



Prairie Faith Parish Nurse News ~ July 2023

Mind

Body

Spirit

Summer brings thoughts of sun protection—but it is actually an important health practice every day of the year whether it's sunny or cloudy outdoors! The incidence of **skin cancer** is increasing, and it is estimated that one in five Americans will develop it in their lifetime. **Skin cancer can be serious and even deadly—it's not "just a spot on the skin"**.



Here are some simple things to remember:

- Sun damage is also connected to **premature aging, wrinkles, leathery skin, freckling, and other skin discolorations.**
- **Check your birthday suit on your birthday!** If you notice any skin changes, itching or bleeding, make an appointment with a board-certified dermatologist. Skin cancer is highly treatable when caught early.
- **See your optometrist every year**—less than 1/3 of Americans report that they schedule an annual eye exam. Extended exposure to the sun's UV rays is linked to several eye problems (cataracts, macular degeneration, pinguecula, pterygium) that affect your vision. Discuss UV protection for your eyes with your optometrist.
- Wear **UV-resistant sunglasses** (not all sunglasses are protective—check the label).
- Stick to the **shade** when possible, especially during **the peak hours from 10 a.m. to 4 p.m.** when UV rays are the strongest.
- Wear long-sleeved shirts and pants outdoors when possible—lightweight **cotton or linen fabrics** offer coverage but allow for cooling breezes.
- Wear a **wide brimmed hat** to protect your eyes as well as your skin.
- Generously apply **water-resistant, broad-spectrum (UVA/UVB) sunscreen with 30 SPF** or higher to dry skin 20-30 minutes before going outdoors and reapply every two hours and after swimming or sweating every day when you go outside, all year long.
- Use **lip balm with sunscreen**—skin cancer can also form on lips.
- Use extra caution **near snow, water and sand**, as these surfaces reflect damaging UV rays.
- Avoid use of **tanning beds**. Try a self-tanning lotion if you want your skin to have more color.
- If you take any medications, ask your pharmacist if there is an associated risk of **sun sensitivity**, and exercise appropriate caution.

Sources of information: *American Academy of Dermatology* www.aad.org
American Academy of Ophthalmology www.aao.org

~~ MAKING WATER MORE INTERESTING! ~~

It's important to drink enough water year round, but With summer and hot weather upon us, we need to be extra mindful about adequate water intake. It's suggested to try to drink between ½ to 1



ounce of water for each pound you weigh every day and sometimes more during hot weather or heavy physical exercise. That's a lot of water! But let's be honest, sometimes drinking that much water can get a bit boring. You can try dropping in an herbal or green teabag to flavor your water, or add 100% juice to your glass of water. Any fruit juice can be a good base flavor for water, but tart juices, like orange, cherry, cranberry, pomegranate, or lemon are especially delicious. Go for juices that are all natural, with no added sugars. Or try livening things up by flavoring your water with pieces of fruits such as

lemons, limes, oranges or even raspberries or watermelon, fresh herbs, even cucumbers! There's no need to measure, just throw in a handful of berries, cut up an orange or toss in some fresh mint. You can let the fruit float or muddle it to release more of the flavor. To change things up, you can try using sparkling water to add some bubbles.



*This summer, consider these opportunities that support whole person health and wellness
~body, mind and spirit~*

- ♥ **Prairie Faith Yoga** on Mondays at 4:00 p.m. at the WaKeeney Public Library community room. For more information contact Donna or Margaret—beginners are welcome!
- ♥ **Simply Produce.** Signup July 5-14 at Malay Market in WaKeeney. Pickup July 18 from 12:00 to 12:30 at the Trego County 4-H Building. You do not need to be a Trego County resident to participate! Contact Golden Prairie Extension or Malay Market for more information. This is a fun chance to try some new fruits and vegetables, as well as old favorites, at about half the retail price. (Delivery is available.)
- ♥ **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.
- ♥ **Prairie Faith 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 Trego Community out-of-town 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 for transportation to medical appointments. Mileage is reimbursed by the parish nurse ministry.
- ♥ **Midweek helpers.** Midweek will start back up in August. Teachers, assistants, playground supervisors, and kitchen helpers are needed. Contact the church office for more information.
- ♥ **Pray.** There is a notebook in the Bethlehem educational wing hallway on a table just outside the secretary's office where anyone can write in a prayer request, and you may also read the prayer requests written down by others to include in your private prayers. This past month the following requests have been added: *Thankfulness for beautiful RAIN; an elderly neighbor, DK, who was hit by a car while riding her bike; prayer for summer travels, activities—safety; prayers of deep gratitude for recent rains; prayer for those who are married; prayer for people making difficult life decisions; implementing God's will in our lives and the evidence of His fruitfulness.* Please feel free to add (anonymously, or with your name) your prayer requests. In addition, there are names of those ill or grieving on the marker board inside the secretary's office. ***Everyone is invited to use the private prayer corner in the BLC library any time.***



Our Father, I think of all the pain and heartache, the tears, and sorrow, the greed and cruelty unloosed around the world. Help me to be an instrument of Thine to alleviate the pain, by this day:

returning good for evil
returning soft answers for sharp criticisms
being polite when I receive rudeness
being understanding when I am confronted by ignorance and stupidity.



So may I, in gentleness and love, check the hasty answer, choke back the unkind retort, and thus short-circuit some of the bitterness and unkindness that has overflowed Thy world. I ask this in the name of Jesus, who alone can give me the grace so to act, Amen

Prayer by Peter Marshall (1902 - 1949)



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)