

The Link

Loving the **I**nvolvement and meeting the **N**eeds with **K**indness
for our sick and shut-in members.

The Caregivers Ministry Newsletter

New Mount Olive Baptist Church

Dr. Mack King Carter, Senior Pastor

Rev. Lori Morton, Director of Counseling & Family Ministries

Summer Newsletter

Sis. Izetta Pittman Graham

Special Points of Interest:

Honoring

Sis. Izetta Pittman Graham



Caregivers Tips:

“Hurricane Preparedness”

Poem:

“Contemplation”

Recipe:

Potato Miso Soup

Sis. Izetta Pittman was born June 3, 1907 in Cottondale, Florida (west of Tallahassee). In 1931, she married Bro. Jonas Graham and from that union were two daughters Ossie (Thompson) and Ollie Mae (Owens). She also had one son, Robert Lee, who is now deceased. In addition, Sister Graham was blessed to have 11 grandchildren, 17 great-grand children, and 8 great-great grandchildren, who all loved her dearly.

Sis. Graham's occupation included domestic work and farming. She enjoyed sewing (seamstress work) making quilts, cooking and home canning fruit preservatives such as pears, strawberries, peaches, and figs. In her spare time she visited neighbors and friends and attended St. Mary's Baptist Church under the pastorate of Pastor A.H. Parker.

After moving to Fort Lauderdale, Sis. Graham decided to join Mount Olive Baptist Church in 1979 under the leadership of Rev. G.E. Weaver. She was actively involved in the usher and home missions ministries. One of her favorite passages from the bible is the 23rd Psalm. Sis. Graham enjoyed eating fruit and vegetables. Her favorite dessert was pound cake. She often reminded others always to “love the Lord” and to “serve the Lord”. One of her phrases was “...and the little Lord Jesus”.

Prior to this publication, Sis. Graham went home to be with the Lord on Saturday, June 23, 2007. The members of the New Mount Olive Baptist Church and her family will truly miss this wonderful woman of God.

Caregivers Tips:

“Hurricane Preparation Checklist”

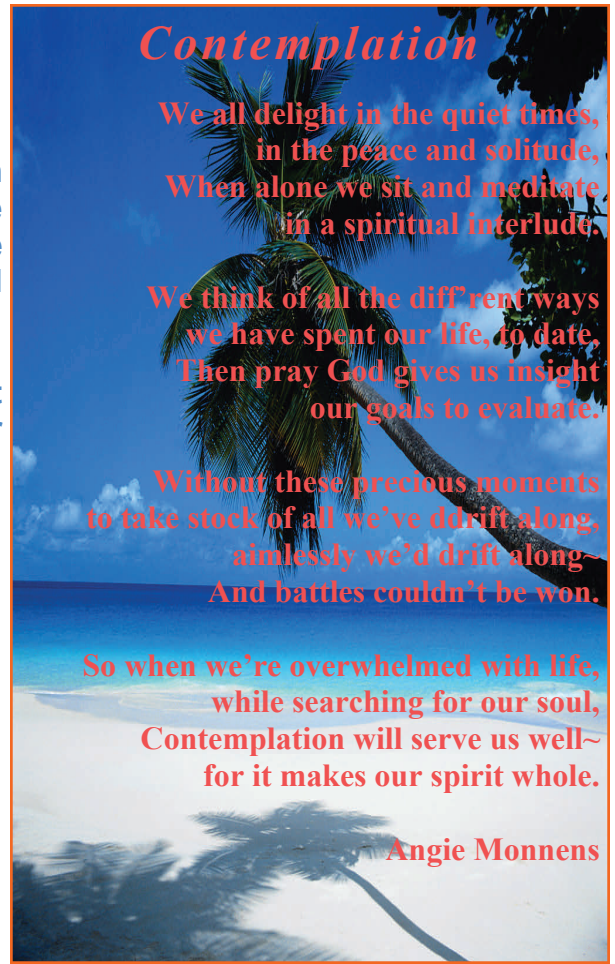
Hurricane season officially started June 1 and extends through November with the highest probability of a major hurricane occurring mid-August through the end of October. In an average year, 10 tropical storms develop in the Atlantic, Caribbean and Gulf of Mexico, 6 of which become hurricanes.

With hurricane season upon us again, it's time to dust off that family disaster plan, or in many cases, create one. Keeping your family safe during a hurricane starts with proper planning.

-LT Jason Dalby, VFA-86

Your Hurricane Plan...

- ◆ One month supply of all medications
- ◆ Put all important papers— insurance policies, list medications, Medicare and/or Medicaid cards, birth certificates, etc. in a waterproof, portable container and put in a safe place.
- ◆ Current phone list of family and friends
- ◆ Have a non-cordless telephone. **CORDLESS PHONES WILL NOT WORK IF POWER IS OUT.**
- ◆ Extra prescription eyeglasses, sunglasses, and hearing aid batteries
- ◆ Have cash/travelers checks in case banks are closed and ATM's aren't working.



Potato Miso Soup

1tbsp olive or sunflower oil
1lb white or gold potatoes, quartered
1 each yam
5 cups water
2 cloves crushed garlic
1/2 cup miso
1/2 tsp fresh cracked pepper
2 tbsp dried sage (more if fresh)
1 tsp dried rosemary (more if fresh)
Can also add sea salt and/or seaweed to taste.
[remember that some miso may bring enough salt]



Instructions

Heat a soup pot on the stove add the water and bring to a boil. Add yam and potatoes and lower the heat down to low, encouraging a slow steady simmer until the potatoes are cooked through.

Mash the potatoes in the pot and add the garlic and spices. Continue to simmer for 20-30 minutes on low. Remove from heat and add oil, seaweed (if desired) and miso.

Stir and serve.

Preparation time: 50 minutes

Number of servings: 4-6

Diet condition: Vegetarian



Nutritional Info: Very nutritious and nourishing soup. Miso is a good source of protein and the herbs can help with colds and lung conditions as well as moving fluid in the body. Calms the nerves while energizing the body.