

June-July Health & Wellness

Thanks to All!

Thank you all who helped prepare and served another successful Lunch & Learn on May 9th. Speakers Crystal Woods and Scott Farmer from Ballad Health provided us with useful information about how to keep our body and our muscles moving. If you were unable to attend, there is information available in the church office. Thanks again to Rebecca Comer, Susan Hagar, Alexis Burkett and Kathie Dameron for another great meal. Stay tuned for our next Lunch & Learn this fall.

Soups On Ministry

Our Soup Ministry was a great success this past winter thanks to our volunteer teams. Soup and Bread makers included Marianne Huff, Marilyn Buchanan, Alexis Burkett, Marat Moore, Irene Mitchell, Karen Welch, Kathie Dameron, Joanne Comer and Rebecca Comer. If you would like to contribute meals this summer please contact me at 901-485-4280 or misselaine57@yahoo.com.

Gentle Yoga

Gentle Yoga is taking a break after our initial 12 week run for 2018. Classes will resume later this summer. Gentle Yoga includes both sitting and standing gentle stretches. Props are provided. Thanks to participants Corrine Parnell, Joanne Comer, Barbara Grooms, Carolyn Shepard, Frances Collins, Carol Salinas, Lea Florence, Bunny Downing, and Sara Nan Byrd for the support of this ministry.

Garden Ministry

After a wet, cool early spring the Jonesborough Community Garden is picking up momentum! We have delivered dozens of fresh leaf lettuce, spinach and beets to JAMA Food Pantry. Coming soon will be carrots and more beets, okra, and green beans. Joining us this summer is a great group of FFA students from David Crockett High School with their sponsor Ryan Arnett. For the first time we are pleased have a young family helping us harvest in the garden as well. If you like to work independently or want to learn more by working in a small group, this is a perfect way to enjoy fellowship, provide food for the pantry and enjoy the garden! Special thanks to Marianne Huff, Dawn Heaton, Terri Knight, Lea Florence, Tony DeLucia and Glenn Walker. Jonesborough Community Garden is located at 503 Hillrise Drive. We meet on Tuesday or Wednesday afternoons at 4:30 for harvesting.

Vital Signs

Blood Pressure Screenings, Medication questions and conversations with the Parish Nurse are held every 4th Sunday in the Fellowship Hall. Stop by and say hello! Parish Nurse, Carol Jernigan, is available for hospital visits, transportation to doctor appointments and home visits. I will be out of town June 1st- 17th. Please call the church office to set up an appointment.

Carol Jernigan