	5	6
7 Communion 9 am Worship Downtown Sanctuary 10:30am Worship FLC	8 3:30pm Hebrew Class 6 pm United Methodist Men	9 10:00am Staff Meeting 5:15pm Trustees Meeting	10 7:30pm FLC Praise Team Practice	11 4:30pm Handbell Choir 5:30pm GriefShare 6:30 pm Sanctuary Choir	12	13
14 9 am Worship Downtown Sanctuary 10:30am Worship FLC 7:30pm Worship at Halo (Communion)	15 3:30pm Hebrew Class 5:30pm VBS Interest Meeting Trinity Trumpet Articles Due	16 5:15pm Moving Forward Study	17 7:30pm FLC Praise Team Practice	18 2pm ABC Study Group 4:30pm Handbell Choir 5:30pm GriefShare 6:30 pm Sanctuary Choir	19	20 8:00am Trinity Yard Sale - FLC
21 9 am Worship Downtown Sanctuary 10:30am Worship FLC	22 3:30pm Hebrew Class	23 5:15pm Moving Forward Study	24 1:00pm Christian Book Club 7:30pm FLC Praise Team Practice	25 4:30pm Handbell Choir 5:30pm GriefShare 6:30pm Sanctuary Choir	26	27 Rain date for Trinity Yard Sale
28 9 am Worship Downtown Sanctuary 10:30am Worship FLC	29 3:30pm Hebrew Class	30 5:15pm Finance Committee				



By Carolyn Lewis, RN

We are enjoying the beauty of the season as the spring flowers and bushes start to bloom. The song that “April Showers bring May flowers” has been a bit off this year as we have had floods of water in March and the daffodils are beautiful in full bloom. We have had a very mild winter and have been so blessed that we have had no measurable snow.

How much do we understand what some of the medications we take on a daily basis?

Think it Through:
Managing the Benefits and Risks of Medicines

For many people, taking medication is a regular part of their daily routine, and these medicines are relied upon to treat disease and improve health. Although medicines can make you feel better and help you get well, it's important to know that all medicines, both prescription and over-the-counter, have benefits as well as risks.

Benefits: The benefits of medicines are the helpful effects you get when you use them, such as lowering blood pressure, curing infection, or relieving pain.

Risks: The risks of medicines are the chances that something unwanted or unexpected could happen to you when you use them. Risks could be less serious things, such as an upset stomach, or more serious things, such as liver damage. Here are some tips from the Food and Drug Administration and some of its public health partners to help you weigh the risks and benefits when you make decisions about the medicines you use.

Managing Risk: When a medicine's benefits outweigh its known risks, the FDA considers it safe enough to approve. But before using any medicine--as with many things that you do every day--you should think through the benefits and the risks in order to make the best choice for you.

There are several “types of risks” from medicine use: the possibility of a harmful interaction between the medicine and a food, beverage, dietary supplement (including vitamins and herbals), or another medicine. Combinations of any of these products could increase the chance that there may be interactions; that the medicine may not work as expected; and/or that the medicine may cause additional problems.

For example, every time you get into a car, there are risks. You could have an accident, causing costly damage to your car, or injury to yourself or a loved one. But there are also benefits to riding in a car: You can travel farther and faster than walking, bring home more groceries from the store, and travel in cold or wet weather in greater comfort. To obtain the benefits of riding in a car, you think through the risks. You consider the condition of your car and the road, for instance, before deciding to make that trip to the store. The same is true before using any medicine.

Every choice to take a medicine involves thinking through the helpful effects as well as the possible unwanted effects.

Specific ways to lower the risks and obtain the full benefits of medicines: (1) Talk with your doctor, pharmacist, or other health care professionals. (2) Keep an up-to-date, written list

of all the medicines (prescription and over-the-counter) and dietary supplements, including vitamins and herbals, that you use--even those you only use occasionally. (3) Share this list with all of your health care professionals. (4) Tell them about any allergies or sensitivities that you may have. (5) Tell them about anything that could affect your ability to take medicines, such as difficulty swallowing or remembering to take them. (6) Tell them if you are or might become pregnant, or if you are nursing a baby. (7) Always ask your health care professional questions about any concerns or thoughts that you may have.

