



Prairie Faith Parish Nurse News~~October 2021

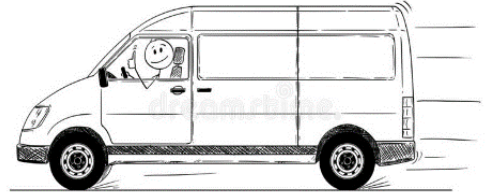
Body

Mind

Spirit

The Trego Community General Public Transportation Van is Up and Running!

- ? Phone number to schedule a ride: **785-743-8014** (calls only, no texts).
- ? Core operating hours: Monday to Friday **8 a.m. to 5 p.m.**--exceptions may be made when possible.
- ? Roundtrip fare: \$10 from WaKeeney to Hays, \$7.00 to Hill City, Quinter or Ellis, \$0.30/mile otherwise.
- ? Destinations: **60-mile radius from WaKeeney**—exceptions may be made when possible.
- ? Rides need to be scheduled at least **24 hours in advance** and are on a first come, first served basis.
- ? Van is equipped with a **lift** that persons may use while standing or using a wheelchair.
- ? Rural residents may request **rides from their farm**, roads permitting.
- ? Service area includes not only Trego County, but neighboring communities.
- ? Operating expenses are covered by: fares, Kansas Department of Transportation Public Transit Program (approximately 70%), and local contributions (approximately 30%). Donations may be made to the “City of WaKeeney” with “out-of-town van” in the memo line. Avenues are currently being developed to accept contributions to assist persons who have financial difficulties afford fares—contact Nancy for details.
- ? The van’s service is managed by a **local volunteer community group** and employs local drivers and trip coordinators. If you have interest in serving as a group volunteer or in part-time employment (some training required), check with Nancy.
- ? There is still an ongoing need for volunteers to provide rides to medical appointments when the van is unavailable.
- ? Other questions? Call **785-743-8014** to contact the trip coordinator, or feel free to contact Nancy. 😊



On Sunday, October 31, 2021, the parish nurse ministry is sponsoring the cost of the public transportation van for parishioners who are unable to drive out to Zion Lutheran Church for the combined service celebrating Reformation Sunday! *(Check the main newsletter for details about worship, potluck, and the special Prairie Faith Shared Ministry meeting following lunch.)* Please contact Nancy by Friday, October 29 to schedule your ride. You may want to attend all of the events that day, or just a particular part. This is a great chance to try out the van to see if you would like to use it for your next out-of-town appointment with your doctor, dentist, or therapist.



The out-of-town van will also receive a blessing from Pastor Jon that Sunday!

Please help spread this news to friends, family or neighbors who would like to attend Reformation Sunday events but are not able to drive.



The parish nurse ministry serves the community, regardless of any church affiliation. Feel free to call or email to: schedule a confidential appointment to discuss your health/wellness questions, schedule transportation to a medical/dental/counseling appointment if you need a ride, request a prayer shawl for someone in the community going through a difficult time, locate community health resources, request other parish nurse work, or discuss your ideas for the health ministry! 😊

Nancy Bollig, BSN, RN

parishnurse@ruraltel.net

785-769-4731 (leave a message, please)



LIVING WELL WITH DIABETES



Thursday, October 14, 2021 5:00 to 6:00 p.m.

Gove County Health Department~521 Garfield St., Quinter

- ~ Healthy eating tips—with recipe tasting.
- ~ Persons with diabetes (or pre-diabetes) and caregivers are invited to learn more about how to manage their condition.
- ~ No doctor referral necessary.
- ~ No cost to attend.
- ~ Group leader: Janette Burbach, MS RD CDCES~Diabetes Education Specialist.
- ~ Take ACTION while getting support from others.

For more information or to sign up to attend, please call the Health Department at 785-754-2147



It's that time again. **Influenza**, or "the flu", is a viral infection that attacks your respiratory system — your nose, throat and lungs. Symptoms may include fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue. With a very few exceptions (check with the health department or your physician), **the first and most important step in preventing flu is for persons six months of age or older to get a flu vaccination each year** to help keep yourself, your family, your friends and coworkers, and your community healthy.

Please also practice everyday preventive actions (staying away from people who are sick, covering coughs/sneezes with a tissue or coughing/sneezing into your elbow and frequent handwashing) to help slow the spread of germs that cause respiratory illnesses. **It's also important to stay home when you are sick to help prevent spreading your illness to other people.**

Take a few moments and stop by your local health department, attend a drive-through flu-shot event, visit a participating pharmacy, or make an appointment at your doctor's office to get your flu shot soon!



○ Lord, Life passes by swiftly. Events that a few years ago kept me totally preoccupied have now become vague memories; conflicts that a few months ago seemed so crucial in my life now seem futile and hardly worth the energy; inner turmoil that robbed me of my sleep only a few weeks ago has now become a strange emotion of the past; books that filled me with amazement a few days ago now do not seem as important; thoughts that kept my mind captive only a few hours ago have now lost their power and have been replaced by others. . . . Why am I continuously trapped in this sense of urgency and emergency? Why do I not see that you are eternal, that your kingdom lasts forever, and that for you a thousand years are like one day? ○ Lord, let me enter into your presence and there taste the eternal, timeless, everlasting love with which you invite me to let go of my time-bound anxieties, fears, preoccupations, and worries. . . . Lord, teach me your ways and give me the courage to follow them. Amen.



(Prayer by Henri Nouwen)

"Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there." Psalm 139:7