

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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VOLUME 1
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OCTOBER IS BREAST CANCER AWARENESS MONTH

Did you know that about 1 in 8 women will develop breast cancer? While a man's risk is much lower (1 in 1,000), it is important to realize breast cancer does occur in males as well. Early detection is the best protection when it comes to breast cancer, for both women and men.

All women age 30 and older (age 25 if there is a family history) should talk to their doctor about their risk for breast cancer and when to get screened. Monthly self-checks, and familiarity with their own normal physical appearance and feel, is the best thing women can do for themselves for early detection.

AMERICAN CANCER SOCIETY'S SCREENING GUIDELINES FOR AVERAGE RISK WOMEN



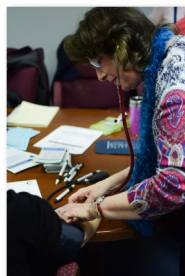
These guidelines are for women at **average risk** for breast cancer. A woman at average risk doesn't have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation known to increase risk of breast cancer (such as BRCA), and has not had chest radiation therapy before the age of 30.

- **Women between 40 and 44** have the option to start screening with a mammogram every year.
- **Women 45 to 54** should get mammograms every year.
- **Women 55 and older** can switch to a mammogram every other year or choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live 10+ years.



www.cancer.org

Men should also be aware of any physical changes; report them immediately to your doctor. Be open and honest about your symptoms, concerns and health history, even if it may seem embarrassing. Good medical care is based on complete, accurate information!



Faith Community Nursing ministry members are here to use the medical talents the Lord has given them to assist the body of Christ! This takes on different forms throughout the days, weeks, and months. Here you see Jane J., RN, helping at FCN's annual blood pressure screening in February.

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

MEET CASSIE B., FCN NURSE

Cassie says that the first time she was exposed to nursing was when she was working in the kitchen at a nursing home. Cassie told herself, "I will never be a nurse; I can't do it."

Cassie was in a Physical Therapy Assistant program at that time. It wasn't long before her parents and many friends encouraged her to go into the nursing field. As a result, Cassie enrolled in the Licensed Practical Nurse program at LTC, and she also became a Certified Nursing Assistant. After graduating from LTC in May of 2016, Cassie secured a job as an LPN at Marsho Family Medical Group. The following month she married Paul B.

Cassie enjoys her job at Marsho Medical where she routinely participates in phone triage as well as lab draws. She works in express care at the clinic in addition to helping Ob-Gyn doctors every other week.

Cassie joined our FCN Ministry in September of 2016. She says that learning with, and from, the other FCN nurses "has been wonderful!" Cassie has relished the opportunity in getting to know more people in our congregation, and in assisting with the various health needs of our congregants.

Thank you for your faithful service to God's people, Cassie!



Safety Smarts



FLU DEFENSE!

Vaccinations and clean hands are the best ways to guard against the flu. Flu shots are often free if given at your doctor's office – check with your health insurance provider. Or, contact your county health department regarding discounted shots if they are not covered by your insurance.

- Regularly wash your hands with soap and water or sanitizer, spending at least 30 seconds
- Keep your bare hands away from your eyes, nose and mouth
- Cough into a tissue or your elbow rather than your hand
- Try to avoid crowds and close contact with those who are sick
- Boost your immune system by getting plenty of sleep, exercise, and nutritious foods



SIGNS OF OPIATE ADDICTION

BY: BOB A.

Many in our body of believers have been directly or indirectly affected by the explosion of opiate abuse that is plaguing our community, state, and nation. The media is filled with stories of opiate-related arrests and deaths. More Wisconsinites now die from overdoses than from car accidents on an annual basis. Additionally, first responders, including law enforcement, now routinely treat suspected overdoses in Sheboygan and neighboring counties using a medication called Narcan.

