

CHAPEL HEALTH

Emmanuel Chapel Philadelphia Health Newsletter

Managing Chronic Illness in Community

When someone in our church family is living with a chronic illness like diabetes, the most meaningful support often comes from simple, consistent acts of care. Medical expertise is helpful but sometimes we just need awareness, compassion, and a willingness to walk alongside one another. What are some meaningful ways to offer support?

Start by paying attention the needs around you. A quick message, a ride to an appointment, or remembering to ask how someone is doing can remind them they are not alone. When gathering for meals, consider including healthy options so everyone can participate without feeling singled out. Small choices like this communicate inclusion and respect.

Encouragement also matters. Managing a long-term condition can be exhausting, and progress is not always visible. Offering small words of encouragement can lift someone's spirit more than we realize. At the same time, listen without trying to fix everything. Sometimes the greatest gift is simply being present.

Prayer is another powerful way to support one another. Lifting up specific needs, whether for strength, healing, or perseverance, helps carry burdens together. Consider seeking out a prayer or accountability partner.

As Scripture reminds us, we are called to "bear one another's burdens." By showing up in small, faithful ways, we reflect Christ's love and help make our community a place of strength, understanding, and hope.

GALATIANS 6:2

"Bear one another's burdens and so fulfill the law of Christ"

1 THESS. 5:11, 14B

"Therefore encourage one another and build one another up, just as you are..encourage the fainthearted, help the weak, be patient with them all."



Follow this QR code to Diabetes.org for resources on meal plans and recipes!



Diabetes Prevention and Management

Small Steps, Big Impact



Diabetes is a health concern that affects millions of people, but the good news is that many cases—especially type 2 diabetes—can be prevented or effectively managed with healthy lifestyle choices.

Prevention starts with understanding risk factors. Being overweight, physically inactive, or having a family history of diabetes can increase your risk. Making small, consistent changes can have a powerful impact. Eating a balanced diet rich in fruits, vegetables, whole grains, and lean proteins helps regulate blood sugar levels. Limiting sugary drinks and processed foods is also key.

Regular physical activity is another cornerstone of prevention. Aim for at least 150 minutes of moderate exercise per week, for example brisk walking. Even simple activities like gardening or taking the stairs can make a difference.

For those already living with diabetes, management focuses on maintaining stable blood sugar levels. This includes following a healthy eating plan, staying active, taking medications as prescribed, and regularly monitoring blood glucose. Routine check-ups with a healthcare provider are essential to prevent complications affecting the heart, kidneys, eyes, and nerves.

Equally important is emotional and spiritual well-being. Managing a chronic condition can feel overwhelming, but support from family, friends, and faith communities can provide encouragement and strength. Prayer, stress management, and staying connected with others can positively impact overall health.

Taking control of your health doesn't require perfection—just progress. Small daily choices can lead to lasting benefits and a healthier future.

Blood Sugar & A1C Levels: What Do They Mean?

Test	Normal	Prediabetes	Diabetes
Fasting blood glucose	< 100 mg/dL	100–125 mg/dL	≥ 126 mg/dL
Postprandial (After Meals)	< 140 mg/dL	140–199 mg/dL	≥ 200 mg/dL
Hemoglobin A1C	< 5.7%	5.7% – 6.4%	≥ 6.5%