



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

WELCOME TO *THE HONEYCOMB!*

You are holding in your hands the debut issue of The Honeycomb, the seasonal newsletter of the Faith Community Nursing ministry. In each issue, you'll find:

- An introduction to one of the FCN volunteer nurses
- A health article pertinent to the season of the year
- Tidbits that you can use for a healthier lifestyle
- A preview of upcoming FCN-related events or activities

We'll be sharing information via the newsletter 3-4 times per year, and we hope you find it sweet and sustaining. If you have questions about the FCN Ministry, or desire to get involved as a non-medical volunteer, you can reach our FCN Coordinator, Kristie Ahlberg, RN, through the church office, 452.6520.

ARE YOU TAKING YOUR MEDICATIONS CORRECTLY? WHO ME? YES, YOU!

BY: MARGE V., RN

Some studies have shown that 4 out of 10 individuals do not take their medication as they should. According to government estimates, each year in the United States more than 125,000 people die from a failure to properly take their medications. Many emergency room visits could be prevented by taking medications as prescribed. It is suggested that 10% of hospitalizations are due to this problem.

Part of the problem may be not understanding the need for a particular medication, or the timing of when to take it. Knowing the purpose of a medication, and the best times and ways to take it, is critical for the medication to do its job.

Below is a list of nine things you can do to help prevent having a medication error:

1. **Make a list of all medications you are taking.** This list would include the medications and their dosage. Be sure to include any supplements or over-the-counter meds you are taking. It should also include all medication allergies. Show this list to your doctor or the nurse every time you visit them.

2. When you get a new prescription **ask the doctor how long you will have to take this medication.** Ask if it is a certain number of days or until the bottle is empty or if you will need to get it refilled. Ask if this medication should be taken with food or without. Ask if there is a best time of day to take this medication. Ask what you should do if you miss a dose.



3. **Carry a current list of your medications** whenever you go out in case of a trip to the Emergency Room or an accident. You might also want to carry a list of your spouse's medications.

CONTINUED ON PG. 2

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

MEDICATIONS, CONTINUED FROM PG. 1

4. **Use a pill box** to prevent medication errors. Consider using a chart to note if/when you took your medications. We've all experienced a time that when we forgot if we took our pill or not. A correctly-filled pill box prevents errors. There are many types of pill boxes available, including ones that provide spaces for meds 3 times per day for a month at a time.

5. **Read each label carefully** when you take your meds or fill your pill box. Do not take medications in a darkened room.

6. **Take medications at the same time** each day.

7. **Take medications until they are gone.** Do not stop medications without first asking your doctor. Do not stop taking your meds because you don't want to pay for them or because you feel they are not working. There are ways to get medications at reduced prices. Talk to your doctor and/or pharmacist about this.

8. **Don't share your medications** with others.

9. **Discard medications properly** when there is a community-wide day to collect unneeded or expired medications. In Sheboygan, you can drop off old meds at the N. 23rd St. police station anytime.

Be safe. If you need help organizing your meds, call the church office at 452.6520 to have a Faith Community Nurse come and help.

MEET BOB A., FCN NURSE

I grew up in a Christmas and Easter Catholic household and, when given the option at age 15 to not attend church, I stayed away . . . for nearly 30 years.

I graduated from nursing school in 1985 along with the woman who is now my wife, Kristie A.. Upon graduating, I worked in the ICU, Cardiac Cath Lab, and Home Health Care in Nashville, TN. In 2003 when going through some self-inflicted turmoil, God put three different people in my life that led me to a relationship with Christ. After moving to Wisconsin I continued to work in the Cardiac Cath Lab at St. Luke's Hospital in Milwaukee, WI. In 2007 God called me to work for the Department of Corrections where I remain today.

During the past 14 years as a believer, God has given me many opportunities to be his hands and feet here on earth. He has carried me to Mexico on mission trips, allowed me to pray with patients in environments where this was frowned upon, and placed countless spiritually- and physically-broken people in my care for those moments in their lives where He is seeking a deeper relationship with them. I have also been involved in the Faith Community Nursing ministry at eFree since 2009. I hope to continue working with inmates for the remainder of my career as it has been an extremely rewarding field in which to be an RN.

Recently at work, I was having a challenging morning and it showed. When I asked one of our patients how he was doing, he responded with one simple word – "blessed". It changed the direction of my day in a very positive way as I too was blessed.



