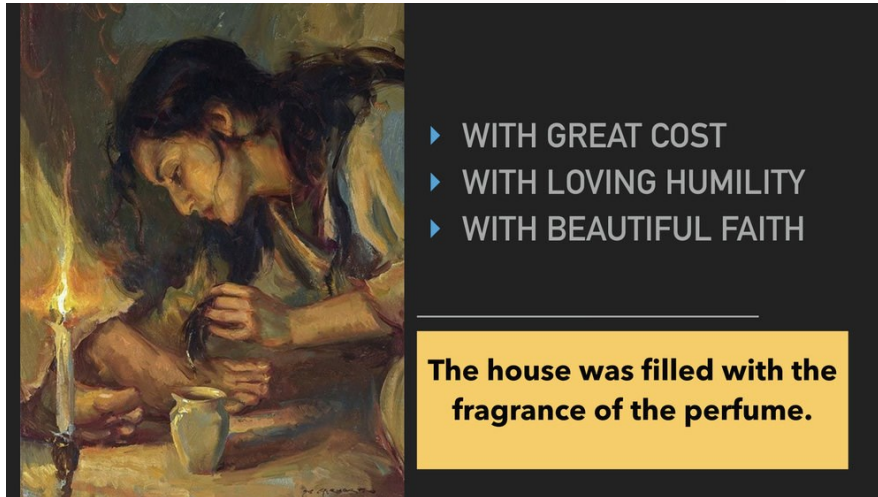


F.H. & L.

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A Mini-Newsletter From Your Family at Oakhurst United Methodist Church



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Rev. Nathan W. Carlson, Senior Pastor
ncarlson@oakhurstumc.com

**Our Mission is to make disciples, who make disciples,
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FIRST TIME GUESTS: Text Hello to 727-732-3550 to receive info from Oakhurst UMC.

October 2021

Volume 41

NOT RECEIVING OUR CHURCH E-MAILS: TEAR AND DROP IN OFFERING

NAME: _____

E-MAIL ADDRESS: _____



The Florida Conference
OF THE UNITED METHODIST CHURCH

Charge Conference 2021

Our charge conference date has been set for November 14 at 4:30pm.

As it was last year, charge conference will be held via zoom this year. The link to register for the charge conference will be made available when we receive it. Pre-registration is required this year. All members of the church are encouraged to attend and are eligible to vote. This is the annual business meeting of the church and your voice and vote matter. Please block off this date and time and make plans to attend.

WELCOME TO THE OAKHURST UMC FAMILY!

BAKENHESTER, TANYA

CARLSON, RACHEL

CULVER, JIM

DENARDO, GINNY

MC MILLEN, GORDIE & DENISE

THACKSTON, ELAINE & CHICK

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FOOD DRIVE

DONATE ON

Saturday, October 16, 2021

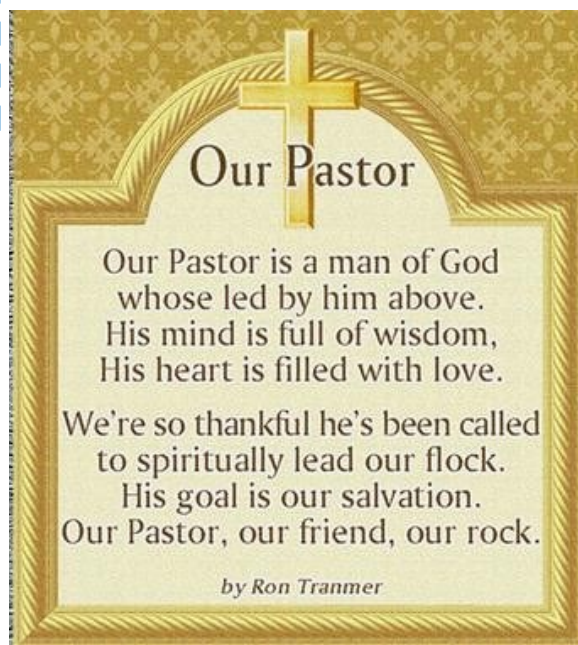
From 9:00 AM to 12:00 PM

at

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UMW Fall & Christmas Bazaar

Join Us on Saturday and Sunday

October 23 and 24, 2021

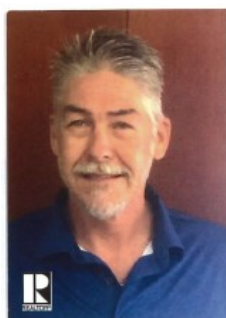
Oakhurst Fellowship Hall

Pecans for Sale—\$14 a Pound



UMW is collecting gently used items for their
annual Thrift Sale.

