

# 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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## FAMILY-FRIENDLY FALL ACTIVITIES

ARTICLE BY KRISTIE AHLBORG, RN

The changing of seasons is upon us . . . get ready for some autumn fun as you get out and enjoy the beauty of God's creation! Here are some great, inexpensive activities for the whole family:

### HAVE AN AUTUMN PICNIC

Pack yummy fall treats such as hot apple cider or hot chocolate, and anything Pumpkin Spice, of course!



### IT'S APPLE ORCHARD TIME

A true fall classic! We have several local apple orchards in our area to choose from that cater to each one's tastes in the various apple types and flavors.

Bake a scrumptious Hot Apple Crisp or Cobbler or eat an apple right out of the bushel for a healthy snack. Yum!

### GO GET SOME PUMPKINS

Nothing prepares our hearts for the wonder of the Fall season better than going to a pumpkin farm and picking out pumpkins from the colorful array of orange, white, and green-colored pumpkins and gourds of every texture! And don't forget to roast the pumpkin seeds!

### GO FOR A FALL DRIVE

Grab your favorite sweatshirt or a cozy blanket and enjoy the wondrous vibrancy of the fall colors in God's creation while going for a drive. Head home afterward for some roasted marshmallows or popcorn made the old-fashioned way on the stove . . . snacks that are extra special during the cool, crisp fall season!

May you and your family enjoy the blessings in God's gift of the fall season this year!

CONGRATULATIONS TO FCN  
MINISTRY MEMBER CASSIE AND  
HER HUSBAND PAUL ON THE  
BIRTH OF THEIR SON  
ON AUGUST 1!

## MINISTRY MEMBERS

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



From left to right: Paul T., Jane J., Marge V., Mary S., Kristie A., Ker M., Cassie B., Bob A.

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.

Faith Community Nursing Coordinator, Kristie Ahlborg, is now available in the church office on Tuesdays from 1-3pm.

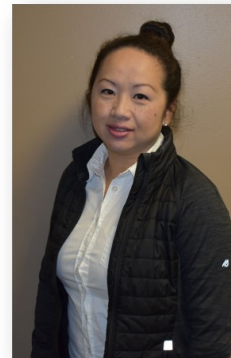


## MEET KER M., FCN NURSE

I am a mother, a wife, a nurse, friend, daughter and most importantly, a child of God because of what Jesus did for me; accepting me with all my failures and sin and loving me enough to make me His own. This grace, His grace, allowed me to immigrate to this wonderful country and allowed me to become a naturalized citizen.

Through hard work, I attended Lakeshore Technical College and earned an associate's degree in nursing. It wasn't easy, but with determination and support from my family, I have decided to go back to school and finish up my Bachelor of Science Nursing degree.

God has blessed me with a great family and a great place to work, I wanted to give back to Him. So a few years ago, I decided to volunteer at the Salvation Army, and I found that I really enjoy helping others because I wanted to make a difference. Through the experiences of volunteering, I wanted to do more so when I heard about the Faith Community Nursing group, I knew that this was a group that I wanted to join because the church is a part of my family.



## SMOKE DETECTOR . . . CHECK!

As we turn the calendars and get ready to turn back the clock when daylight savings time ends (November 4), it's a great time to check your smoke detectors to make sure they are functioning properly. Also, remember to change the batteries to keep them at peak performance! Below are some tips for checking your smoke detector:

- Inspect the smoke alarm visually to ensure that dust and debris aren't blocking the air entry points, and that there's no damage.
- Hold and press the button on the smoke alarm, which should release a loud siren. If you do not hear the alarm, or the alarm sound is quiet, you may need to replace the batteries. If the alarm still doesn't work after a battery replacement, exchange the entire unit.
- Ask a family member to walk around the home while you're testing the alarm to ensure that it can be heard from every part of the house.
- Make sure that the smoke alarm is working by presenting it with actual smoke. Though the button can test whether the batteries are working, placing 2 or 3 lighted matches underneath the unit can ascertain whether it's performing its primary function.

Source: <http://www.westernsafesandiego.com>

**A couple of minutes of maintenance could save your life!**