



# Prairie Faith Parish Nurse News~~August 2022

Body

Mind

Spirit

## Consider these opportunities that promote whole person wellness ~body, mind and spirit~



- ♥ **Prairie Faith Yoga** on Mondays at 4:00 p.m. at the WaKeeney Public Library. For more information contact Donna or Margaret—beginners are welcome!
- ♥ **Simply Produce.** Signup August 3-12, Pickup August 16. You do not need to be a Trego County resident to participate! Contact Golden Prairie Extension or Malay Market for more information.
- ♥ **Prairie Faith Pen Pal-Prayer Partner.** Contact Nancy if you know of someone who might enjoy receiving cards and letters throughout the year—or if you would be interested in writing to someone.
- ♥ **Prayer Shawl Ministry.** Do you knit, crochet or sew? You might be interested in making a prayer shawl for someone in the community who is going through a difficult time. Patterns are available—or enjoy using your creativity!
- ♥ **Medical appointment transportation.** The new public transportation van is up and down the road 6 days a week, but sometimes the schedule is full and volunteer drivers are occasionally needed. Mileage is reimbursed by the parish nurse ministry.
- ♥ **Midweek helpers.** Teachers, assistants, playground supervisors, and kitchen helpers are needed. Contact Wanda for more information.
- ♥ **Weekly Bible study** at 6:30 p.m. Tuesdays at Bethlehem in the library.



AS THEY'RE USED PSYCHOLOGICALLY, words like repression, denial, sublimation, and defense all refer to one form or another of the way human beings erect walls to hide behind, both from each other and from themselves. You repress the memory that is too painful to deal with, say. You deny your weight problem. You sublimate some of your sexual energy by channeling it into other forms of activity more socially acceptable. You conceal your sense of inadequacy behind a defensive bravado. And so on and so forth. The inner state you end up with is a castle-like affair of keep, inner wall, outer wall, and moat, which you erect

originally to be a fortress to keep the enemy out, but which turns into a prison where you become the jailer and thus your own enemy. It is a wretched and lonely place. You can't be what you want to be there or do what you want to do. People can't see through all that masonry to who you truly are, and half the time you're not sure you can see who you truly are yourself, you've been walled up so long.

Fortunately, there are two words that offer a way out, and they're simply these: "Help me." It's not always easy to say them—you have your pride after all, and you're not sure there's anybody you trust enough to say them to—but they're always worth saying. To another human being—a friend, a stranger? To God? Maybe it comes to the same thing.

Help me. They open a door through the walls, that's all. At least hope is possible again. At least you're no longer alone.

Author--Frederick Buechner (Originally published in **Whistling in the Dark**)



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! 😊

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

## *What are the Benefits of Breastfeeding?*



### **PROTECTS & NOURISHES BABIES FROM DAY ONE.**

Colostrum, a mother's first breast milk, is made during pregnancy and just after birth. This milk (known as "liquid gold,") is rich in nutrients and antibodies: the material for a strong immune system. Soon thereafter, the mother's milk begins to change--by the third to fifth day after birth, it increases in volume and changes in composition of essential nutrients (including fat, sugar, water, protein, vitamins and minerals), antibodies, and hundreds of other substances that enhance brain development, healthy infant growth, and development of the baby's immune system. Breast milk continues to change throughout the course of breastfeeding. It even changes throughout the day and throughout an individual feeding to give babies exactly what they need when they need it most.

**FIGHTS DISEASES AND INFECTIONS.** Breastfeeding reduces a baby's risk of ear, skin, gastrointestinal, and respiratory infections and sudden infant death syndrome. In the longer term, breastfed babies have reduced risk of obesity, diabetes, asthma, and some types of childhood cancer. Breastfeeding also helps baby form healthy facial muscles and structure, which can help prevent the need for speech therapy or orthodontia when they get older.

Studies have found that women who breastfeed have a lower risk of getting breast, endometrial and ovarian cancers, type 2 diabetes, and cardiovascular disease.

**SAVES MONEY.** Formula and feeding supplies alone can cost a family well over \$2,000 each year, depending on type of formula purchased. Better infant health also means fewer trips to the doctor, less time off from work to care for sick children, and more time having fun and playing.

**PROTECTS THE ENVIRONMENT.** There is less waste compared to that produced by formula cans and bottle supplies. Although breastfeeding requires mothers to consume a small amount of additional calories, it generally requires no containers, no paper, no fuel to prepare, and no transportation to deliver.

**SUPPORTS STRONG FAMILY BONDS.** Physical contact is essential to newborns. It helps them feel more secure, warm, and comforted. Both mothers and fathers can benefit from this closeness. Breastfeeding requires a mother to take some quiet, relaxed time to bond. Breastfeeding and skin-to-skin contact can boost a parent's oxytocin levels. Oxytocin is a hormone that helps milk flow and lowers stress levels to calm both the mother and baby.

## *How can we support a new breastfeeding family?*

**MAKE SURE IT'S A GOOD TIME.** Check in before you arrive to make sure it's a good time for visitors. It's good for new moms and dads to practice lots of skin-to-skin with baby, and some may want to make this a private time. Moms and dads also need to sleep when the baby does, day or night, so you may need to set your visit for another time.

**HELP WITH DAILY CHORES.** Offer to help out by bringing a meal, doing household chores, running errands, or caring for other children in the home.

**ASSIST MOM.** Ask if you can bring the baby to mom once she gets set up in her favorite breastfeeding position or chair. Bring mom a glass of water and some snacks when she is breastfeeding. Many moms feel very thirsty as they nurse.

**OFFER TO CARE FOR THE BABY AFTER BREASTFEEDING.** Offer to hold the baby for 20 to 30 minutes after breastfeeding, until baby falls into a deep sleep and can be placed gently back into her crib for a nap. This gives mom a chance to rest, knowing that the baby is being cared for.

**BE ENCOURAGING.** Encourage mom to stick with her goals, and help her find helpful breastfeeding information and professional support (lactation consultant) if she needs help.

*Sources include: [breastmilkcounts.com](http://breastmilkcounts.com) For general information about encouraging a nursing mother that you know, or for the direct sources of health facts cited, contact Nancy at [parishnurse@ruraltel.net](mailto:parishnurse@ruraltel.net) or 785-769-4731.*