



THESE THREE REMAIN

In some ways it's hard to believe it's been over six months since we experienced our first "safer at home" order as COVID-19 hit the United States. On other days, it seems like it's been forever since we could just carry on with every day living without thinking twice about greeting someone with a handshake. Throughout the months, various orders, mandates, and suggestions have aimed to help us stop the spread . . . we've even had to teach our children that, for the time being, sharing is no longer caring!

So here we are, entering the fall and winter seasons which, as Wisconsinites, we know means inevitably more inside rather than outside activities. Although you hear it at the grocery store, read it online, and see the signs posted on doors and walls, it is worth repeating that as we strive to keep ourselves and others healthy, these three remain:

- Social Distancing — Continue to keep a distance of at least 6 feet between yourself and others!
- Masks — Cover your mouth and nose with a mask when around others. Remember, you can be contagious even before you have symptoms.
- Handwashing — Wash often and effectively! Effective handwashing includes washing with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with a minimum 60% alcohol content.



And the greatest of these is handwashing!

Covid-19 may have changed many of our plans, but it hasn't changed our God. So through it all, remember to take time to focus on three other things that will always remain: faith, hope, and love. And the greatest of these is love!

OPPORTUNITIES TO SERVE

In addition to medical oversight, Faith Community Nursing sometimes finds that individuals within our church family need other types of help, such as yardwork or picking up/returning a library book.



If you'd like to serve the church by volunteering for one or more of these non-medical opportunities, please fill out the Non-Medical Volunteer Opportunities form found on the FCN page of the church website. Printed forms are also available in the church office.

Kristie Ahlberg, FCN Coordinator, will work to match volunteers with corresponding needs as they arise.

HONORING CHOICES

Advance care planning is a process of communication between you, your loved ones, and your care providers about your health care wishes. Completing an advance directive is a major component of this process. It not only helps ensure you get the care you desire, but it also helps your family and medical community to be prepared for your health care if the need arises.

Honoring Choices is the name of the advance directive document currently provided in Wisconsin. Copies of Honoring Choices are available in the church office.

If you'd like assistance completing your advance directive, FCN nurses would love to help! Contact Kristie Ahlborg (452.6520 or kristie.a@e-free-family.com) to set up an appointment!

YOUR FCN TEAM — WE'RE HERE FOR YOU!



Back: Dr. Jeff; Bob, RN
Front: Mary, RN; Jane, RN; Kristie, RN, FCN Coordinator

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.

