

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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THE HEALTHY CIRCLE OF SUPPORT

ARTICLE BY JOEL K.

The Winter Blues . . . We've all heard of it, and many of us face it each year. The days are short, and the snow piles tall. All the holiday festivities have passed, and now it's hunker down time. Fortunately, we can see the light at the end of the tunnel — spring is coming! But what do we do in the meantime to fight off the winter blues? Here are some suggestions:

STAY CONNECTED

No, I don't mean Wi-Fi! Facebook, Twitter, Instagram, etc. are all nice things, but they are not the real thing. God created us for intimate, personal relationships. The healthy circle of support is God, family, friends, and community. A disconnect from any of these leaves us more vulnerable to anxiety and depression.

CONNECTED TO GOD

Do not neglect your personal relationship with God. This should be your first purpose in life. When Adam and Eve sinned, they became disconnected from God, their ultimate purpose and their ultimate joy. This led to anxious fear (Genesis 3). Anxiety is the number one mental health disorder in America today. Making your daily walk with the Lord a priority can help you stay focused on what matters most!



CONNECTED TO FAMILY AND FRIENDS

God created the family for a reason. We simply do life better together than we do apart from one another (Proverbs 17:7; 27:6; Galatians 6:2). Connecting with loved ones encourages selflessness, empathy, and purpose. In contrast, isolation from family and friends fosters selfishness, discontent, and despair. Neglecting connection with others removes a sense of purpose. Without purpose, we wither.



CONNECTED TO COMMUNITY

Determine to get involved. Focus on investing in something or someone else. Become a mentor or find someone to mentor you. Do something outside your comfort zone — that is how we grow! Who knows what opportunities might come your way when you decide to make God and others the center of your attention!

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 MARY, FCN NURSE

I was born and raised in Wisconsin. I dreamed of becoming a nurse since high school. I admired my Mom and her example as a nurse. In God's timing, and with the encouragement and prayers of my husband and sons, I enrolled at Lakeshore Technical College. I graduated as a Registered Nurse in 1999.



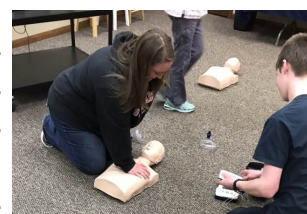
God has blessed my career in several nursing settings. I started nursing as a hospital staff RN on a Medical-Surgical Floor at the Aurora Hospital in Sheboygan. I moved to Transitional Care - Rehab Floor at St. Nicholas Hospital. I am currently working as a Staff RN in Urgent Care Walk-In and Podiatry Clinic at Ascension Marsho Family Medical - Sheboygan.

I've had volunteer experience at the Salvation Army Health Clinic and now FCN. It's a blessing and honor to represent Christ as the hands and heart of Christ as a Registered Nurse.

FCN HELPS PREPARE VOLUNTEERS

FCN Coordinator Kristie Ahlborg collaborated with Children's Ministries to host two child and infant CPR/AED and First Aid classes the last week of February. The classes were aimed at parents and volunteers of our early preschool classrooms, with the purpose of increasing the safety of our children's ministry by being prepared for any emergency. Participants who completed the course received the official Heartsaver CPR certification through the American Heart Association.

We are pleased to report that ten people became certified through the course. Taking into account volunteers who previously have the certification from their work place, half of all Babies and Toddlers volunteers are now trained in CPR.



Want to become CPR certified? It's invaluable, and now you don't have to look further than your church home for the required training! Watch for details regarding upcoming classes taught by Kristie Ahlborg.

DO YOUR HEART A FAVOR

Research shows that healthy foods can reduce your risk for heart disease, as well as diabetes, cancer and many other conditions. When it comes to eating for your heart, whole foods are best – those that are closest to their original state, not processed, so they are naturally lower in sugar, sodium, and trans fats. The top 10 foods for your heart are:

- Whole grains – whole-wheat breads, whole grain cereals like oatmeal and shredded wheat, whole-grain pastas, brown rice, barley, corn, and oats are all high in fiber
 - Salmon and tuna – these cold-water fish contain nutrients like omega-3 fatty acids
 - Legumes – dried beans and peas which are a great source of fiber
 - Nuts – almonds are high in monounsaturated fats and walnuts are rich in omega-3s
 - Blueberries – low in calories and extremely high in antioxidants
 - Apples and oranges – apples contain both soluble and insoluble fiber that can lower cholesterol levels, and oranges offer healthy doses of vitamin C
 - Carrots – the richest vegetable source of pro-vitamin A carotenes (antioxidant compounds)
 - Tomatoes – great source of potassium, and good source of niacin, vitamin B6, and folate, which help lower cholesterol; the lycopene in tomatoes protects against a growing list of cancers
- Dark leafy greens – spinach and kale provide more nutrients calorie-for-calorie than any other food!
- Skim milk – milk is a good source of vitamins B, D and K and calcium; skim milk is low in fat



FCN Coordinator, Kristie Ahlborg, is available in the church office on Tuesdays from 1-3pm.

