



MATTHEW 25

*“I was hungry...I was thirsty...I was a stranger...I needed clothes...
I was sick...I was in prison, and you came. Truly I tell you, just as you did it to one of
the least of these who are members of my family, you did it to me.”*
(Matthew 25 NRSV)

For I was sick and you looked after me...

FACTS

- As of May 30, 2021 the state of Ohio has experienced more than 1.1 million cases of COVID and recorded 19,861 deaths since the start of the pandemic.
- Franklin County has recorded 128,00 cases of COVID 19 and 1,433 deaths.
- According to America's Health Rankings 2020 annual report 29.6 million people living in the U.S. were uninsured in 2019. Those most likely to lack health insurance are adults (not age eligible for Medicare) and individuals living below 100% of the federal poverty level.
- Millions of Ohioans get health care through Medicare and Medicaid. In 2019, prior to COVID related job loss, 6.6% of Ohio's population was uninsured.
- The National Institute for Mental Health in 2019 estimated that 1 in 5 people living in the United States suffer from a mental illness yet only half of those with a mental illness received treatment.
- According to the National Institute of Health the gap in life expectancy between the richest 1% and the poorest 1% of individuals as 14.6 years.

PERSONAL REFLECTIONS AROUND THE TABLE

How has the COVID 19 pandemic made you think differently about disease, about your health?

Who do you know who is diagnosed with a chronic disease? How has the chronic condition impacted his/her life, their family life?

Have you provided care for someone who is sick? What did you learn from the experience?

WAYS TO PRAY

Thank God for the health you have.

Call out those who you know are sick by name and ask God to heal and comfort them.

Pray for the people providing care for the sick.

Pray that God will show you how to help those who are sick.

ACTION ITEMS:

- 1. Stay up to date and practice COVID prevention guidelines. Get vaccinated when you are eligible.**
- 2. Check with your pharmacist on the status of your and your family's routine vaccinations.**
- 3. Make and keep wellness visit appointments.**
- 4. Practice healthy lifestyle choices. Encourage your loved ones to do likewise.**
- 5. Re-read Matthew 25: 31-40. How does this passage connect for you with the issues of health and wellness? Does it change how you view the facts above, your prayers, or actions? If so, how?**

Please interact with the links below to engage more with the topics of health and wellness as well as learn more about resources dedicated to helping

Franklin County Public Health 2017 Community Health Assessment

<https://myfcph.org/wp-content/uploads/2018/03/CHA-Franklin-County-Report.pdf>

Children's YouTube video "How to Stay Healthy"

<https://www.youtube.com/watch?v=l7sHQUSp7Gc>

Caring for Caregivers, Cleveland Clinic article on preventing caregiver burnout

<https://my.clevelandclinic.org/health/diseases/9225-caregiver-burnout>

KFF (Kaiser Family Foundation) article "Disparities in Health and Health Care

5 Key Questions and Answers <https://www.kff.org/racial-equity-and-health-policy/issue-brief/disparities-in-health-and-health-care-5-key-question-and-answers/>

Article on the impact of adverse childhood experiences to long-term health - Health Policy Fact Sheet on Exposure to Adverse Childhood Experiences (ACEs) in Ohio

https://www.healthpolicyohio.org/wp-content/uploads/2021/01/ACEs_FactSheet1.pdf

Presbyterian Health, Education and Welfare Association Facebook page

<https://www.facebook.com/PresbyterianHealthEducationandWelfareAssociation/>

Seed Global Health, a nonprofit organization addressing health care in Sub-Saharan Africa, <https://seedglobalhealth.org>