MEDICATION tracker

MEDICATION					
RECIPIENT					
DOSAGE					
DURATION					
DAY/DATE	DOSAGE	DAY/DATE	DOSAGE	DAY/DATE	DOSAGE

Know Your Medicines--Prescription and Over-the-Counter: the brand and generic names; what they look like; how to store them properly; when, how, and how long to use them; how and under what conditions you should stop using them; what to do if you miss a dose; what they are supposed to do; and when to expect results; side effects and interactions; whether you need any tests or monitoring; always ask for written information to take with you.

Read the Label and Follow Directions: Make sure you understand the directions; ask if you have questions or concerns. Always double-check that you have the right medicine. Keep medicines in their original labeled containers, whenever possible. Never combine different medicines in the same bottle. Read and follow the directions on the label and the directions from your doctor, pharmacist, or other health care professional. If you stop the medicine or want to use the medicine differently than directed, consult with your health care professional.

Avoid Interactions: Ask whether there are interactions with any other medicines or dietary supplements (including vitamins or herbal supplements), beverages, or foods. Use the same pharmacy for all of your medicine needs, whenever possible. Before starting any new medicine or dietary supplement (including vitamins or herbal supplements), ask again whether there are possible interactions with what you are currently using.

Monitor Your Medicines' Effects--And the Effects of Other Products That You Use: Ask whether there is anything you can do to minimize side effects, such as eating before you take a medicine to reduce stomach upset. Pay attention to how you are feeling; note any changes. Write down the changes so that you can remember to tell your doctor, pharmacist, or other health care professional. Know what to do if you experience side effects and when to notify your doctor. Know when you should notice an improvement and when to report back.

Weighing the Risks, Making the Choice: The benefit-risk decision is sometimes difficult to make. The best choice depends on your particular situation. You must decide what risks you can and will accept in order to get the benefits you want. For example, if facing a life-threatening illness, you might choose to accept more risk in the hope of getting the benefits of a cure or living a longer life. On the other hand, if you are facing a minor illness, you might decide that you want to take very little risk. In many situations, the expert advice of your doctor, pharmacist, or other health care professionals can help you make the decision.

Resources For You: *Protecting America's Health Through Human Drugs*

Think It Through: Managing the Benefits and Risks of Medicines | FDA



Distracted Driving Month - April

Health Outreach Ministry
Dot Baker, RN



What is **DISTRACTED** Driving?

3 main types of distraction

VISUAL
taking your eyes
off the road



MANUAL
taking your hands
off the wheel



COGNITIVE
taking your mind off
what you're doing



Distracted driving is any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increase the risk of crashing.

COMMON DISTRACTING ACTIVITIES INCLUDE:

-  Using a cell phone
-  Reading, including maps
-  Eating and drinking
-  PDA or navigation system
-  Talking to passengers
-  Watching a video
-  Grooming
-  Radio station, CD, or Mp3 player

??DO YOU KNOW WHEN YOU ARE A DISTRACTED DRIVER?? You or your passenger gasps or screams at something you did or did not do? Cannot remember driving from Point A to Point B? Run stop sign or red light unintentionally? Slammed on brakes because did not see car or pedestrian or biker or scooter in front of you? Had “almost” experiences?

Factoids: >Driving & cell phone use delay driver reactions as much as intoxication at legal blood alcohol of .08 >Texting drivers take eyes off road 400% more than if not texting >Texting takes driver’s eyes off road average of 4.6 seconds ***SAME as driving blind at 55 mph for length of football field! ***

WHAT SHOULD WE DO? (1) Pledge that you will **not** be a “distracted driver.” (2) Be caring - Do not call or text when you know family or friends are driving. When you are a passenger, remind your driver to concentrate on driving. (3) Stay focused – do not take pictures, send & read messages, watch videos or tv (4) Be an example – do not use phone when driving. **BE SMART and IN CONTROL – YOUR LIFE and YOUR PASSENGERS’ LIVES are worth FAR MORE than a phone call or text or other distraction activity** **Sample resources:** National Safety Council; CDC; OSHA; AAA; AT&T; Johns Hopkins Medicine; Schultz, Toomey & O’Brien

