

Mind, Body & Spirit

a monthly newsletter

June 2026

from the Health and Wellness Ministry of
Lyndhurst Community of Faith Church



The Health and Wellness Ministry will be sending out a Newsletter once a month with resources and articles to share. You can also see the bulletin board downstairs in the foyer.

If you need to speak with our nurses,
Nancy Foulds, RN, BSN,
Donna Nedrow, RN, BSN
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You may contact us at
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June is Men's Health Awareness Month



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Men's Health Month is a time to raise awareness of preventable health problems and encourage early detection and treatment of disease among men.

- Based on the American Heart Association's 2026 Heart Disease and Stroke Statistics Update, cardiovascular disease remains the leading cause of death in the U.S, with significant, accelerated risks for men emerging in their mid-30s. Key findings highlight that men develop cardiovascular disease approximately seven years earlier than women, largely driven by coronary heart disease. <https://newsroom.heart.org/news/heart-disease-stroke-deaths-down-yet-still-kill-more-in-u-s-than-any-other-cause>

- More than 700,000 men are diagnosed with cancer each year <https://menshealthresourcecenter.com/>
- 230,000 men are diagnosed with prostate cancer every year. It's the second leading cause of death in men. <https://www.cancer.org/>
- More than 60% of adult American men are overweight or obese (National Institute of Health. <https://www.nichd.nih.gov/newsroom/news/061114-mens-health-resources>).

As part of an educational campaign for men's health, The Cleveland Clinic surveyed more than 500 American men ages 18-70 about their use of healthcare resources and found:

- Only 3 out of 5 men get annual physicals
- Over 40% of men only go to the doctor when they think they have a serious medical condition
- [More than half of men said their health wasn't something they talked about.](#)

It's time for men to take a proactive approach to health - both physical and mental health. **How Do You Take Action?**

- **Preventive Care** - Establish a Primary Care Physician (PCP): Do not wait for symptoms to appear. Regular physicals are essential for tracking your baseline health. Get Routine Screenings: Stay up-to-date on blood pressure, cholesterol, and blood sugar checks. Men should discuss prostate and colorectal cancer screenings with their physician to determine when testing is appropriate for their age and risk level.
- **Monitor Key Physical Health Metrics** - Because cardiovascular disease is a leading cause of death for men, you should focus on controlling your blood pressure, maintaining a healthy weight, and staying physically active.
- **Adopt Lifestyle Modifications Diet and Exercise** - Eat a heart-healthy diet rich in fruits, vegetables, lean proteins, and healthy fats (like fish, poultry, olive oil, and nuts) while reducing processed foods. Aim for at least 30 minutes of physical activity every day. Quality Sleep: Establish a consistent routine

by going to bed and waking up at the same time every day. Avoid Unhealthy Habits: Quit smoking, as tobacco use is a primary risk factor for heart disease. Limit alcohol intake.

- **Prioritize Mental Health** - Manage Stress: Identify stressors in your life and adopt healthy coping mechanisms. Avoid unhealthy behaviors like overworking, substance abuse, or excessive gambling when stressed. Seek Support: Do not hesitate to seek help from a licensed therapist or counselor if you are experiencing anxiety, stress, or depression.



Loneliness

Join us on **June 14 at 11:30 am** after Worship for our Second Sunday Speaker Series, featuring Kristin Kitzmiller, MSW, LISW-S from the National Alliance on Mental Health (NAMI) who will be presenting, *"Silent Struggles: Loneliness in the Aging Population."*

<https://www.lyndhurstcommunityoffaithchurch.org/health-and-wellness-series-the-embracing-lifes-challenges/>

This talk addresses how loneliness uniquely impacts seniors, offering practical strategies and peer support.

Loneliness is a widespread emotional experience that affects people across all ages, often described not as physical solitude but as a profound sense of disconnection from meaningful relationships.

Understanding Loneliness

Loneliness goes beyond being alone—it's the distressing feeling of lacking quality social connections, even in a crowd. NAMI emphasizes that it's about the quality of relationships, not the quantity; you can have many acquaintances yet feel profoundly isolated if those bonds lack depth or emotional intimacy.

Loneliness can be divided into three main types:

- Emotional loneliness: The absence of close, intimate relationships.
- Social loneliness: Inadequate social networks.

- Existential loneliness: A deeper sense of separation from the world.

Loneliness is linked to mental health issues such as depression and anxiety, making early recognition crucial.

<https://namiswwa.org/combating-loneliness-and-social-isolation-in-people-with-smi/>

