



# Prairie Faith Parish Nurse News~~February 2025

Body

Mind

Spirit

Heart disease is the leading cause of death for men and women in the United States, but that doesn't mean you have to accept it as your fate. Although you lack the power to change some risk factors — such as family history, sex, or age — there are some key heart disease prevention steps you can take to reduce your risk:



- ♥ **Don't smoke or use tobacco.**
- ♥ **Physical activity for about 30 minutes on most days of the week.**
- ♥ **Eat a healthy diet**—choose fresh fruits/vegetables, whole grains, lean beef/chicken or fish. Avoid added sugar, excess salt and processed foods. Avoid or keep alcohol to a minimum.
- ♥ **Maintain a healthy weight.**
- ♥ **Get enough quality sleep.**
- ♥ **Manage stress** through physical activity, relaxation exercises, yoga, meditation or counseling.
- ♥ **Get regular health screenings**—check your blood pressure, blood sugar and cholesterol levels.
- ♥ **Visit with your healthcare provider** about your personal risk factors to make a plan to reduce your risk.

## ***Know the warning signs of a heart attack and call 9-1-1 or get to an emergency room as quickly as possible:***

- ♥ Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It may last more than a few minutes, or it may go away and come back.
- ♥ Pain or discomfort in one or both arms, the back, neck, shoulder, jaw or stomach.
- ♥ Shortness of breath with or without chest discomfort.
- ♥ Chest discomfort with sweating, nausea, lightheadedness, feeling of doom or imminent death.
- ♥ **Of special note for women:** women may experience the classic symptoms, but they are sometimes milder. Women may also be more likely to have symptoms like shortness of breath or difficulty breathing, upper back pressure/pain, jaw pain, pressure/pain in the lower chest or upper abdomen, nausea/vomiting, dizziness, lightheadedness or fainting, unexplained anxiety, weakness or fatigue.

***Sometimes women tend to ignore their symptoms—it's better to get checked than to let symptoms progress, causing damage to your heart.***

*(Source of information: American Heart Association and Mayo Clinic)*

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The parish nurse ministry serves the community regardless of any church affiliation. 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, request a comfort meal gift card for a friend or neighbor, locate community health resources, request other parish nurse work, or discuss your ideas for the health ministry!

The next parish nurse advisory board meeting will be held Thursday, February 13, 2025 at 5:00 p.m. in the Bethlehem Lutheran Church library. Visitors are encouraged and always welcome to attend!

Nancy Bollig, RN

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



A note from Beverly Armbruster, the chairman of the Prairie Faith Parish Nurse Advisory Board....

Prairie Faith Shared Nurse Ministry chose "food" as their focus for the last year. Several of the members help prepare the Midweek meal on Wednesday evenings for the children and staff. The group also provides cookies to the BLC congregation on the first Sunday of each month. The committee chose to minister to those in need not only within the parish congregations but also in the surrounding communities. Using funds from a pancake feed and donations, a gift card for a meal from an eating establishment is purchased and sent to those in need. Recipients may be those who have lost a loved one, recuperating from surgery, going through a difficult time in their lives, recovering from an illness, etc. The majority of the comfort meal gift cards have been distributed to those in need in the surrounding communities regardless of age, financial need or church affiliation. Recently, we donated snacks to the school nurse's office for children who might need something to eat when they visit her office. The nurse ministry will continue the "food" goal for 2025.



Prayer shawls are also given to people who are lonely, have lost a loved one, or are sick. Our nurse ministry also writes letters - cards to individuals who are in need of support for many different reasons. The committee has received many notes of thanks for the comfort meal cards, the shawls, and the written letters and cards sent. Recipients are so grateful and very appreciative. It truly feels like we are implementing God's work in these activities.

The Prairie Faith Parish Nurse Ministry invites anyone from the PFSM congregations or from the community to participate in these service projects—please contact Bev or Nancy if you have any questions or interest in helping!

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### Compassion: Observe Someone with Kindness

Have you ever noticed how easy it is to become irritated by strangers? How often have you glared at someone who talked loudly or moved too slowly? Today, allow kindness to move you forward.



When you notice someone—perhaps because that person is doing something annoying—choose to observe with the goal of feeling compassion. Why is she cranky and complaining? Has something happened that worries or scares her? What might be the cause of this man's delay in getting his car around the corner? Is he confused or distracted by pain or a problem? Imagine what sometimes causes you to be cranky or slow or too loud or not attentive enough. Say a short prayer for the person you observe.

*Jesus, you saw a person's need more than her behavior. Help me apply your compassion to the people I meet, especially those who make a bad impression.*

(Source: **Small Simple Ways** by Virginia Hampton Wright)



"May you see God's light on the path ahead,  
when the road you walk is dark,  
May you always hear,  
even in the hour of sorrow,  
the gentle singing of the lark.  
When times are hard,  
may hardness never turn your heart to stone,  
May you always remember when the shadows fall  
you do not walk alone."



*(Celtic Blessing)*