

THE HONEYCOMB

Faith Community Nursing Newsletter - Sheboygan eFree Church

*Gracious words are like a honeycomb, sweetness to the soul
and health to the body. Proverbs 16:24*



It's that time of year!

As we head into cooler temperatures and the flu season, it is fitting to say a few words about the importance of the immune system as well as offer helpful tips on how to keep our immune system functioning properly. First, let's talk about what the immune system is. It is a specialized and intricate network of cells, such as white blood cells (leucocytes), and organs, such as the spleen, the tonsils, the thymus, as well as the bone marrow, and the lymphatic system. Each of these components of the immune system is charged with unique ways to defend our bodies against undesirable invaders such as pathogens, bacteria, viruses, and other insults.

In order for the immune system to do its job effectively, it must be healthy. Outside of specific autoimmune disorders, here are straightforward and cost-effective ways to help ensure our immune systems are functional and robust:

- Get 7-8 hours of sleep each night
- Watch salt intake, sugar intake, alcohol intake, and fat content
- Get at least 30 minutes of exercise 3-5 times per week
- Do not smoke or vape
- Maintain a healthy weight
- Eat a balanced diet chock full of fresh fruits and veggies

The immune system is a fascinating and miraculous arrangement that is integral to life! Following this game plan can go far in helping to keep our bodies and immune systems strong and competent!

Kristie Ahlborg, BSN RN FCNC

FCN IS HERE FOR YOU

Promoting health wellness among our church family is an important aspect of FCN. We want to help you navigate the world of medicine - whether it be long-term care, a recent diagnosis, or preventative health.

If you have questions or concerns, Kristie Ahlborg, our FCN Coordinator, maintains office hours at the church on Wednesdays, 10:30am-12:30pm.



A New Face Joins FCN

My name is Diane Hesketh. My husband, Richard, and I live just west of Cleveland and have been married for 47 years. We have two daughters, Rebekah and Joanna (married to William Swaim and expecting their first baby). We also have five sons: Daniel (married to Katie), Jonathan (married to Margo and raising four children), Mathew (married to Alexandria and just had their first baby), David, and Micah. We are retired and enjoying the freedom to travel, especially since Daniel lives in Los Angeles, CA, and Matthew lives in Cleveland, OH.



My grandmother was a nurse and sometimes took me along during home visits. Throughout high school, I volunteered at a local hospital (does anyone remember Candy Strippers?), reinforcing my desire to enter nursing. I graduated from a two-year hospital school of nursing diploma program in Chicago, IL, in 1974 and became licensed as an RN in Illinois. I worked in the Medical/Surgical ICU, Surgery, Recovery Room, Home Health Care, and NICU. I resigned from the NICU to be a stay-at-home mom when our first child was born. When we moved to Wisconsin 30 years ago, it took some time for Rich to establish his business, so I took the RN refresher course at LTC. I became licensed as an RN in Wisconsin and worked casually in the Medical/Surgical unit at Valley View Hospital in Plymouth to help with expenses. I resigned when David was born. The bookkeeping for our family business and homeschooling all our children from K-12th grade fully occupied my time after that! Most of my nursing experience over the last 27 years has been caring for family members in various ways: surgeries, broken bones, auto accidents, cancer treatments, geriatric care, palliative and hospice care, and helping friends navigate medical issues. You never stop being a nurse!

I am so blessed to have this opportunity to serve the members of Sheboygan eFree Church as an FCN nurse.

Everyone Can Join FCN

Did you know you don't have to have a medical background to be involved with FCN? FCN also encourages our church family by matching volunteers ready to assist others with non-medical needs, such as running an errand, light housework, or reading Scripture.

Visit the FCN page on the church website and fill out a Non-Medical Volunteer form, and we will connect you with someone to bless!



Get Certified

Watch for details of an upcoming CPR class that will be offered. This is an excellent opportunity to become AHA-certified to potentially save a life!

