



Prairie Faith Parish Nurse News~~ July 2022

Body

Mind

Spirit

Signup for **Simply Produce** is approaching again soon! The program, sponsored by Golden Prairie Extension District and Malay's Market, encourages healthy nutrition for a great price--**\$15.00 will provide approximately 15 pounds of fresh produce with a value of about \$30.00.** **Anyone may participate**, the program is **NOT income-based**, and participants do not need to be a Trego County resident. You may sign up and pre-pay for your order at Malay's Market in WaKeeney between **July 6 through July 15**, with pick-up on **Tuesday, July 19 from noon to 1:00 p.m.** at the Trego County 4-H Building. Arrangements can be made for home delivery for those unable to drive or who are at work during the noon hour. Contact Nancy for more information.

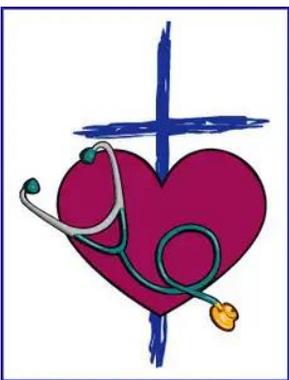


The June basket included these fresh items: green onions, bon-bon tomatoes, fresh spinach, cucumbers, celery, white peaches, and a large sweet watermelon. Each month you will receive different items—some familiar along with a couple of items that may be new to you. If you think this amount of produce is too much for you to eat before it spoils, consider sharing your basket with a friend! With the cost of groceries rising (along with everything else!)..... *Give Simply Produce a try—it's a fun and economical way to help yourself stay healthy!* 😊



Summer Prairie Faith Bible study, led by Pastor Jon, will meet on Tuesday evenings from 6:30 to 7:30 p.m. in the Bethlehem Lutheran Church library. The discussions will focus on the scripture lessons for the upcoming Sundays. The texts for the July 5 study include: Deuteronomy 30:9-14, Psalm 25:1-10; Colossians 1:1-14; and Luke 10:25-37. Bring your questions and your thoughts about any or all of these scripture readings for interesting discussions! A person does not need to be a Lutheran to attend--bring a friend or neighbor!

For more information, you may call the Prairie Faith office at 785-743-2005. 🙏🇺🇸



Your parish nurse is available to walk alongside you to:

- ♥ Understand your diagnosis and your doctor's plan for your health care.
- ♥ Understand how your medications work and possible side effects.
- ♥ Prepare for your doctor's appointment—or come to the appointment with you as an extra set of ears and to take notes for you.
- ♥ Provide support and provide education about healthy lifestyle changes.
- ♥ Locate community resources when you need some extra help.
- ♥ Check your blood pressure and provide basic nursing assessment if you have concerns.
- ♥ Assist in conversations around end-of-life care and other health care decisions.
- ♥ Provide intentional care of the spirit while supporting whole-person health and wellness.

A parish nurse does NOT:

- ♥ Replace home health or public health nursing care.
- ♥ Replace existing community resources.
- ♥ Replace pastoral care.
- ♥ Provide invasive nursing actions or procedures.
- ♥ Give medical advice or administer medications.





Words cannot adequately express our gratitude to our family, friends, church family, community members, and even people that we don't know, for the amazing outpouring of support, donations and gifts we have received since the fire that destroyed our home and farmstead on December 15, 2021. There's no way to

thank everyone personally who has been there for us these past six months--we just know that we couldn't have made it this far without your help. Thank you all from the bottom of our hearts. Matt, Kristi, Raylen and Tyler Morton. ♥



The next parish nurse advisory group meeting will be held Monday, July 25, 2022 at 5:30 p.m. at Bethlehem in the library. Visitors are always welcome to attend, bringing new ideas to the ministry. Learn what the ministry does, and see where your time and talents might help serve our community's whole-person wellness needs!!

*Lord Jesus
It is my great comfort to know
that, where I have been,
you have been before.
You had a day's work to do
just as I have a day's work to do.
You were tempted
just as I am tempted.
You were distressed in mind in Gethsemane
just as I am distressed in mind.
You had to suffer pain
just as I have to suffer pain
and your pain was far worse than mine.
You are the Resurrection and the Life,
because you died and rose again
and you are alive always and forever,
and once and for all you conquered death.
So I am quite sure that whatever happens to me,
you have been there;
you are there;
you will be there
to the end of time and beyond.*

Amen.

Prayer by William Barclay (1907-1978) Source: "For All the Saints, A Prayer Book For and By the Church"



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)

