

**May 2020**  
**Health and Wellness Newsletter**

**The Good News is that Jonesborough Presbyterian Church has no known CoVid-19 Cases at this time. On the other hand, Washington County is lagging behind other parts of the U.S.**

Ballad Healthcare's analysis of other communities that are successfully stopping the spread of the disease suggests we must target a goal of reducing our travel **and** physical contacts by 75% for multiple weeks.

We are lagging behind other parts of the U.S. in our physical distancing efforts – especially in reducing the number of visits and time spent at non-essential locations.

**No county in our region has decreased non-essential visit activity by more than 45%. And most counties have reduced non-essential visit activity by less than 25%.**

**This is not enough to slow the spread of COVID-19.,**

What is considered essential will likely vary based on the needs of each location. But businesses that people rely on in everyday life will largely remain open. Nonessential businesses are generally recreational in nature. They don't provide groceries, health or financial support, or utilities.

**We must remain vigilant for the time being. The lives of others depend on our willingness to indulge in the notion that these guidelines do not apply to us. Continue to practice frequent hand washing, donning face-masks and social distancing when leaving the house.**

**Soup Ministry** continues to serve over a dozen members of the congregation. Thanks to our soup makers & bread bakers Susan Hagar, Rebecca Comer, Marat Moore, Ida Shurr, Lee Clements, Marilyn Buchanan, Dawn Bickerton and Marianne Huff. Delivery services have been provided by Rebecca Keeler, Doug & Eileen Hilmuth, Bob Shurr and Susan Hagar. We have been able to provide hand sanitizer and masks thanks to Chuck Collins, Kathy Bickerton, and Pat Bollman. Thank you all!

**JPC Garden Ministry** will be delivering our first harvest soon with fresh spinach and lettuces. We are maintaining safe distancing as we work the gardens at the Hillrise Garden and the Garden of Hope.

**Walking Ministry and Jonesborough Arboretum-** Exercise and fresh air are essential in staying healthy. Please consider establishing a walking program with an accountability partner or working in the Butterfly Garden at the Arboretum. Contact Geffrey Hoare at 352-214-5379. If you would like a walking devotional please contact Carol Jernigan at 901-485-4280, call or text.

Carol Jernigan, your Faith Community Nurse, is available to answer questions, find needed supplies, groceries or provide transportation to medically related appointments