



# Prairie Faith Parish Nurse News~~March 2024

Body

Mind

Spirit

## ~~Community Resources~~

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, **Catholic Charities of Northern Kansas** is the focus. Their mission states, *"Guided by God's love, our mission is to provide compassionate service to all people in need throughout Northern Kansas."* Catholic Charities serves all, regardless of religious affiliation. There are center locations in Hays, Salina and Manhattan. The Hays Support Center serves Cheyenne, Decatur, Ellis, Gove, Graham, Logan, Norton, Phillips, Rawlins, Rooks, Russell, Sheridan, Sherman, Thomas, Trego, Wallace Counties. The Hays address currently is 122 E. 12th. St. where people may obtain support in various ways, including financial and housing assistance, personal care and basic need items, pregnancy support, adoption services and support, counseling for any type of mental health situation on a sliding fee scale, disaster relief, and Christmas assistance.



Each month, **Catholic Charities** outreach vans travel to 24 communities from each of their offices. Families who meet the income guidelines can receive a large box of food, a hygiene kit (shampoo, soap, toothpaste, toilet paper, deodorant, laundry detergent), diapers and wipes, and other supplies and services as available. Households are eligible for a food box each month and a hygiene kit every other month. The Hays outreach van will be in Plainville at Sacred Heart Catholic Church on Wednesday, March 27 from 1:00 p.m. to 2:00 p.m. and will be in WaKeeney at Christ the King Church on Wednesday, March 13 from 10:00 a.m. to 11:00 a.m. A full outreach schedule may be found on their website. Ellis County residents may obtain items and support at the Hays center address.

The organization helps people who want to adopt, and supports birth mothers who wish to place their baby for adoption by providing placement assistance, emotional support, counseling and therapy services, and by providing infant supplies and items. Again, services are provided to anyone regardless of any religious affiliation.

You may ask how you could help Catholic Charities and their work! Donations are constantly needed. A person may make a one-time or a recurring financial contribution, while others may want to specifically donate food or supplies. A list of needed items may be found on the website, or a person may access the Catholic Charities Wal Mart registry at <https://www.walmart.com/registry/RR/0c5020a1-1027-49dd-997d-3146afdff803> The Hays office also has a "free basket" stocked with sample sizes of shampoo, toothpaste, soap, lotion, etc. that is frequently utilized by people who come into the Hays office, so donations of this type are always welcomed. After the new Hays Catholic Charities Thrift Store opens this fall, (their new address will be 1015 Centennial Blvd, Hays) donations of clothing in good condition and household items will be welcomed. Another way to help the organization is by serving as a volunteer for their outreach services filling and distributing food boxes and hygiene boxes—call the Hays office for more information. Additionally, volunteers will be needed at the new thrift store this fall.

For more information, you may research their website at <https://ccnks.org/>  
or follow their Facebook page at <https://www.facebook.com/catholiccharitiesofnorthernks/>

~~Please help spread the word about this generous community resource!~~



**Walk Kansas** is an annual health initiative of K-State Research & Extension that runs from March 31 through May 25 this year. Walk Kansas is a team-based program, with groups of six forming a team comprised of family, coworkers, friends, community organization

members, neighbors, or part of a faith-based community. Participants do not have to live in the same town, county, state or country. There is also an option for a solo participant. Cost for each member is \$10.00, & optional t-shirts/apparel are available at an additional cost.

This year a weekly webinar on healthy eating, focusing on the Mediterranean diet, will again be offered. The course is called *"Med Instead of Meds,"* to reflect the goal to help participants learn ways to potentially replace medications with healthy eating. Sharolyn Jackson, state Walk Kansas program leader, stated, *"Walk Kansas, holistically, really is a chronic disease prevention program, or a way to delay the onset of chronic disease. For those already with a chronic disease, they can learn ways to manage it better through physical activity and healthy eating. We often think about (diseases) that might be genetic, or it's just your family history. But the reality is that two-thirds of chronic diseases can be prevented or delayed by these lifestyle changes."*

### Did you know?

1. Less than 1/2 of Kansas adults meet minimum recommendations for physical activity.
2. Just 19% of Kansans eat enough fruits and vegetables.
3. Chronic disease, including obesity, is responsible for more than 70% of health care costs.

### Join Walk Kansas and...

♥ be more active with friends & family

♥ make better nutrition choices

♥ and walk away your stress

*You may participate in Walk Kansas in your home county & register through your local extension office, or if you would like to participate in Walk Kansas as a Prairie Faith team member, contact Nancy!*



**HELP WANTED:** Drivers are occasionally needed to transport community members to out-of-town medical appointments when the out-of-town public transportation van is unable to provide their ride. Mileage is reimbursed! Contact Nancy for more information.



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 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! 😊

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



Heal me, hands of Jesus, and search out all my pain;  
restore my hope, remove my fear and bring me peace again.

Cleanse me, blood of Jesus, take bitterness away;  
let me forgive as one forgiven and bring me peace today.

Know me, mind of Jesus, and show me all my sin;  
Dispel the memories of guilt, and bring me peace within.

Fill me, joy of Jesus; anxiety shall cease  
And heaven's serenity be mine, for Jesus brings me peace!



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