

The Honeycomb

Gracious words are like a honeycomb, sweetness to the soul and health to the body. Proverbs 16:24

FAITH COMMUNITY NURSING ~ A MINISTRY OF SHEBOYGAN EVANGELICAL FREE CHURCH

HELPING PEOPLE, ENCOURAGING HEARTS.

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FEBRUARY IS NATIONAL HEART MONTH & FCN IS HERE TO HELP!

Create in me a pure heart, O God (Psalm 51:10). As ambassadors of Christ, we have a responsibility to be mindful of both the spiritual and physical condition of our heart. Our Faith Community Nursing ministry encourages our congregation to take a proactive, God-honoring approach to caring for our God-given bodies. Sponsoring the annual blood pressure screening is one way FCN would like to help!



Coinciding with February being American Heart Month, the free blood pressure screening will take place on Sunday, February 11 in room 109 after 1st and 2nd services. No sign-up is required! Please wear a short-sleeved or thin long-sleeved shirt for an accurate reading. Your blood pressure will be recorded on a wallet-sized card for your taking. Also, you'll have a chance to meet the newest members of the FCN ministry!

If you are unable to attend the screening on February 11, call the church office (452.6520) to make an appointment with a Faith Community Nurse to have your blood pressure taken.

Did you
KNOW?

- 1 of every 3 adults has high blood pressure (29% of American adults).
- Only about half of people with high blood pressure have their condition under control.
- High blood pressure costs the nation \$46 billion each year! (This includes the cost of health care services, medications to treat the high blood pressure, and missed days of work.)

FCN OFFICE OPENS AT ANNEX

Beginning Tuesday, February 6, and every Tuesday thereafter, the FCN office will be open from 1-3pm at the Annex. Church attendees are welcome to stop in and ask medical questions of Kristie Ahlborg, RN, our FCN Coordinator, or sign up to volunteer to meet some non-medical needs of our church community.

On Tuesdays, you can also sign out an item from the FCN Medical Equipment Closet. Items for borrowing include shower chairs/benches, bench walkers, crutches, walking boot, and more. There is no cost to use these items as most have been donated by congregants. Questions? You may contact Kristie via the church office (452.6520).

MINISTRY MEMBERS

KRISTIE A., RN
 ROBERT A., RN
 CASSIE B., LPN
 JANE J., RN
 DEB K., RN
 JEFFERY L., MD
 KER M. RN
 MARY S., RN
 PAUL T., MD
 MARGE V., RN



YOU ARE
fearfully
& wonderfully
 MADE.

MEET JANE J., FCN NURSE

Jane became interested in nursing as a way of helping people. When she came to know Jesus as her personal Savior two weeks after graduating from college, her occupation took on a whole new purpose and meaning.

Jane's first job was in OB, Labor and Delivery, and she loved seeing the miracle of new life, and working with parents. Her spiritual gifts of mercy and compassion were also being utilized, especially in her next job as a pediatric nurse with the late Dr. Opel at the Sheboygan Clinic.



In 1989, God called Jane, and her husband Bob with 7-year-old son Thomas, to a one-year mission commitment with TEAM, at a jungle hospital in Irian Jaya (now Papua), Indonesia. They served alongside Jane's brother and his wife, Bob and Mary Emily M. At the hospital, it was just Jane and one other nurse, other medical staff being on furlough. She delivered babies, learned to set stitches, treated burns, TB, malaria and snake bites, set broken bones and much more, all by God's grace. She and Bob also ministered musically in four villages. After six months, the government refused to renew their visas, and God moved them to Christian Academy of Japan, Tokyo, where Jane served as the school nurse to about 400 children ages kindergarten through high school. Again, Jane and Bob used their music ministry (traveling concerts) to bring many Japanese to saving faith. Their initial six-month term turned into 5-½ years!

In July 1995, the Jacksons returned home to Sheboygan so Jane could assist her mom in ministering to her unbelieving terminally-ill father; three days later, her father accepted Christ! After her father died, Jane ministered Hospice care to eFree families with terminal illness, helping them transition into the presence of Jesus. She and Bob also participated in several additional short-term mission trips to such places as Alaska with Arctic Barnabas (alongside the Caldwells); and Belgium/France with Biblical Literature Fellowship (an annual church trip for several years).

Before her official retirement this year, Jane worked for about 20 years with Sheboygan Co. HHS, both in Public Health and in Behavioral Health/Mental Health. God gave her many opportunities to minister beyond the physical, and our church is blessed by her participation in Faith Community Nursing.

TIPS TO HELP PREVENT SICKNESS THIS WINTER

It seems inevitable that, with the coming of winter, come colds, sore throats, coughs and runny noses. The most important thing that we can do at this time of year to prevent illness is to practice infection prevention. Although infection prevention sounds very technical, it's really very simple.

