



Prairie Faith Parish Nurse News~~June 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 **Trego Community General Public Transportation Van** (known locally as the "out-of-town van").



The Trego Community General Public Transportation Van is available to the community Monday through Saturday year-round (except major holidays) from approximately 8:00 a.m. to 5:00 p.m., although rides outside of these hours may be accommodated depending on driver availability. Fares are figured at 15 cents/mile. For example, a round trip fare from WaKeeney to Hays and back is \$10.00, and from WaKeeney to Hill City, Quinter or Ellis is \$7.00. If a person is unable to afford the fare for a medical appointment ride, funds are available to help with that situation in a confidential manner.

The van is equipped with a lift to accommodate passengers who are unable to navigate stairsteps or who require the use of a wheelchair. Drivers have a verified safe driving record, are trained in defensive driving, passenger assistance (including use and assistance with the wheelchair lift) and emergency procedures, are required to pass a DOT physical at least every two years, and undergo initial and random drug testing. Trip coordinators make every effort to accommodate requests, but rides are scheduled on a first come-first served basis, so riders are encouraged to schedule as far ahead of time as they can. **The phone number to schedule is 785-743-8014. Callers should leave a voicemail if the scheduler does not answer, as she may be on another call.**

The van serves rural residents and residents from neighboring counties, as well. The van has taken passengers to medical appointments not only in Hays, but in Hill City, Quinter, Russell, Salina, Great Bend, Garden City, and Wichita. While the majority of rides are provided for medical appointments (including medical specialists, dentists, physical therapists, counselors, hearing specialists, etc.), other uses have included: college classes at FHSU, Hays Regional Airport, veterinarian, obtaining a rental vehicle or U-Haul, Greyhound bus stop, and shopping. During 2023 the van provided 530 rides. 465 were medical-related, 8 were school (FSHU), and 57 were "other" (airport, shopping, veterinarian, etc.). The number of rides has sharply increased this spring, despite budget cuts from the state/federal government. 70% of the van's funding comes through state and federal funds via the Kansas Department of Transportation. The remaining 30% (our required local match) of the van's operating expenses comes from local donations.

To make a donation to help meet the operating costs of the out-of-town public transportation van, you may contact any one of the community group volunteers that manage the service: Nancy Bollig, Chuck Rhoades, Dianne Bollig, Travis Phillips or Mayor Irene Dirks, or stop by the city office where checks may be made out to "City of WaKeeney" with "out-of-town van" written in the memo line. Donations may also be made through the Trego Hospital Endowment Foundation by contacting Carole Frick. Donations may be considered tax-deductible.

In addition, there is a general public transportation van that serves within the city limits of WaKeeney, and Hays Access serves the Hays area. Give public transportation a try the next time you need a ride!



A prayer shawl is a tangible gift representing the many and continuing prayers for comfort, caring, healing and love offered for an individual experiencing serious illness, grief, loss, emotional trials or spiritual upheaval in their lives. **If you know of someone in the community who might be comforted by receiving a prayer shawl, please contact Nancy.** Many thanks to those of you who have shared your gifts and talents to comfort others through the Prairie Faith prayer shawl ministry! 😊



Community Comfort Meals. Sometimes people are in a situation where they lack support after the death of a family member or close friend. Maybe their family lives far away and isn't really involved in their day-to-day personal life, or perhaps they have no family, or they don't have much in the way of social support--they go unnoticed somehow by others. **Community Comfort Meals** are gift cards to a local restaurant and are a substitute for a homecooked meal that is traditionally taken to a person several weeks following the death of a family member or close friend. Many

times, when a death occurs, the grieving person is in a state of emotional shock or numbness, they get through the funeral and surrounding events, then reality hits a few weeks later when everyone else has gone on with their regular lives and more or less forgotten about the death or loss--and the person affected is trying to figure out how to move forward without their loved one. "Eligibility" for a comfort meal does not have anything to do with someone's personal financial situation. It does not involve being a member of any church congregation. There may be various situations that suggest to you that someone might benefit from receiving a restaurant or grocery gift card as a sign of CARE from someone in the community, in this case from a faith-based group--and, just like the prayer shawl ministry, **a tangible sign of God's love and care for them.** Please contact Nancy, Pastor Jon, or one of the health ministry board members if you know of someone within the community who might benefit from receiving this gesture of care.



Listen to your heart. It's there that Jesus speaks most intimately to you. Praying is first and foremost listening to Jesus who dwells in the very depths of your heart. He doesn't shout. He doesn't thrust himself upon you. His voice is an unassuming voice, very nearly a whisper, the voice of a gentle love. Whatever you do with your life, go on listening to the voice of Jesus in your heart. This listening must be an active and very attentive listening, for in our restless and noisy world God's so loving voice is easily drowned out. You need to set aside some time every day for this active listening to God if only for ten minutes. Ten minutes each day for Jesus alone can bring about a radical change in your life.



You'll find it isn't easy to be still for ten minutes at a time. You'll discover straightaway that many other voices, voices that are very noisy and distracting, voices that do not come from God, demand your attention. But if you stick to your daily prayer time, then slowly but surely you'll come to hear the gentle voice of love and will long more and more to listen to it. (Author: *Henri Nouwen*)



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, or discuss your ideas for the health ministry! 😊

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