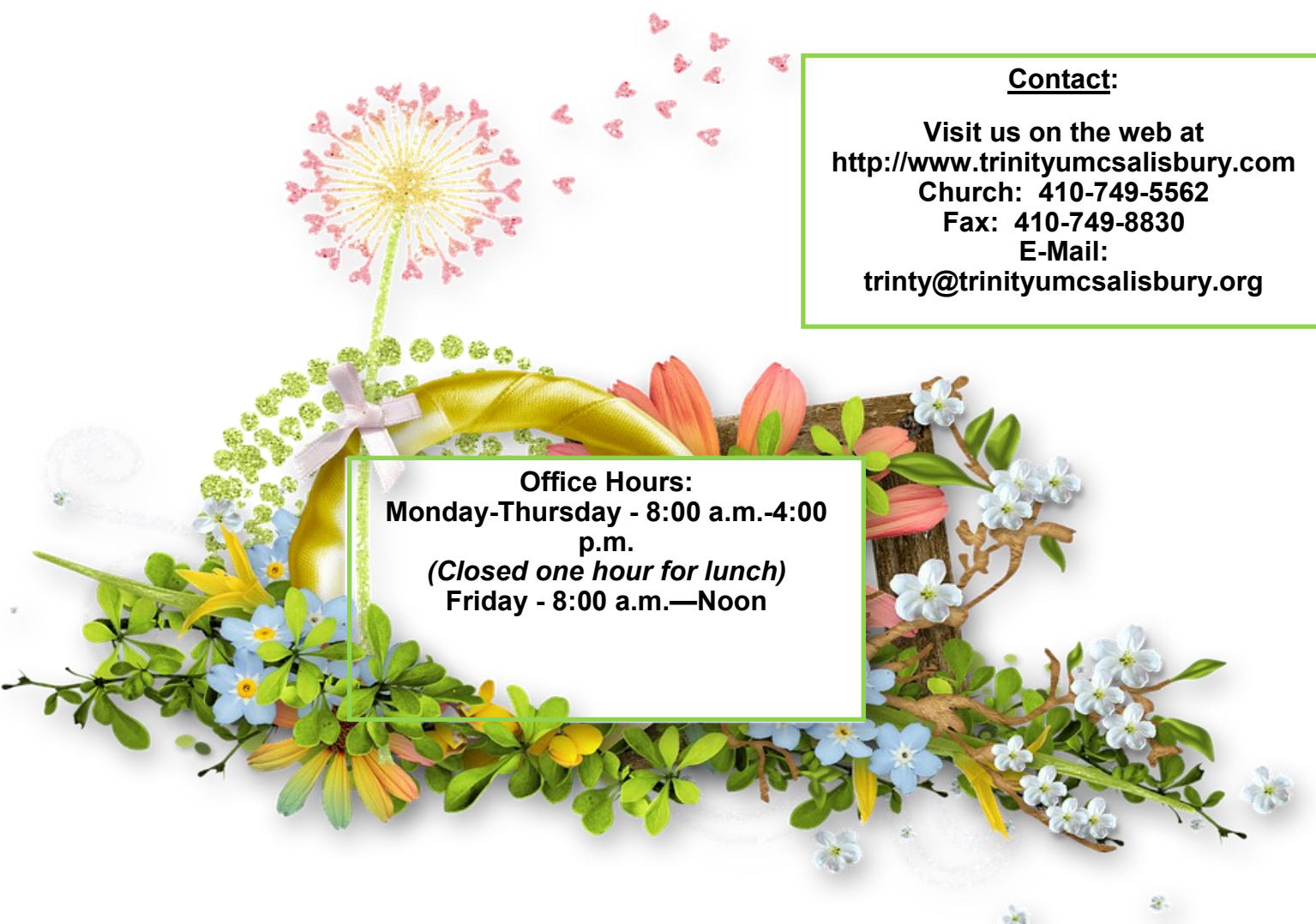


Trinity United Methodist Church
112 High Street
Salisbury, MD 21801

Return Service Requested

Contact:

Visit us on the web at
<http://www.trinityumcsalisbury.com>
Church: 410-749-5562
Fax: 410-749-8830
E-Mail:
trinty@trinityumcsalisbury.org



Office Hours:
Monday-Thursday - 8:00 a.m.-4:00
p.m.
(Closed one hour for lunch)
Friday - 8:00 a.m.—Noon