



Prairie Faith Parish Nurse News~~January 2025

Body

Mind

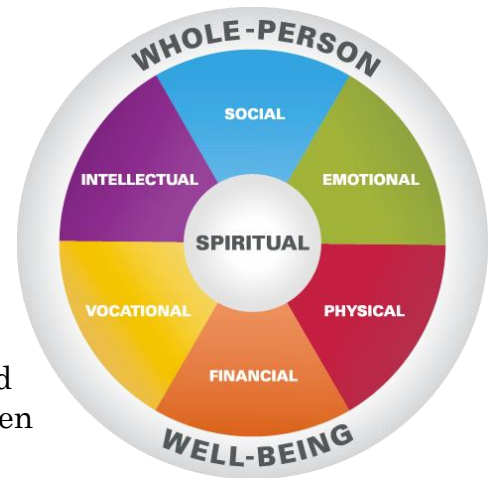
Spirit

January 1 is here! It's the time for many of us to think about **new year's resolutions**—some feel excitement about “starting over” and some may think, “why bother?”. Most new year's resolutions are broken and then forgotten within a short amount of time—and why? Maybe we chose too many things to realistically change, maybe the goals were too vague—unmeasurable, maybe we didn't have any support for maintaining new behaviors—there are several reasons people have a hard time sticking to their new year's resolutions.

Serving as a parish nurse within a health ministry, the focus is on **whole person health**, which encompasses physical, emotional, spiritual, financial, intellectual, social, and vocational wellbeing. Activities and newsletter articles throughout the year address these parts of our lives with specific information and support.

Here are a few ideas to help you start a healthier 2025!

- ♥ Stop “dieting”. Eat whole foods (vegetables, fruits, whole grains, healthy fats, lean meat and fish), cook more meals at home, go grocery shopping regularly to keep the pantry stocked up, and rely less on convenience foods.
- ♥ Sit less and move more; find a physical activity that you enjoy. Get outside more. Visit the gym.
- ♥ Cut back on sweetened beverages and sugary foods.
- ♥ Cut back on alcohol.
- ♥ Get more quality sleep.
- ♥ Try prayer or meditation.
- ♥ Join a Bible study group. Regularly attend worship.
- ♥ Take a vacation—even a short one.
- ♥ Stop negative self-talk.
- ♥ Limit screen time—tv, phone, computer, video games, social media.
- ♥ Take more ‘me time’ and practice self-care. Try a new hobby or pick one back up that you used to enjoy. Try a new volunteer activity.
- ♥ Be more mindful and present in the moment—examples are to spend less time on your phone, stop to notice your environment, and listen intently to others.
- ♥ Visit your doctor—update your health screenings and blood work. Keep your immunizations current.
- ♥ Take care of your teeth—brush, floss, see the dentist for an exam and a cleaning at least annually.



Pick one or two of these ideas that will help you be healthier. Set a measurable goal, complete with the steps to achieve that goal. Write the goal down—and keep track of your progress. If you fall short on one day, just start again the next day on course.

Any time throughout the year, contact Nancy to plan goals, to find support to achieve and maintain better health and wellbeing, or to discuss other health-related questions or needs! 😊



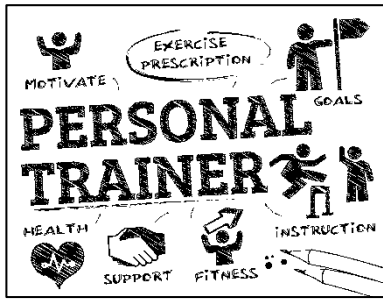
The parish nurse ministry serves the community regardless of any church affiliation. Feel free to call or email me to: schedule a confidential appointment to discuss your health/wellness questions, schedule transportation to a medical/dental/counseling appointment if you need a ride, request a prayer 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!

Nancy Bollig, RN

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

Area community resources have been highlighted in the Prairie Faith Parish Nurse News over the past 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 on the services of a new personal trainer, available locally.



As a new year approaches, many people might think about ways to improve their health/wellness status. Increasing physical activity for cardiovascular health and weight loss, improving flexibility, balance and strength, and adopting healthy eating habits and choices all have significant physical, mental and emotional benefits. However, it might be intimidating to think about using a gym, not knowing how to use the equipment or even where to begin with an exercise program. If this sounds like how you feel, good news! The Trego Rec Center now has a personal trainer who is available for the general public!

Anna Henning is a personal trainer and nutrition coach, certified through the National Academy of Sports Medicine, and she is also certified as a running coach from the United Endurance Sports Coaching Academy. She offers a variety of services, including goal-setting and progress tracking including body composition; accountability support; lifestyle coaching (stress management and sleep hygiene); nutrition assessments and education; machine orientation; personalized workout plans; 1:1 training sessions; functional movement assessments; mobility training; and running plans.

Anna has designed a detailed questionnaire for interested clients to fill out to help determine needs, abilities, and goals. A copy may be picked up at the Trego Rec Center entryway. Her initial assessment is free, and a person does not need to be a member of the Rec Center to obtain an assessment. Following that, clients need an active membership with Trego Rec Center, and each hour-long session with Anna is \$30 for clients who are 65 years of age and up, or \$35/hour for those under 65.

Carla Beydler, WaKeeney resident, who has been working with Anna twice a week for the past eight months, shared this with me. *“Anna is great! She started me with weight training and realized what I needed first was mobility and balance. She listens to what I say when I am having problems and can modify anything so that I am able to do the necessary exercise. I have learned a lot about nutrition, and I have learned that I need accountability. It is more about discipline as opposed to motivation. It is hard work but I am seeing a lot of improvement. It isn’t a quick fix, but a lifestyle change, and it takes commitment. I can’t say enough good about her!”*

A client’s level of involvement with Anna’s personal training services is customized. You might choose to work with her only once a month, or several times per week—it all depends on your personal needs and goals.

Anna shared this quote recently in an article in the Western Kansas World, *“It is incredibly rewarding to witness positive changes both mentally and physically and improve the quality of life for people. I love to show people that they are capable of doing things they never thought possible and that health and fitness does not have to be miserable.”*

For more information or for any questions, you may contact the Trego Rec Center at 785-743-2595 or email Anna at nasmtraineranna@gmail.com



Many thanks to those individuals and groups who have supported the parish nurse ministry work through this past year by their financial contributions, designating memorials, donating items to be used in the ministry, making prayer shawls, planning and participating in our special worship services and activities, keeping financial records for the ministry, helping with the parish nurse news, sharing new ideas for the ministry, providing medical appointment transportation, being encouragers, and more.

You are invited to attend parish nurse ministry advisory board meetings or to contact Nancy anytime to find out more about what the ministry does, to bring new ideas, and to see where your time and talents might help serve our community’s whole-person wellness needs!