

Mind, Body & Spirit

a monthly newsletter

September

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
Janice Foster MPA, BSN, RN

You may contact us at
wellnessministry@lyndhurstfaith.org



FACTS ABOUT VACCINATIONS



Do you ever feel uncertain about what is fact and what is disinformation about vaccines? You are not alone. We are living in a time of uncertainty and disinformation that leads to confusion on how to safely protect ourselves and our loved ones. The conflicting opinions of science, politicians and social media influencers are unfortunately affecting our public health and health care system with long term and devastating effects on current and future generations. Long studied standards of care based on science are being cast aside, criticized and purposefully twisted to fit an anti-science narrative harmful to the American people.

We encourage you to discuss with your Primary Care Provider your specific health care plan. Our congregation is curious, informed and interested in learning. We encourage you to remain so when

it comes to your health. Study the facts, follow the science-based standards of care practiced by the medical community and discuss with your PCP your health care needs.

We have listed several resources below.
For those commenting that

"we haven't had measles or smallpox or polio in forever"

We remind those individuals it is because of vaccines and immunizations that we have eradicated and/or decreased morbidity or mortality rates related to childhood and other diseases.

We are now living in a time when measles is at its highest rate in 35 years with children unnecessarily dying or becoming disabled. In recent news this administration recommended dividing the combined measles, mumps and rubella vaccine (MMR) into three separate shots. A few facts:

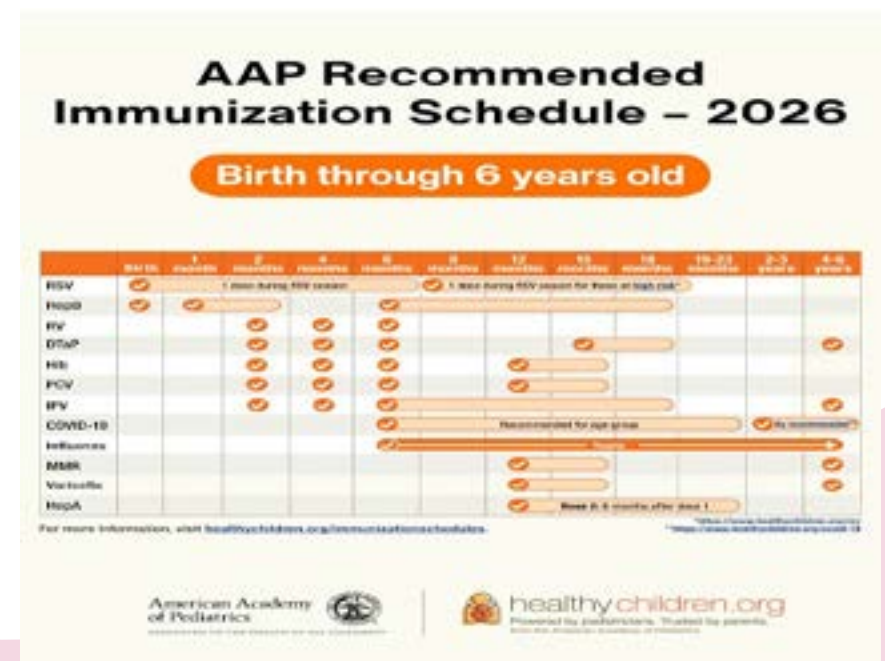
- The single shot for each is not an option in the US. The combination MMR shot has been used world-wide since 1971. Research shows no medical or safety advantage to splitting the shots. Major health organizations, including the World Health Organization, confirm the MMR vaccine is safe and effective.

- No data links the combined shots to autism. In 1998 a study was published in The Lancet suggesting a connection between the MMR and autism. The journal fully retracted the study after finding flawed methodology, scientific misconduct, and falsified data. Research shows autism is a neurodevelopmental condition with strong genetic roots that begin developing before the age the MMR vaccine is given. Autism signs often emerge during the toddler years which coincides with the MMR schedule so while coincidental no causal relationship has been found. Side note- The American Academy of Pediatrics (AAP) recommends developmental and behavioral screening for all children during regular visits including specific screening for Autism Spectrum Disorder screening at 18 months- 24 months.
- If the vaccine were to be split there would be an increase in shots and office visits. This could lead to increased cost, missed doses and lowered immunity in the community. Discuss with your pediatrician what the appropriate schedule is for your child.

As always, we encourage you to discuss with your primary care provider your health care plan including the timetable of immunizations and vaccines. You may have certain conditions or allergies that may alter your timetable which may include not getting a specific vaccine or immunization.

[AMA Why Vaccinations Matter](#)

<https://www.uhhospitals.org/services/primary-care/screenings-and-vaccines>



AAP Recommended Immunization Schedule – 2026

Adolescents 7 through 18 years old

	7 years	8 years	9 years	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years
Meningococcal					✓					✓		
Measles							Recommended for sero tests			✓		
Flu	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
HPV (3 doses if given after age 11)			✓ 2 doses recommended	✓	✓	✓						
Tdap					✓	✓						
COVID-19	✓ As recommended for age group	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

For more information, visit [healthychildren.org/immunizationschedules](https://www.healthychildren.org/immunizationschedules).

American Academy
of Pediatrics



healthychildren.org
Powered by pediatricians. Trusted by parents.
From the American Academy of Pediatrics



Did you miss our July speaker, Lisa Alongi, from Murphy Funeral Home? She shared valuable insights on the importance of pre-planning and why discussing our end-of-life wishes with our families is a vital gift to leave them.

[Here is the link to her presentation slides.](#) Hard copies of the handouts are available in the foyer.

Please note, we will be taking the month of September off. Our Second Sunday Speaker Series will resume in October with a presentation from Beverly Bright-Lloyd highlighting the vital work of the Community Partnership on Aging, an organization dedicated to empowering older adults through independence, healthy living, and community engagement. From personal growth opportunities to essential support for family caregivers, they work tirelessly to enhance the dignity, security, and well-being of seniors in our neighborhoods.