

# 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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## ADVANCE DIRECTIVES BENEFIT YOU AND YOUR FAMILY

ARTICLE BY JANE J., RN

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.

An advance directive is a legal document that explains to others the kind of medical care you do or do not want. It is used in the event you are unable to communicate this information yourself and, therefore, must be prepared ahead of time, when you are able to make your own decisions.

An advance directive includes:

- understanding your health conditions
- thinking about your health care goals
- considering your treatment options and care choices
- choosing one or more health care agent(s)
- putting your wishes in writing
- communicating your plan



Honoring Choices is the name of the advance directive document currently provided in Wisconsin. You may request the document from your health care provider or you can obtain a form online ([wisconsinmedicalsociety.org/professional/hcw](http://wisconsinmedicalsociety.org/professional/hcw)). If you have already filled out a different form, such as Five Wishes, it is valid, and you do not need to fill out a new form.

Completing an advance directive 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. It helps take the pressure off of family members who may be put in decision-making roles at a time when they are simultaneously processing many emotions.

If you would like assistance filling out an advance directive, visit Kristie Ahlborg, FCN Coordinator, during her office hours at the church on Tuesdays from 1-3pm or contact Kristie (452.6520 or [kristie.a@e-free-family.com](mailto:kristie.a@e-free-family.com)) to set up a time.

*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 MARGE V., FCN NURSE



God has a plan for our lives!

After graduating as an RN from Mt. Sinai Nursing School, I began work at a small Milwaukee hospital. I worked as a charge nurse, IV nurse, head nurse, in-service instructor and nursing supervisor. The varied experience with that hospital would help me years later with a new business endeavor.

After my kids were born, I stayed home with them for 12 years, except for one year when I tried working nights at a nursing home. Finding I couldn't keep up with my kids activities, I quit after a year. During the time I was home with my kids, I had some small businesses in sewing quilts, doll clothes, and crafts. That small business experience was helpful for what God had in store next. When my kids were in high school, a friend asked me to fill in for her vacation by providing care to some home care patients she was seeing. I agreed and was subsequently hired by the home health company. It was supposed to be a temporary, part-time position. After a month, I was offered a supervisory position in a home health office, then promoted to managing the Milwaukee office for this large home care company.

The progressive steps of providing care to patients, managing first a small office and then a large Milwaukee office, and beginning a program for the company to provide care to ventilator dependent children, gave me the experience that was needed to start a home health company. A Christian friend of mine and I started a home health agency called Americare in 1990. With lots of prayer and godly principles, the agency grew rapidly. My business partner was a godly individual and taught me a great deal about business. Soon we had three nursing offices, a pharmacy, and a medical equipment company with over 400 employees. In 5 years we saw over 6000 patients. In 1995, we sold the company to a large national agency.

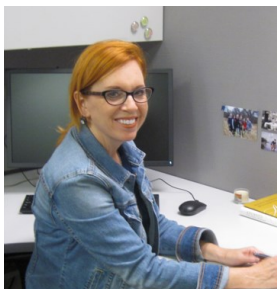
After retiring from a very stressful business, I started a doll and toy store, which was open for 13 years. Near the end of my years with the store, I was approached with an idea of providing for babies in need, and in 2005, God opened the door for our church's BabyCare ministry to begin, and it continues through today.

Each step of my journey prepared me for the next opportunity. God knew the plan all along.

## HERE FOR YOU!



As she begins her 4th year on staff, FCN Coordinator Kristie Ahlborg would like to remind everyone that she maintains regular church office hours every Tuesday, in the library, from 1-3pm. No appointments are necessary!



This time is reserved for anybody who has questions or concerns regarding a medical issue or needing assistance navigating any aspect of their healthcare.

## FCN PROJECT COMFORTS CHEMOTHERAPY PATIENTS

The FCN ministry is in the process of developing gift bags filled with items that would bring physical and spiritual comfort to those undergoing chemotherapy. In response to the growing number of church attendees diagnosed with cancer, FCN will provide gift bags containing standard items like lip balm, hydrating lotion, a devotional book, a head covering, and stomach-calming tea. Other items, possibly symptom-based or gender-based, are being considered.

If you would like more details, or want to get involved with this project, please contact FCN Coordinator Kristie Ahlborg or Heather Tempas, both in the church office (452.6520).