- Hand washing – the most important and common infection prevention tool! Washing your hands after sneezing or coughing is critical, and so is avoiding touching your eyes, nose, face or mouth unless your hands are clean. I made the mistake of not washing my hands before touching my itchy eyes, and a couple of days later, I got a raging case of pink eye, which was quite unsightly and prevented me from being able to work one of my shifts. I learned a two valuable lessons: 1) I am not invincible, and 2) being careful when touching my face is crucial.
- When you feel a cough or sneeze coming, cover your nose and mouth with a tissue or your elbow to help prevent the spread of germs. Your coworkers, family and friends will thank you!
- Know when to stay home. If friends or family are experiencing illness, staying home could save you days of discomfort.
- Regularly and frequently clean your devices, phones especially, as well as other areas in your house or workplace that are used in common, like light switches. Keeping a clean environment is powerful tool in preventing the spread of infection.
- Taking care of yourself is extremely important; this includes drinking plenty of water, eating complete and nourishing meals, and getting enough sleep.

A slightly different aspect that comes to mind when talking about infection/illness is knowing the difference between viruses and bacteria. Bacterial infections can be treated with antibiotics, while viruses cannot. This helps to explain why the best answer is not always antibiotics.

If you think that you may be coming down with more serious than a cough or cold, or they linger for several weeks, contact your doctor's office. I hope that you find this information relevant and helpful; practicing these tips has certainly helped me this winter!



OUTDOOR SAFETY



Although we all bundle up in the winter, we often forget to practice outdoor safety. Below are three conditions to keep in mind and how to address them:

- **Frostbite:** When the actual temperatures are below 20 degrees, and the wind chill is below zero, make sure to keep skin covered (ears and noses are especially susceptible!).
- **Hypothermia** is a dangerously low body temperature that occurs when your body loses heat faster than it can produce heat, often due to prolonged exposure to cold temperatures. To prevent hypothermia, dress "warm and dry"—including layers of natural fabrics, mittens instead of gloves, and boots instead of shoes.
- **Slipping:** Wear boots with good gripping soles or leather (not mesh) sneakers with good tread. Consider using Trax (a studded harness that fastens over boots) or the equivalent to minimize the risk of slipping and injury.

WORDS TO LIVE BY

*I praise you, for I am
fearfully and wonder-
fully made.*

*Wonderful are your
works;
my soul knows it very
well. Psalm 139:14*

Amazing, isn't it,
that all we have to
do is stop to con-
sider the intricacies
of our very own
bodies in order to
see the handiwork
of our Creator. The
complexities He
wove together in
our inner beings is
testimony to His
omniscience. And
isn't it just like our
God to give us
something—our
body—that is al-
ways with us that
can remind us of His
splendor?! You are a
masterpiece of the
King, dear friend!



RECOGNIZING STROKE

Stroke is the fifth leading cause of death in the U.S. and is a major cause of disability. The good news is that the rate of stroke in patients over 65 years of age declined 40% from 1988 to 2008. The rate of recurrent strokes declined as well in a similar time period. Very likely, primary prevention measures such as control of hypertension and use of statins are some of the reasons we have seen a decrease in stroke.

Recognizing symptoms of stroke and seeking immediate medical help are crucial to decreasing the risk of permanent neurology damage and death. A useful memory tool for recognizing stroke is "FAST." F stands for Facial weakness/drooping, A stands for Arm weakness, S stands for Speech disturbance, and T stands for Time. Several stroke interventions are time sensitive and have to be initiated within a certain time frame after onset of symptoms in order to be effective.

F	ace	is it drooping?
A	rms	can you raise both?
S	peech	is it slurred or jumbled?
T	ime	to call 9-1-1 right away.

Control of hypertension and diabetes, reducing cholesterol levels, and stopping smoking are several ways to decrease your risk of stroke. Faith Community Nursing holds regular blood pressure screenings, so consider stopping by to have one of our nurses check your blood pressure. If you have hypertension or other risk factors for stroke, and are overdue for your doctor visit, I would encourage you to make an appointment for a check-up. Although we cannot eliminate the risk of stroke and other vascular diseases, we can be proactive in taking steps to decrease that risk so we can live longer and healthier lives.

Faith Community Nursing



The purpose of The Sheboygan Evangelical Free Church health ministry is to extend the ministry of Jesus Christ while promoting a holistic view of health and wellness among our church community and beyond through compassion, nurturing, education, and encouraging others towards positive behaviors.

Faith Community Nurse (FCN) at The Sheboygan Evangelical Free Church provides noninvasive activities in a competent manner that promotes health, healing, and wholeness. FCN facilitates the use of available resources within the congregation and community, empowering individuals and their families to navigate the complexities of health care, helping to bridge the gaps in our healthcare delivery system.

Who we are . . . What we do . . . And why we do it!