

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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MISS THE MOSQUITOES!

ARTICLE BY KRISTIE ., RN

The Wisconsin state bird has arrived- the miserly mosquito! In the US, the West Nile virus is the most common mosquito-borne disease, followed by Malaria, Dengue Fever, and the Chikungunya virus. When the Zika virus hit Brazil in 2015, it made international news. Since that time, the US has also seen a rise in the Zika virus. Although different regions are impacted by different mosquito types, the mosquito-borne disease preventative measures remain the same:

- Vaccinations
- Killing mosquitoes
- Wearing loose-fitting, lightly-colored clothing that fully covers arms and legs
- Isolating infected people from the mosquitoes to interrupt the transmission cycle.
- Using insect repellants (reapply as necessary, as time, wet skin, and the use of sunscreen can diminish the effectiveness of the repellant)



A NEW VACCINE — IS IT RIGHT FOR YOU?

ARTICLE BY MARY S., RN

There is a new vaccination for Shingles called Shingrix. It was officially unveiled in January 2018. The CDC has voted to recommend the use of Shingrix over the widely used Zostavax for treatment to lessen Shingles outbreaks. Shingles is a painful rash that develops on one side of the body, often on the face or torso. The rash is made up of blisters that form scabs in 7-10 days. The Shingles rash usually clears up in 2-4 weeks; however, it can result in long lasting pain or postherpetic neuralgia. The risk of getting Shingles increases with age.

The Shingrix vaccine is for healthy adults age 50 and older. It is given in two doses separated by two to six months. According to the Shingrix brochure, two doses are 90% effective in preventing Shingles and postherpetic neuralgia. The protection received from the two-dose treatment vaccine stays above 85% for at least four years after being vaccinated.

Consult with your healthcare provider about Shingrix even if you've had a case of Shingles, received Zostavax, or are not sure if you had Chickenpox. You should not get the Shingrix vaccine if you have any allergies to Shingrix components, tested negative for the varicella-zoster virus, have Shingles, or are pregnant or breastfeeding. If tested negative, you should speak with a healthcare provider about getting the Chickenpox vaccine.

MINISTRY MEMBERS

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



Faith Community Nursing exists 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.

MEET HOLLY B., FCN NURSE



Holly has been in the medical field since she was 17 years old -- almost 9 years now! While she was in high school, Holly took the CNA course and absolutely loved it. That same summer her grandpa became very sick and she moved up north to take care of him. He always called her "his nurse." Being able to care for him during his times of need was a gift she cherishes, and since that summer, knew she loved caring for the elderly and being a part of their lives.

That following spring, Holly participated in the church's annual mission trip to Mexico and shadowed a nurse for the week. They went on multiple home visits to take care of very sick patients. Being able to help the most vulnerable population and being thanked just for sitting and praying with them opened her eyes to knowing that God had placed her there for a reason -- she knew God had sent another sign that nursing and medical missions was her path in life.

While at Columbia College of Nursing in Milwaukee, she was on the board for the Wisconsin Nursing Association and worked to educate high school and middle school students about a career in nursing. After graduation, she worked at Columbia St. Mary's and is now in the HSHS St Vincent Hospital system. For a year and a half, she has been traveling between 4 hospitals, working in the ICU, postpartum unit, medical surgical unit, and as the nursing supervisor.

Since Mexico, God has used Holly's abilities and passion in multiple other countries in hospital, clinic, and home settings. She volunteered at a Children's Hospital in Costa Rica for 3 months, helped deliver a baby via c-section in Kenya along with home visits and, most recently, worked in a slum clinic in India.



As Holly puts it, "I have the best job in the world and love every part about it!" She looks forward to all the directions nursing can take her.



FRUITS & VEGGIES

As summer arrives, we all look forward to fresh flavor of field-ripened fruits and veggies . . . But looks can be deceiving! Some fruits and veggies, especially imports from other countries, are covered with pesticides and bacteria that can be toxic to our bodies. For foods without skins or peels that are removed before eating (grapes, apples, tomatoes, berries, etc.), follow this procedure: mix up a mild soap-and-water solution (1 teaspoon dish soap to 1 quart water) and spray food thoroughly; rinse well and pat dry if needed before eating. Enjoy summer's bounty safely!