DO
small things
with great
LOVE

SUMMER BRINGS SUNSCREEN & SMOOTHIES

BY: KAYLA KAUTZER

If your household is anything like ours, by May you're no doubt looking forward to slipping on some sandals and walking out the door. No coats. No earmuffs. No mittens. Perhaps moms of young children appreciate this most as it no longer takes us longer to get ready to go outside than we actually spend outside playing! That being said, as we head out the door to enjoy the warmth, DO remember to apply sunscreen. And keep in mind it's important for both kids and adults! According to the American Academy of Dermatology, it is estimated that 1 in 5 Americans will develop skin cancer in their lifetime. Help lower your risk by using sunscreen! Below are some tidbits that will help you understand and remember the importance of sunscreen:

- **Go broad** . . . Did you know there are two different types of harmful rays emitted by the sun? UV-A rays can cause your skin to wrinkle and age prematurely. These types of rays can pass through window glass. UV-B rays are the ones that can cause sunburn. They cannot pass through window glass. Overexposure to either type can result in skin cancer. A broad-spectrum sunscreen is one that protects against both UV-A and UV-B rays.
- **30+** . . . Use a sunscreen with an SPF (sun protection factor) of 30 or higher. An SPF 30 sunscreen will block 97% of the sun's UVB rays. Higher SPF sunscreens do block a bit more, but no sunscreen will block 100% of the sun's UVB rays.
- **Use enough** . . . On average, people use 25-50% less sunscreen than they should! A good guideline is to use 1 oz, adjusting appropriately for body size and what areas will be exposed to the sun (face, ears, neck, arms, hands, legs). In addition to sunscreen, keep in mind there are now numerous clothing options, including swimwear, that have UV protection in the fabric.
- **Plan ahead** . . . sunscreen should be applied 15 minutes before going outside.
- Once may not be enough . . . if you are outside for an extended period of time, remember to reapply sunscreen every 2 hours.
- **Leftovers?** . . . FDA regulations require sunscreen to maintain its strength for 3 years. Also look for an expiration date on the bottle. (Keep in mind this regulation does not apply to spray sunscreens.)

Then, after some time enjoying outdoor summer fun, why not cool off with a nutritious smoothie?! Smoothies are a great way to get vitamins and nutrients in a delicious form! Our boys love them all year round and think it's one of the best ways to "eat their veggies"! You can find countless recipes on the internet, but really you can be the judge. Some good guidelines are to use some frozen and/or fresh fruit (bananas, strawberries, and blueberries, etc.). Frozen fruit will make for a thicker smoothie. I try to keep some frozen banana slices in the freezer for a quick smoothie base. Next add a few veggies (carrots, kale, we've even used fresh broccoli), and a liquid (milk, water, or orange juice). Feel free to add yogurt or ice chips, too. Put everything in a blender and enjoy!

Just think: on a "sunscreen and smoothie" day, you'll help lower your risk of skin cancer by protecting your skin from harmful UV rays as well as fuel your body with vitamins and nutrients!

(Sunscreen tips taken from the American Academy of Dermatology, www.aad.org.)



Know the signs of dehydration: dry, sticky mouth; thirst; decreased urination; little or no sweating; muscle weakness; headache; dizziness or lightheadedness. Drink more water (not sports drinks), and find a cool spot in order to avoid heat exhaustion.

WORDS TO LIVE BY

A joyful heart is good medicine, but a crushed spirit dries up the bones.

Proverbs 17:22

In our Christian walk, joy is not a feeling but a choice. And when circumstances disappoint, we can . . . we should . . . choose joy because we know the One who holds us in the palm of His hand. The same God who orchestrates the universe knows the very hairs on our heads. Not only so, but He chose, by His grace, to save us. And so we trust in the One who does all things well. So when the sun shines and when the rain falls, choose joy, dear friends, choose joy!

YOU CAN VOLUNTEER, TOO!

Did you know that you can be a part of the FCN ministry, too, even if you don't have a medical background? In addition to medical oversight, FCN finds sometimes those in our church family need other types of help. Below is a list of non-medical volunteer opportunities. If you are interested in helping, please contact Kristie Ahlborg by calling the church office 452.6520 or by email (kristie.a@e-free-family.com)

- Pray with someone
- Make a nursing home visit
- Make a hospital visit
- Make a home visit
- Babysit 2 hours
- Provide a freezer meal
- Provide a meal to be delivered
- Send an encouraging email
- Send an encouraging card in the mail
- Yard work
- Light housekeeping
- Provide personal care
- Join driver pool
- Read Scripture to someone
- Clean a kitchen
- Run errands
- Balance a checkbook



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!