



Prairie Faith Parish Nurse News~~July 2026

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



***This summer, consider these opportunities which 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!
- ♥ **Pen Pal-Prayer Partner.** Contact Dianne or 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 six 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.

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.

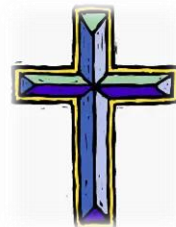


Forgive me, Lord Jesus, for the things I have done that make me feel uncomfortable in Thy presence. All the front that I polish so carefully for men to see, does not deceive Thee.

For Thou knowest every thought that has left its shadow on my memory. Thou hast marked every motive that curdled something sweet within me.

I acknowledge, with sorry and true repentance, that

I have desired that which I should not have;
I have toyed with what I knew was not for me;
I have been preoccupied with self-interest;
I have invited unclean thoughts into my mind and
entertained them as honored guests;
My ears have often been deaf to Thy whisper;
My eyes have been often blind to the signs of Thy guidance.



Make me willing to be changed, even though it requires surgery of the soul, and the therapy of discipline.

Make my heart warm and soft, that I may receive and accept now the blessings of Thy forgiveness, the benediction of Thy "Depart in peace....and sin no more."

In Jesus' name, Amen

Author of Prayer: Peter Marshall (1902 – 1949)

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 or comfort meal gift card 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! 😊