



# Prairie Faith Parish Nurse News~~January 2024

Body

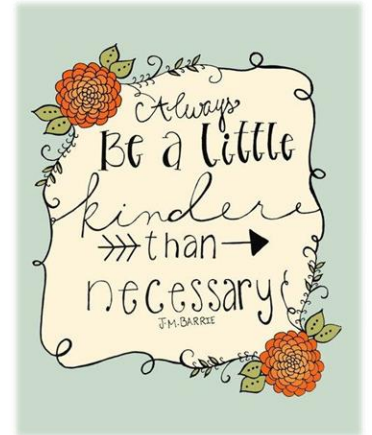
Mind

Spirit

😊 **Let's begin the New Year with a little extra kindness!** 😊

**Some ideas—one for each day this month—check them off as you complete them!**

- Place positive quotes on Post-it notes in random places in public to encourage others.
- Take time to really listen intently to others today, and don't interrupt.
- Say something nice to someone you do not particularly like.
- Write a thank you note to a teacher or paraeducator.
- Pick up litter today.
- Deliver a homemade treat to a neighbor.
- Take old blankets and towels to the animal shelter.
- Donate a book to the local library.
- Hold the door open for other people today.
- Refrain from complaining today.
- Write a letter to yourself forgiving past mistakes.
- Be authentic today in your interactions with others.
- Write a list of things you love about someone and give the list to them.
- Compliment others on something other than their clothing or how they look.
- Send a friend a book you think they might enjoy.
- Stay late to help a coworker finish a project they are struggling with.
- Send a hand-written letter to someone who has made a difference in your life or who has helped you during a time of adversity.
- When paying your bills, add an encouraging quote or note along with your payment.
- Leave a small gift and note of thanks in your mailbox for your mail carrier.
- Create a kindness idea basket for coworkers or family members to grab ideas from and to add to.
- Organize a volunteer activity with some of your friends and include some persons you don't know very well (yet).
- Leave an encouraging note tucked inside a library book for the next reader.
- Take a plate of homemade goodies to the law enforcement center along with a note thanking them for their service to the community.
- Leave an inspiring poem, picture or scripture somewhere for others to randomly discover.
- Surprise a local store clerk with a small gift, flower, or note.
- Write an encouraging note to someone outside of your circle of friends or coworkers.
- Shovel snow for a neighbor or for an older adult in your neighborhood.
- Offer to babysit or to sit with an older adult who requires a companion so the caregiver can have a break.
- Donate to a charity that you have not financially supported before.
- Donate items you no longer need to a thrift store that supports good causes.
- Do something kind for yourself today.



**Check out [randomactsofkindness.org](https://www.randomactsofkindness.org) for more kindness ideas, calendars or children's projects.**

## HELP PREVENT THE SPREAD OF ILLNESS!

Now that we're in the middle of winter, more people are experiencing respiratory and gastrointestinal illnesses. Just as a general practice, and as an important courtesy to people in the community who have compromised immune systems (people receiving cancer treatment, organ transplant patients, and other people with conditions requiring medications that suppress their immune function--for example multiple sclerosis) it's important for us all to take responsibility for preventing the spread of infection!



- ✓ **Proper hand washing is the most effective way to prevent the spread of infections.**
  - \* Wet your hands with clean, running water, and apply soap.
  - \* Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
  - \* Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
  - \* Rinse your hands well under clean, running water.
  - \* Dry your hands using a clean towel or air dry them.
- ✓ After you wash your hands, use a **paper towel** to turn off the faucet and to touch the bathroom door handle.
- ✓ **Don't cough or sneeze into your hands**--cover coughs and sneezes using a tissue or the crease of your elbow.
- ✓ **Keep your fingers away from your eyes, nose and mouth.**
- ✓ If no running water and soap are available, use **hand sanitizer**.
- ✓ **Stay home if you feel sick or have a fever.**
- ✓ **Stay up to date on your immunizations.**



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 Bolly, BSN, RN*

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

I asked God for strength, that I might achieve....  
I was made weak that I might learn humbly to obey.  
I asked for health, that I might do great things...  
I was given infirmity, that I might do better things.  
I asked for riches, that I might be happy...  
I was given poverty, that I might be wise.  
I asked for power, that I might have the praise of men...  
I was given weakness, that I might feel the need of God.  
I asked for all things, that I might enjoy life...  
I was given life, that I might enjoy all things.  
I got nothing that I asked for...  
But everything that I hoped for.  
Almost despite myself, my unspoken prayers were answered...  
I am among all men most richly blessed. Amen.



*Prayer found in the clothing of an unknown dead Civil War soldier  
Source: **For All the Saints: A Prayer Book for and by the Church***