



Prairie Faith Parish Nurse News~~July 2024

Body

Mind

Spirit

Area community resources will continue to be highlighted in the *Prairie Faith Parish Nurse News* over the next few months. 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 know who could benefit! This month's focus is the **Neuromuscular Wellness Center at Fort Hays State University**.

Macy Klaus serves as the Director of the Center and is a Certified Cardiac Rehabilitation Professional and is ACSM Exercise is Medicine Credentialed. Macy stated that this program is ideal for persons who have "used up" their physical therapy days with their insurance carrier or who have reached their PT goals, but still have potential for improved function and health. This is an ongoing wellness program which clients may utilize for a short time while they work toward new goals for health and safety specific to their health conditions—or they may choose to continue to participate for months or even years! Clients will receive not only professional services from Macy and her students, but they also experience a great deal of support from other clients who are participating at the center and clients find they really enjoy the social aspect of visiting with the students!

The Neuromuscular Wellness Program is ideal for anyone with significant neurological disorders, such as:

- Stroke survivors
- Paralysis
- Muscle spasticity
- Multiple sclerosis
- Fall Risk

This is not a rehabilitation program like in a hospital setting, but rather a fitness program--a "next step" for persons after completing physical therapy. Additionally, individuals who are *at risk from falling* benefit greatly from the program. The program will work with individuals in an effort to improve balance and walking, including the use of assistive devices.

Through a customized exercise routine, clients are given the tools and support to promote movement, improve cardiovascular health, and increase stamina. The Neuromuscular Wellness Program emphasizes a "do it yourself" approach. The director and trained student staff work with clients to put in the effort to reach their goals, with the ultimate goal to keep clients self-sufficient, independent, and at home.



There are many health benefits of regular participation in the Neuromuscular Wellness Program:

- Improve your health in a safe environment.
- Sustain or improve your mobility by using a variety of exercise machines and activities.
- Improve your strength, coordination, balance and gait.
- Alleviate problems with fluid retention that often come from a lack of movement, which can lead to fewer medication requirements.
- Keep other health problems at bay with regular exercise.
- Interact with other people to improve your speech and language challenges, which is particularly helpful in the stroke recovery process.
- Get encouragement and support by working one-on-one with trained students under the supervision of an exercise physiologist.

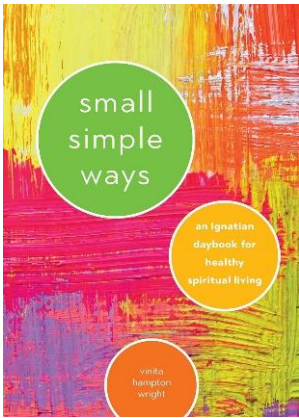
Other Benefits

- Share your stories and your daily life with college students, who rave about working with clients.
- Find a new social opportunity to visit and make friends while you get healthy.
- Get inspired as you see how other clients deal with their limited mobility.

The program does not involve health insurance or require a doctor's referral. The cost of the program is \$45.00 per month. Fees may be pro-rated based upon financial need, as the program is partially funded through FHSU Department of Health and Human Performance, charitable donations and annual fundraisers.

For questions or additional information: Macy Klaus, MS, CCRP Email: misklaus@fhsu.edu Phone: (785) 628-4370
or visit the website <https://www.fhsu.edu/hhp/nwc-program/what-to-expect/>

Small Simple Ways: An Ignatian Daybook for Healthy Spiritual Living



At the beginning of Lent this year, I began practicing daily readings from this book, and I've found it so helpful that I wanted to share it with you and encourage you to try it, as well! To take a paragraph from the author's introduction to the book, "We often have the sense that we're not moving forward—that we are not growing spiritually and developing into the people God created us to become. Sometimes we're stuck, stopped by failure or destructive habits. We might be emotionally overwhelmed or simply out of ideas." This book cycles through these topics every two weeks: compassion, courage, creativity, discernment, good habits, generosity, gratitude, humility, integrity, joy, openness, and wisdom. Each day there is a short reading designed to help the reader discover "**God in all things**", inspiration to recognize grace and opportunity in each day, and a challenge to take one simple action that day to live out their faith. All through the book the author provides encouragement through reminders of God's presence, mercy, and love.

The following is an example of one of my recent daily readings from **Small Simple Ways**.

Discernment: In the Search

We are quick to recognize God's presence in our answer to a problem or when we find clarity for a decision. What we are not so quick to see is God's presence while we are searching and asking:

- Sometimes, growing wise and patient while trying to solve a problem is more important than finding the solution.
- Sometimes, waiting for clarity is what brings us clarity.
- Sometimes, discovering God's company in the darkness is what we need more than a light to help us see in the darkness.

If you are in the middle of trying to find an answer or make a decision, try some version of this prayer:

God who loves me, I know that you remain with me when I don't know what to do.

You are here when I can't figure out a solution. You are here while I struggle to make the right decision.

You are here, wherever I am on the continuum of discovery. Thank you.

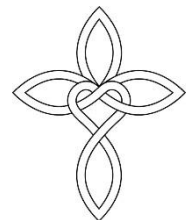
*(from the chapter God in All Things / Week 7 / Thursday © **Small Simple Ways** by Vinita Hampton Wright)*

If you're looking for a fresh approach to strengthen and deepen your faith, and enjoy readings that are uncomplicated and applicable to daily life, this might be a good book for you to try!



Dear Lord,

Be with me today. Listen to my confusion and help me know how to live with it. I don't know the words. I don't know the way. Show me the way. You are a quiet God. Help me to listen to your voice in a noisy world. I want to be with you. I know you are peace. I know you are joy. Help me to be a peaceful and joyful person. These are the fruits of living close to you. Bring me close to you, dear Lord. Amen.



Prayer by Henri Nouwen

*From the book, **Following Jesus: Finding Our Way Home in An Age of Anxiety***



Feel free to call or email me 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, request a comfort meal gift card for a friend or neighbor, or discuss your ideas for the health ministry! 😊

Nancy Bollig, RN

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