

The Pastor's Part



Wow!! As you well know I don't handle heat well, but come on!!! Lows this week in the single digits, wind chills below 0, and highs not even getting to freezing. What is this? Northern Michigan? I hope a cold winter does not mean a hot summer. If it does, we will be sweltering. I remember when I worked a winter in construction, and it was a cold winter for eastern NC. Some days, no matter how hard we worked, we never got warm till we got home.



This brutal weather makes me even more aware of how many people are homeless or inadequately housed. We, as a nation, must not accept the inequalities of wealth so that more and more people, no matter how much they work, cannot afford housing. I see the signs about new developments being sold, and houses starting at \$300k. I could not afford to buy a home like this- certainly not a couple both making minimum wages and having to pay for child care.

Did you know that a large number of the homeless are veterans with PTSD? Some people wave the flag and give lip service to those who served while cutting veterans benefits and counseling help. It is our fault for not demanding that this stop. We will elect men and women who will care for our vets and those who are priced out of the job market. If we are not part of the solution, then we are part of the problem. And on top of all of this- the hurricanes and fires have made things even worse.

(Preecha continued on page two, column one)

Out of Chaos, Hope

Recently, disasters such as Hurricanes Helene and Milton, that reeked havoc through many of our close neighboring states such as North Carolina and parts of Virginia, and the massive wild fires, that have torched parts of California, have dominated our daily news with stories of great and unbelievable destruction and overwhelming loss affecting our fellow Americans. Many organizations have put boots on the ground and are asking for donations to aid our neighbors near and far to feed, shelter, and provide medical assistance for people and animals as well as provide emotional support for those affected. As members of the Presbyterian Church, there is an organizational program in place to aid our neighbors who are in need of initial and ongoing help.

Presbyterian Disaster Assistance enables congregations and partner of the Presbyterian Church USA (PCUSA) to witness to the healing love of Christ through caring for communities negatively affected by catastrophic events and crisis. Presbyterian Disaster Assistance (PDA) is the emergency and refugee program of the Presbyterian Church USA. The core budget, including staff and administrative costs, is funded through *One Great Hour of Sharing*, and its program work is additionally funded through designated gifts.

Presbyterian Disaster Assistance

- focuses on the long term recovery of disaster impacted communities

(PDA continued on page two, column two)



(Preecha continued from page one, column one)

"As you have done it to the least of these, you have done it unto me." As Christians we must live by these words.

Peace,

Pastor/Preecha.

2024 Giving Statements and Envelopes

M. Hannah Bush, Hebron's treasurer, has completed giving statements for the 2024 fiscal year. If you have not received yours, please contact Hannah at the church office at 540.885.1648.



Also, giving envelopes have been available for several weeks. Both items are also located in the Session Room on the table.

In Case of Fire...

The Property Committee has made sure as a matter of safety and insurance purposes, that there are numerous fire extinguishers in various parts of our complex—seven to be exact! There are fire extinguishers in each of the vestibules, one at the fire door in the Sunday School hall, one outside the secretary's office, one in the upstairs hall of the Sunday School building, one in the kitchen, and one in the furnace room.

As you tour various parts of the building, please note where these extinguishers are located in the case you may need to help put out a fire in an emergency.



Virginia law requires fire extinguishers to meet the standards set by the National Fire Prevention Association. Fire extinguishers must also be inspected and maintained according to manufacturer recommendations, OSHA regulations, and insurance company requirements.

(PDA continued from page one)

- provides training and disaster preparedness for presbyteries and synods
- works collaboratively with church partners and member of ACT Alliance (Action by Churches Together) internationally, and nationally with other responders
- connects partners locally and internationally with organization active in a disaster response such the Red Cross, FEMA, Church World Service, United Nation, NVOAD (National Voluntary Agencies Active in Disaster) and others

Hebron's Christian Outreach Committee sent \$4,500 in the fall of 2024 to Presbyterian Disaster Assistance. Also, the One Great Hour of Sharing special offering during Lent in 2024 amounted to \$1,117.66 of which 32% went to **Presbyterian Disaster Assistance**.

Greeters For February

February 2: Greg and Lina Smith

February 9: Randy, Donna, Nathan, and Lacey Moyer

February 16: Larry and Gail Mayer

February 23: Tracy Mayer and Anita Tuttle

Prayer List

If you have information regarding the progress of folks on the prayer list, please let Joann, our secretary, know the status so we can keep our list up to date.

Thank you!



