

Parish Nurse Notes



July, 2018

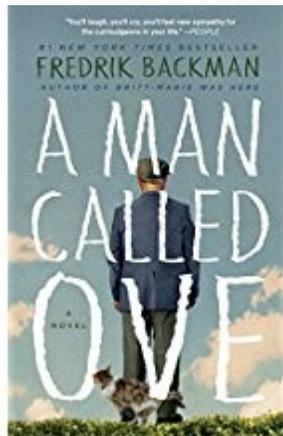


Left: Judy Patsch made a presentation at the May Friendship Manor Coffee. Nancy Olson, Mary Kae Waytenick and Lisa Moore enjoy learning more about the River Boats. **Right:** The support group enjoys time together at the Oelschlaegers. Left to right: Jean Held, Shirley Franks, Deb Bernauer, Jim Nesseler, Dean Anderson, Barb Bernauer & Mary Oelschlaeger

September Book Discussion

Meet Ove. He's a curmudgeon—the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him “the bitter neighbor from hell.”

But must Ove be bitter just because he doesn't walk around with a smile plastered to his face all the time?



Make this one of your “summer reads” and join us for discussion September 11th (Jessica Waytenick will lead the discussion.

BLOOD PRESSURE SCREENING

July 15, 2018

Healthy snacks will be available.



dreamstime.com

Grief Support Group

The Church of Peace will be offering a “Grief Support Group this fall. The materials of Alan Wolfelt will be utilized for this group. Dr. Wolfelt writes, *“The quality and quantity of understanding support you get during your work of mourning will have a major influence on your capacity to heal. You cannot—nor should you try to—do this alone. Drawing on the experiences and encouragement of friends and fellow grievers is not a weakness but a healthy human need..”*

***An organizational meeting will be held:
Thursday August 30, 2018
5:30 p.m.***

***Church Lounge/Fellowship Hall
(Snacks will be served)***

The Group will be based on a 10 session Format. They will set the dates and times of future meetings.

If you are interested in attending the group, please let one of the Parish Nurses know, or call the church office.

Nancy's Notes

Hi Everyone,

July is here with all the excitement and robustness of a two year old, and just as mind bending.



So how about finding your serenity spot. Some may feel a walk in the park is in order (be sure to wear bug spray or serenity will elude you). However, our serenity in nature may be someone else's anxiety spot.

Serenity apparently depends on fit and compatibility in a certain environment. For us older and perhaps "I want to be alone" types—a park, quiet walk in the morning may be our serenity spot. However, that would send more lively individuals to a not so tranquil spot. Some are prone to anxiety and stress, once again it's our personal-ity please. So those folks would fare better perhaps in a hectic urban environment. Think run over by Taxi in Chicago if one foot is off the curb.

So not all serenity spots look alike. Our environment becomes comfortable and when thrown into another differing one, we become anxious.

There are mind and body benefits to feeling less stressed and more mentally restored i.e., regain sanity.

Inflammatory arthritis flares will be reduced and one will be able to manage our health better. So chose the space that makes you comfortable and relaxed. This will help the brain restore itself more quickly.

The Psalmist had it right:

***I will lift mine eyes to the hills.
Whence cometh my help.
My help is in the Lord***

Psalm 121:11



I remain
Heading for the
hills
Nancy O.

The Lesson of Love

God is an all-loving, all-encompassing God who loves us no matter what we do or fail to do. For example, take the story of the prodigal son. Many people are familiar with the story of the young fellow who went out and made a mess of his life and squandered his inheritance. Finally, it says he "came to himself." I wonder why so many people identify with the story of the prodigal son? If I asked for hands, how many of you do not identify with the prodigal son, I would dare you to put up your hand. We are all, in some way, a prodigal son or a prodigal daughter.

When the son comes back home, his father comes out to greet him, with no questions asked and with his arms wide open. There was nothing said like, "I told you so," or "It is about time you came to your senses." No, we do not hear anything like that. The father simply welcomed his son back.

What is this parable all about? We can easily see that the father represents God. God does not condemn; God's love is unconditional. There is nothing so terrible that we could ever do that would cause God to love us less than God loves us now, and by the same token there is nothing so wonderful we could ever do that would cause God to love us more than God loves us now. God's love is constant. Jesus brought that out in the parable of the prodigal son.

GOD BLESS YOU,
Christopher Ian Chenoweth

THINGS I'VE LEARNED FROM MY CHILDREN (From an anonymous mother in Austin Texas)

1. A king size waterbed holds enough water to fill a 2000 sq. ft. house 4 inches deep.
2. If you spray hair spray on dust bunnies and run over them with roller blades, the can ignite.
3. A 3-year-old's voice is louder than 200 adults in a crowded restaurant.
4. The glass in windows (even double-pane) doesn't stop a baseball hit by a ceiling fan.

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