Any Questions? Contact: Lorraine Mayfield-Brown



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Reta's Son

Breast Cancer: Better Detection and Treatment Results in Fewer Deaths

October is National Breast Cancer Awareness Month. Breast cancer is consistently reported as a top health concern among women—and that is no surprise since one out of every eight American women will be diagnosed with breast cancer during her lifetime. Estimates project that more than 43,600 American women and 530 men are expected to die from the disease in 2021. However, breast cancer mortality rates have been decreasing for decades, and advances in breast cancer research provide hope that the rates will decline even further.

Early detection is key for successful treatment of breast cancer, and Elizabeth Kagan Arleo, MD, a radiologist at the Iris Cantor Women's Health Center at Weill Cornell, says the "gold standard" for breast cancer detection is mammography, a test that uses low-dose x-rays.

Some women may benefit from additional screening tests.

"Women who have a greater than 20-percent lifetime risk of breast cancer benefit from supplemental screening with MRI. Women of intermediate or average risk, or women with dense breasts, may benefit from supplemental screening using ultrasound."

A topic of ongoing discussion and debate among major healthcare organizations is the age at which a woman should start and stop having mammograms, as well as the frequency of mammograms. Dr. Arleo and colleagues recently conducted a study that concluded that annual mammograms for all women beginning at age 40 would prevent the most deaths from breast cancer. The study results were published online Aug. 17, 2017 in the journal *Cancer*.

Advances in research and technology are making it possible to tailor treatment programs to individual patients.

"For each woman diagnosed with breast cancer, we personalize the treatment by weighing the risks and benefits of various treatment options. Several factors may be considered, including the type of cancer, genetics, age, and of course, the woman's preferences," says Anne Moore, MD, medical director of the Weill Cornell Breast Center. Genetic tests (Oncotype DX and MammaPrint) analyze the activity of genes in cancer cells and provide information about how that specific cancer is likely to respond to different types of treatment. For example, the Oncotype DX test estimates how likely it is that the cancer will recur." This information helps us identify which women are most and least likely to benefit from chemotherapy following surgery, with the result that fewer women are being treated with chemotherapy," says Dr. Moore.

For women who require surgery, Dr. Moore notes that long-term follow-up studies indicate that lumpectomy with radiation therapy continues to be an excellent choice as compared to mastectomy.

For postmenopausal women who take tamoxifen and/or aromatase inhibitors (Arimidex, Aromasin, Femara) in order to prevent a cancer recurrence, a 10-year course of treatment is now a typical recommendation, rather than the previously recommended 5-year period.

As research on the detection, prevention, and treatment of breast cancer continues to progress, women can more confidently embrace a more hopeful outlook and understand that a diagnosis of breast cancer is not a death sentence.

RISK FACTORS FOR BREAST CANCER INCLUDE: BRCA1 or BRCA 2 gene mutation, Older age, A family history of breast cancer, Having dense breast tissue, Weight gain after menopause, Excessive alcohol consumption (more than one drink per day), Menopausal hormone therapy (estrogen and progestin)

Women's Health Advisor

Weill Medical College of Cornell University



Reduce Your Income Tax Liability With An IRA Qualified Charitable Distribution

In March 2020, the CARES Act waived Required Minimum Distributions (RMDs) that persons 72 and older had to take from their IRA accounts. This only applied to RMDs for tax year 2020. **For the 2021 tax year, IRA owners are once again required to take their RMD if they are 72 or older.**

How might this effect you? If you are 72 or older in 2021, when you take your RMD, the amount you withdraw from your IRA is considered income to you, and you are required to pay income tax on that amount. If you take the standard deduction on your tax return, you are not able to offset that income tax with a charitable deduction.

However, regulations allow you to make a **direct transfer** of funds from your IRA to a qualified charity, such as Oakhurst UMC, that you can count towards your RMD. **The amount transferred to the charity will not count as income to you, and you will not be required to pay income tax on that amount.** You can transfer from your IRA, to one or more charities, a total of \$100,000 per year.

It is recommended that if you are going to make a QCD for tax year 2021, you contact your financial advisor or tax professional to see if a QCD might be a good tax savings strategy for you. If you are making a QCD to Oakhurst UMC, it is important that you instruct your IRA custodian to send the distribution **directly** to OUMC from your IRA.

If you have any questions, you can contact Bob Blain at Oakhurst 727.391.4769.



WEEKLY PUZZLE

Breast Cancer Awareness Month

A	A	T	R	A	D	R	I	S	K	N	I	P	O
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 CANCER

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Contact Us Via E-mail!

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Justin Correll (facilities@oakhurstumc.com)

What's Happening at Oakhurst UMC:

- ◇ Oct 16—Third Saturday Food Drive
- ◇ Oct 17—Pastor Appreciation Sunday
- ◇ Oct 23/24—Fall and Christmas Bazaar
- ◇ Oct 29—Field of Screams at Seminole Rec Center
- ◇ Oct 31—Children's Home Sunday

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