Hebron Health-

Do you spend most nights tossing and turning in bed? Does it feel like ages since you got a really good night's sleep? You're not alone. According to the Centers for Disease Control and Prevention (CDC), roughly 1 in 3 American adults reported not getting enough rest or sleep every day.¹

Sleeping well is [vital to our health and longevity](#). It's especially important for older adults. This article offers tips for creating sleep-friendly habits that make it easier to get the restorative rest you need.

Sleep and aging

There's a misconception that people need less sleep as they age. But this is not the case—just like younger adults, older adults need 7 to 9 hours of sleep each night. Unfortunately, [lack of sleep and aging](#) often go hand in hand. Following are some of the reasons older people may struggle to fall or stay asleep at night.

Poor sleep habits

Over the years, many older adults develop habits that are [disruptive to the sleep process](#). These include consuming caffeine too late in the day, drinking alcohol in the evening, or maintaining an inconsistent sleep/wake schedule.

Insomnia

[Insomnia](#) affects people at every age, but it's the most common sleep disorder among adults age 60 and older. With insomnia, you have trouble both falling asleep and staying asleep. This condition can be a temporary nuisance—or develop into a long-term pattern that affects your quality of life.

Sleep apnea

One common reason for older adults not sleeping at night is a condition called [sleep apnea](#). This is when your breathing repeatedly stops for short intervals while you're asleep, which deprives your body of oxygen. If left untreated, sleep apnea can lead to serious health problems such as stroke, cognitive issues, and high blood pressure. Many adults have sleep apnea and don't even know it. If you feel extra sleepy during the day, or your partner tells you

that you snore loudly or make gasping sounds during sleep—talk to your doctor. Lifestyle changes, breathing devices [like CPAP machines](#), and surgery have been shown to help people with this condition.

Movement disorders

Movement disorders happen frequently among older adults. One example is restless legs syndrome (RLS), which refers to an uncomfortable urge to move your legs (and sometimes arms). RLS can make it difficult to relax and fall or stay asleep. Another movement disorder is periodic limb movement disorder (PLMD), which involves repetitive twitching and jerking of the limbs during sleep. Although there is no cure for movement disorders, relaxation techniques and certain medications can help ease symptoms.

Alzheimer's disease

[Alzheimer's disease](#) may impact the sleep-wake cycle for some older adults, causing them to either sleep too much or not sleep enough. Waking frequently at night, wandering, and yelling out are common behaviors among people with this type of dementia.

Since sleep medications can cause side effects, non-drug strategies are often the first line of defense for Alzheimer's-related sleep issues. These strategies may include improving the sleep routine and environment and reducing daytime napping.

Consequences of lack of sleep in older adults

Sleep is just as essential to our overall health as eating well and exercising. Lack of sleep is not just an inconvenience; it can affect our ability to focus on important tasks, dampen our mood, and even increase our risk of falls. [Sleep deprivation](#) has also been linked to stroke, obesity, depression, and heart and kidney disease.

If you're struggling with lack of sleep, you don't have to suffer silently. There are steps you can take to sleep more soundly.

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Tips for getting a good night's sleep

When you're feeling tired and frustrated, it can be tempting to look for a quick fix. But natural sleep remedies for older adults can work just as well—or even better—than medications. Here are some smart sleep habits to adopt:

1. **Keep a steady sleep schedule.** Going to bed and waking up at the same time each day helps support your body's natural sleep rhythms.
2. **Make sure you have the right mattress.** You spend a lot of time in bed—so choosing the [best mattress](#) for you can make all the difference in the quality and duration of your sleep. Adjustable beds, for example, can help you achieve the ideal sleep position and relieve pain that's causing sleep disruptions. Some even have anti-snore features. If your current mattress isn't making the cut, it may be time for a change. When shopping, test out different models to see what feels right to your body. You can also check out [unbiased adjustable bed reviews for 2024 from NCOA Adviser](#).
3. **Avoid heavy meals right before bed.** Indigestion from a big meal can make it hard to fall asleep, so keep evening meals and snacks light. It's also a good idea to avoid caffeine, nicotine, and alcohol too close to bedtime—since they can all interfere with sleep.
4. **Keep napping to a minimum.** When you sleep too much during the day, you may feel too alert to settle down at night. Limit daytime naps to no more than one hour and try to restrict them to earlier in the day.
5. **Wind down before turning in.** Create a quiet, calming bedtime routine to help your mind and body relax. This may include reading or listening to your favorite soft music. If you're feeling stressed, try meditation or journaling.
6. **Avoid screens right before bed.** The blue light emitted by smartphones, TVs, tablets, and computers can disrupt our body's circadian rhythms. Unplug from all devices at least 60 minutes prior to bed time and keep them out of the bedroom.

