



Prairie Faith Parish Nurse News~~August 2023

Mind

Body

Spirit

Community Resources

Over the next several months, some area community resources will be highlighted in the **Prairie Faith Parish Nurse News**. Perhaps you personally are not in need of some of these resources and services, but you may be able to share the information with someone you encounter who could benefit! We begin with the **Trego Food Pantry** with *Laura Anderson* as the source of information.



In the fall of 2014, the **Trego County Ministerial Alliance** and concerned community members opened the **Trego Food Pantry** in response to growing food insecurity in Trego County. The Presbyterian Church generously allowed them to set up the pantry in a former Sunday School classroom located in the back of the Presbyterian Church, at 332 N 6th St., the corner of 6th and Easter.

The food pantry is open twice a month--the second Thursday of every month, 6-8 pm and the Saturday of the following week, 10 am to 12 noon. The pantry is open to residents of Trego County, and on the first visit, proof of Trego County residence--a document showing a Trego County address (driver's license, rent receipt, utility receipt)--is required. Trego County residents may visit the food pantry once a month. The pantry serves between 25 and 40 households a month.

Food pantry clients receive a box of non-perishable foods (canned vegetables, tuna and fruit, pasta, soups) a bag of freezer items (ground beef, hot dogs) and a voucher for refrigerated food (eggs, dairy, produce) from **Malay's Market**.

The Trego Food Pantry accepts donations from the community of non-perishable foods, and donation bins are available at area churches. Non-food items such as shampoo, toothpaste soap, deodorant, wipes, paper towels, and toilet paper are also accepted. Financial contributions are used to purchase food at Malay's Market or from the **Kansas Food Bank**--a nonprofit warehouse in Wichita affiliated with *Feeding America* which is a nationwide organization dedicated to ending food insecurity and waste. The Kansas Food Bank collects groceries from major retailers and sell them to local food pantries at a deep discount--for example, the food pantry has received 48 lbs. of ground beef for less than \$7.00. Malay's Market also has been a pantry supporter, donating groceries at or near their sell by dates and providing discounts.

Current pantry needs include kid-friendly non-perishable food for summer meals--for example mac and cheese, fruit cups, peanut butter, jelly. Financial donations can be made directly to the Trego Food Pantry, or if you want your contribution to be tax deductible, you may write a check to your local church, and write "Trego Food Pantry" on the memo line.

The pantry is staffed by local volunteers on distribution days, and volunteers also assist on Kansas Food Bank truck delivery day toward the end of each month. For more information about volunteering, please contact *Laura Anderson* at 785.953.1509. Your help would be appreciated!!

The ministerial alliance is grateful for all the community support throughout the nine years of this greatly needed ministry.

*****A note of appreciation to Laura Anderson for her years of dedication to the Trego Food Pantry--she puts in many, many hours of service to this local ministry. Thank you, Laura! 😊***

August is National Breastfeeding Month

DID YOU KNOW?

- ♥ Breastfeeding is a protective factor and reduces the risk of SIDS.
- ♥ Breastfeeding reduces medical costs.
- ♥ Babies who are breastfed are less likely to develop infections and illnesses including diarrhea, ear infections, and pneumonia.
- ♥ Children who are breastfed for at least six months are less likely to become obese later in life.
- ♥ Mothers who breastfeed have a decreased risk of developing breast and ovarian cancers.



Approximately 60% of mothers stop breastfeeding earlier than they planned. There are many factors that go into a mother's decision to stop breastfeeding her baby, including:

- ♥ Unsupportive hospital practices and policies
- ♥ Lack of support from family or friends
- ♥ Lack of knowledgeable health care providers
- ♥ Worry about baby getting enough milk
- ♥ Unsupportive workplace or child care
- ♥ Embarrassment feeding in public

Community support matters! Mothers who receive support during their pregnancy and after giving birth are more likely to breastfeed, and to continue breastfeeding for longer periods of time. Having support from friends, family, childcare providers, local businesses, and employers can make all the difference to a breastfeeding family. Whether dropping off a meal, supporting her choice to feed her baby in a public space, or providing adequate breaks and space to pump during work time, a little bit of support goes a long way towards helping families to meet their breastfeeding goals.

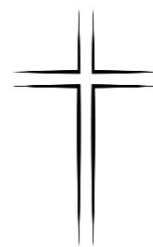
Patient Resources: links to find more information, support, and virtual tools to troubleshoot problems.

- ♥ [Kansas Breastfeeding Coalition](#) and [Local Resource Directory](#)
- ♥ <https://www.facebook.com/lalecheleagueofkansas/> - Mother to Mother Support; Virtual Support; Breastfeeding Information
- ♥ [La Leche League USA](#) - Breastfeeding Information / Parent Education
- ♥ [La Leche League International](#) - Breastfeeding Resources and Support
- ♥ [Kellymom](#) - Breastfeeding Resources
- ♥ [Kansas WIC](#) - Breastfeeding Resources
- ♥ [Office on Women's Health](#) - Breastfeeding Resources

(Source of information: Kansas Department of Health and Environment—Kansas Maternal and Child Health)



*Teach us, good Lord,
to serve you as you deserve;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil and not to seek for rest;
to labor and not to ask for any reward
except that of knowing that we do Your will. Amen* *(Prayer of St. Ignatius of Loyola)*



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, discuss health ministry volunteer opportunities, or discuss your ideas for the health ministry! 😊

Nancy Bollig, BSN, RN

parishnurse@ruraltel.net

785-743-2005 (leave a message, please)