As a Registered Nurse for the Department of Corrections, I have paid close attention to opiate-related emergency response calls and arrests here in Sheboygan County. The impact of opiates on our families and friends has been overwhelming. As followers of Jesus Christ we have an obligation to be part of the solution for our community. In this article I want to lay out a strategy that we can all follow to address what is perhaps the biggest public health crisis we have faced in a long time.

Step 1: Educate yourself on what opiates are. This category includes prescription drugs such as codeine, hydrocodone, oxycodone, morphine, and fentanyl, among others. It also includes heroin which can potentially be mixed with stronger, synthetic opiates with deadly results. Many people have been prescribed Vicodin (hydrocodone), Percocet (oxycodone), or Tylenol #3 (codeine) for post-operative or dental pain. Because we are conservative people we don't like to throw anything away. If you have leftover medications you can bring them to most of the police stations in our county where they have medication drop boxes.



Step 2: Recognize those around you who may be at risk for opiate misuse. This can include family and friends from pre-teen to elderly, and co-workers. I learned recently that three out of four heroin addicts started with prescription pain killers. If you or a loved one has developed a dependency on prescription opiates I encourage you to seek help in addressing this before it is too late. It is important we all recognize the signs of misuse:

- **physical changes** such as weight loss, hair loss, poor hygiene, and frequent illness
- **environmental clues** such as missing medications, alcohol swabs, burnt foil or spoons, and, diabetic style needles
- **behavioral changes** such as irritability, changes in sleeping habits, lying, an urgent need for money, and changes in peer groups

If you suspect someone is at risk, enlist a brother or sister in Christ and gently confront them. No one wants to become addicted to opiates and it is a difficult demon to slay without Christ in your life.

Step 3: Be part of the discussion to change our culture. Americans represent 5% of the world's population yet we consume over 80% of its prescription opiates. Somewhere along the way many in our great nation began to believe that there should not be pain in our lives. This is a myth. From the beginning people have sought ways to escape pain and suffering often only to create more pain and suffering. The Enemy loves it when we turn to other solutions for life's struggles for they take us away from God.

Having spent the past ten years working with a population that has lost many battles with substance abuse, I have been blessed with countless opportunities to confront and encourage. Confront gently, encourage sweetly, and believe fiercely.

WORDS TO LIVE BY

*My son, be attentive
to my words;
incline your ear to
my sayings.
Let them not escape
from your sight;
keep them within
your heart.
For they are life to
those who find them,
and healing to all
their flesh.*

*Proverbs 4:20-22
ESV*

Isn't it amazing to
know that God's
instruction book
for life lies within
the very Bible we
can hold in our
hands? His words
are truth. His
words are trust-
worthy. His words
bring life . . .
Eternal life!



A LITTLE VISIT GOES A LONG WAY!

BY: KAYLA K.

Have you ever watched the joy a baby or young child spreads to an elderly person? I have witnessed firsthand how the life and exuberance of little ones light up the faces of those in assisted living/nursing homes. Before my grandparents went to be with Jesus, I would take my son to visit them in an assisted living home when we were in town. Each time we went, he not only brought smiles to my grandparents, but also all those we walked past on the way to the correct room or even the dining room. Once I experienced this, I knew it was something I wanted to continue with my family as our children grow.

And the experience is one from which everyone benefits! Children can learn how, even though they are young, they can serve Jesus by visiting someone and making them smile. In today's busyness of life, moms and dads can grow, too, as we learn the importance of slowing down a little, lending a listening ear, and watching how a simple visit can mean so much. It's truly an example of how God uses each generation to help the other.

Our church has several shut-ins in various homes around Sheboygan. So stay-at-home moms and homeschoolers—consider how you could take time during the day to make one of our elderly friends smile! Not available during the week? People like to smile on Saturdays and Sundays too! Feel free to Contact FCN Coordinator Kristie Ahlborg (452.6520 or kristie.a@e-free-family.com) for suggestions on who or where to visit!



Kayla is a former Radiation Therapist and current stay-at-home mom of two boys ages 4 and 2.

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!