

**News from Faith Community Nurse, Carol Jernigan
December Health and Wellness
It's All in the Hands
National Hand washing Awareness Week
December 2-8**

There are many types of germs (viruses, bacteria, parasites, fungi) that cause many types of illnesses - including the common cold or flu, food borne illness, Lyme disease, hanta virus, or plague. These germs can spread easily from one person to another - and have wide-reaching effects.

Beware the T Zone!

- **One of the most common ways people catch colds is by rubbing their noses or eyes after touching someone or something that's contaminated with the cold virus (rhinovirus).¹⁸**
- **Some foodborne illnesses are spread through lack of hand cleaning. In fact, certain strains of E. coli, salmonella, and other bacteria can live on surfaces like cafeteria tables and doorknobs for up to two hours.**
- **Rotavirus - a germ that causes gastrointestinal illness - can be transferred from a dry, smooth surface to a clean hand for as long as 20 minutes after the surface has been contaminated.**
- **Salmonella infections are responsible for an estimated 1.4 million illnesses each year.**

The 4 Principles of Hand Awareness:

- 1. WASH your hands when they are dirty and BEFORE eating.**
- 2. DO NOT cough into your hands.**
- 3. DO NOT sneeze into your hands.**
- 4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.**

Gentle Yoga will be taking a break through the month of December. Classes will resume Tuesday, January 15. Each class is geared toward participant's needs and limitations. Chairs, mats, blocks and other props are provided.

The Community Gardening season has come to a close. We were able to provide 90 bags of lettuce, 50 bags of spinach, 40 lbs. of sweet potatoes, several bushels of okra, beets, carrots, beans, mustard greens, collards and dill. Our garden consisted of seven 4'x8' raised bed boxes maintained by Marianne Huff, Lea Florence, Terri Knight, Tony DeLucia and Dawn Heaton with garden tool maintenance provided by Rick Gibson. All produce was given to the JAMA Food Pantry on a weekly basis. The gardening season runs from April through late November. Thanks to all who provided their time, labor and commitment!

Please join the PCI (Pastoral Care Initiative) on Sunday, December 16th at 3 pm for a Service of Healing and Hope, designed to provide remembrance for those who have lost a loved one, feel the winter blues bearing down or just feel a need to find a quieter approach to the holiday season. This 30-minute service will begin at 3 pm in the fellowship hall with cider and cookies to follow. All are welcome.

Faith Community Nurse, Carol Jernigan is available for home and hospital visits, transportation to medical appointments.

Stop by for a blood pressure check on December 30th in the Fellowship Hall.

Carol Jernigan, Parish Nurse