How to create a good sleep environment

If your bedroom is noisy, bright, or too hot or too cold, it can affect your ability to sleep soundly. These practices can help you create a soothing, relaxing setting that puts sleep within easier reach:

- **Stay cool.** Since our body's temperature naturally drops as we drift off to sleep, maintaining a bedroom temp of 60-70 degrees supports the falling-asleep process.
- **Minimize noise.** A quiet bedroom makes it easier to fall asleep—and can prevent you from waking during the night. Turn off the TV or radio when you're ready to turn in. If you have noisy housemates or neighbors, consider wearing earplugs to bed or using a white noise machine to drown out external sounds.
- **Block out excess light.** A dark room is best for deep sleep. Room-darkening curtains or shades will help filter out streetlights, car headlights, and other types of light that can illuminate your bedroom. Install a soft nightlight (or keep a flashlight by your bed) so that you can safely navigate the room if you have to get up at night.
- **Keep your room tidy.** Boxes on the floor, clothes piled in baskets, and other types of clutter can increase stress and pose a safety hazard. Make it a priority to keep your bedroom neat and organized.

Say “good night” to sleeplessness

Lack of sleep and aging don't have to go together. Try the better-sleep tips in this article for two to three weeks. If you don't see improvement, talk to your health care provider about other options. Improving your sleep can make a dramatic difference in your waking hours—and it's a goal worth pursuing.

Submitted by Janice Kitts-Cook Augusta Health

DNP RN, NE-BC, CHC, CHRC

Policy and process Manager, Compliance

Source: 1. National Heart, Lung, and Blood Institute. What Are Sleep Deprivation and Deficiency? Found on the internet at <https://www.nhlbi.nih.gov/health/sleep>

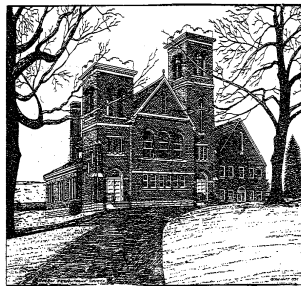


February 2025
Hebron Presbyterian
Church
Sunday School 9:55 A.M.
Worship 11:00 A.M.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Worship 11:00 A.M. Groundhog Day 	3	4 Bible Study 11:00 A.M.	5	6	7 Wear Red Day 	8
9 Worship 11:00 A.M.	10	11 Bible Study 11:00 A.M.	12	13	14 Valentine's Day 	15
16 Worship 11:00 A.M.	17 Presidents' Day 	18 Bible Study 11:00 A.M.	19	20	21	22
23 Worship 11:00 A.M. Session Mtg. 12 Noon	24	25 Bible Study 11:00 A.M.	26	27	28	

HEBRON HERALD

Hebron Presbyterian Church
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Staunton, VA 24401
Church Office: (540) 885-1648
Email: myhebronpc@gmail.com
Facebook:
www.facebook.com/HebronPCUSA
YouTube:
www.youtube.com/HebronChurch-Staunton
Website: www.hebronpres-stauntonva.org
Ministries available to all ages
Sunday School 9:55 A.M.
Morning Worship 11:00 A.M.
Supply Pastor - Dr. Henry Scoggins
Editors of **Hebron Herald** for February- Joan Clemmer Wright
and Joann Weikert



February Birthdays

Tom Cook	2
Martie Sieck	4
Jon Arneson	5
Jennifer Sieck	8
Donna Kirtley	11
Lina Smith	11
Ruth Rathburn	12
Ellen Desper	14
David Obenschain	24
Philip Sieck	25
Tracy Mayer	26
Glenn Mader	28

SACRA and Valley Mission Updates

For the month of January, Hebron donated 34 items to the SACRA food pantry. In 2024, Hebron members also donated \$655 to SACRA through benevolent giving (weekly envelopes) and additional \$3000 through the Christian Outreach Committee's budget.

Valley Mission received \$185 through weekly envelopes during the year, and the Christian Outreach Committee allocated \$620 toward the Mission's work.



Both of these local organizations do a tremendous service in the care and welfare of others who are in need in our immediate community. Please consider supporting their efforts.

No Session Minutes

There are no Session minutes in this edition of the Hebron Herald as there has not been a Session meeting since the middle of November. The

next Session meeting will be on Sunday, January 26, and the minutes of that meeting will be



published in the March edition.

