

Health and Wellness

We are wonderfully and fearfully made by God

by Vonda Kline

Question: What does it mean that we are fearfully and wonderfully made? (Psalm 139:14)

Psalm 139:14 declares, "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

The meaning of Psalm 139:14 is the incredible nature of our physical bodies. The human body is unique, the most complex organism in the world, and that complexity and uniqueness speaks volumes about the mind of its creator. Every aspect of the body, down to the tiniest microscopic cell, reveals that it is fearfully and wonderfully made.

The body's immune system is able to fight off so many enemies and restore itself, from the smallest repair (even down to repairing bad portions of DNA) to the largest repair (mending of bones and recovery from major accidents). Yes, there are diseases that will eventually overcome our bodies as we age because of man's fall into sin and the resulting curse, but we have no idea exactly how many times our immune system has saved us from death that would surely have occurred without it.

The function of the digestive tract, the liver and other major organs, the longevity of the heart, the formation and function of nerves and of blood vessels, the function of the lymphatic system, the cleansing of the blood through the kidneys, the ability of the reproductive system to create cells able to mate with another cell from the opposite gender and produce a cell with twice as many chromosomes, the complexity of the inner and middle ear, the sense of taste and smell, and so many other things we barely understand-- each one is a marvel and beyond man's ability to duplicate fully.

We are marvelously designed by God. He made us in a way that all our body systems work together in unimaginable and intricate ways. Our soul, spirit, mind, and body are all connected and work together perfectly according to His design. Because we are designed by God, when we live according to His principles as outlined in the Bible, our life will be more full and we are more likely to experience a life of peace, joy, and hope. This will create an environment that favors good health. The link between

We Are a 3-Part Whole



We are **spirit**, have a **soul** and live in a **body**

spirituality and health is synonymous with the relationship between faith and health. It takes an active faith for this "connection" to bear fruit in one's life and have consequences on one's health.

Our Body

We are spirit, have a soul and live in a body. It is our body that we function. It is made up of organs and cells which consist of protein, carbohydrates and fats. Our body contains our nervous system with nerves and the brain. Its through our bodies that we connect to the physical world with our five senses.

Psalm 139:14 says that "you are fearfully and wonderfully made."

Our Soul

Our soul is what gives us our personality and its through our soul that we live out our relationship with God, with other people and with ourselves. Our soul has three major components-- our mind, will and emotions.

See "Health and wellness" page 13

Health Partners plans now offers health and wellness workshops online

Health Partners Plans (HPP), an innovative managed care organization, has taken its community education workshops from the classroom to cyberspace with the recent launch of Online Learning Videos. Now community members don't have to wait for a course to come to a nearby school, church or senior center; they can simply access any workshop online when it is convenient for them.

The Health and Wellness workshops will still be offered throughout Greater Southeastern Pennsylvania and at HPP's new Community Wellness Center in West Philadelphia, located at 6232 Market Street, for those who enjoy the dynamic interaction between instructors and participants.

"The idea behind offering the classes online is to make them more accessible, so people can take them in the convenience of their own homes," said Todd Harrison, HPP senior community education program specialist. "We also view this as a way to increase engagement and

retention of current members and as a way to connect with prospective members."

Current Online Learning Videos are:

- Asthma Education
- When to Use the Emergency Room
- Breakfast Basics
- Cyberbullying
- Child Online Safety
- Hygiene
- Nutrition
- Budgeting and Finance

"Part of our mission is to continually improve the health outcomes of our members, and these courses on a variety of health and wellness topics are one way that HPP can help members achieve their health goals," said Jorge Parra, manager, health and wellness programs.

To explore Online Learning Videos, visit hpplans.com/online_classes.

Black History Corner

by Adelaide Abdur-Rahman
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TAURUS - April 20 - May 20



Taurus (The Enduring One)

Charming but aggressive. Can come off as boring, but they are not hard workers. Warm-hearted. Strong, has endurance. Solid being that are stable and secure in their ways. Not looking for shortcuts. Take pride in their beauty. Patient and reliable. Make great friends and give good advice. Loving and kind. Loves hard. Passionate. Express themselves emotionally. Prone to ferocious temper-tantrums. Determined. Indulge themselves often. Very generous.

Diamond is the jewel for the month of April

The world's first known reference to the diamond comes from a Sanskrit manuscript written during the Mauryan Dynasty, around 321 BC to 185 BC. Cupid's arrow was supposedly tipped in diamonds having a magical effect of no equal. The ancient Greeks and Romans believed diamonds to be tears of the gods and the splinters from stars. A home or garden touched in each corner with a diamond was supposed to be protected from blight, lightning and storms. A diamond set in gold and worn on the left side is believed to ward off phantoms and diamonds and drive away nightmares. Diamond is derived from the Greek word 'adamas' meaning invincible. The Romans adorned themselves with diamonds for strength and courage. For hundreds of years diamonds were thought to have gender. In 1568 Francois Ruet described two diamonds producing offspring.

April 26



Benedita Souza da Silva Sampaio

You are shrewd, far-sighted and ambitious. Your friends and associates have confidence in you and respect you. Your most valuable possessions are your friends who are staunch and loyal and will help you when in need. You love your home life and are kind and considerate of your family.

1785 John James Audubon, ornithologist, naturalist and painter is born in Les Cayes, Saint Dominique (Haiti).

1886 (Gertrude Malissa Pridgett) Ma Rainey, the Mother of the Blues is born in Columbus, GA.

1886 William Levi Dawson, Congressman who was the first African American to chair the Committee on Expenditures is born in Albany, GA.

1887 J. Gregory is awarded patent 361,937 for a motor.

1892 Sarah Boone is awarded patent 473,653 for a narrow wooded board with a padded covering and collapsible leg support, ironing board.

1898 J. A. Joyce is awarded patent 603,143 for the ore bucket.

1908 Shirley Griffith, blues singer and guitarist (Bad Luck Blues) is born in Brandon, MS.

1915 (John Ned) Johnny Shines, blues singer and guitarist is born in Frayser, Memphis TN.

1921 Preston Haines Love, alto saxophonist and bandleader is born in Omaha, NB.

1926 (Joseph Benjamin) J.B. Hutto, blues musician is born in Blackville, SC.

1926 J. Tabor Bolden, Jr. first African American station manager for a major network (NBC) is born in Cleveland, OH.

1927 (Robert Louis) Bob Boozer, National Basketball Association player is born in Omaha, NE.

1928 Herman Foster, jazz pianist is born in Philadelphia, PA.

1931 (Maurice LaFrancis) Mo Bassett, National Football League player is born in Chickasha, OK.

1937 (Robert Louis) Bob Boozer, National Football League player is born in Omaha, NE.

1938 Maurice Williams, singer with The Zodiacs (Stay) is born in Lancaster, CA.

1943 Benedita Souza da Silva Sampaio, first female and African Brazilian governor of the State of Rio de Janeiro is born in Rio de Janeiro, Brazil.

View full Black History on ScoopUSAMedia.com

Know your History and Culture. If you do not know where you come from, you cannot and will not know where you can go.

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