

**Health & Wellness Newsletter**  
**Carol Jernigan, FCN**  
**January 18<sup>th</sup> 2021**

**“Phenomenal Will”**

**Are you willing to step out of your comfort zone? Are you willing to listen when talking is more your style? Are you looking carefully to see how you might make a difference in someone else’s day? It is our willingness to acknowledge someone and the importance of their presence in our own life that creates community and reminds us that we are all children of God.**

***“Just for today, do somebody a good turn and not get found out...”***

For the sixth year, the Health & Wellness Ministry looks forward to engaging with the congregation in 2021. Members of the team include Carol Jernigan, JPC-FCN, Ida and Bob Shurr, Corrine Parnell and Susan Hagar. We will be working along side the CL&M Committee and the Shalom Circle in order to ensure that all our congregational community receives physical, emotional and spiritual support.

**Our ministry has included classes in CPR, Mental Health First Aid, the Ministry of Listening, Gentle Yoga, and the Arthritis Foundation’s Walking for Fitness.**

**The Garden Ministry** has provided outdoor fellowship and exercise while providing fresh produce to our neighbors at the JAMA Food Pantry.

**Lunch & Learn** is a monthly fellowship and educational opportunity with speakers from the healthcare community.

The **Soup Ministry** gives the opportunity to bring fresh, home made soups and breads to those individuals who may not be able to prepare fresh meals.

Our **Health & Wellness Ministry** is ever changing to meet the needs of the congregation. We look forward to the day when we can all be together again!

**The Faith Community Nurse role** is to assist members and others in the community to reach their optimal level of whole person health. Helping to meet the emotional, physical and spiritual needs of individuals is the desired outcome of the program.

The **FCN** is a Registered Nurse who acts as counselor, educator, and nurse by identifying needs of the congregation, coordinating health screenings, providing educational programs, supplying health literature, and referral to, or direct provision of, supportive services. I provide transportation to and

support during medically related appointments. My number is 788-3082 or by email [misselaine57@yahoo.com](mailto:misselaine57@yahoo.com).

Through generous donations we now have gently used **DMEs** available to the congregation. If you are in need of a walker, wheel chair, quad canes or any other item, please call the church office to make a request. If you would like to make a donation please contact Carol or Kelli.

### **COVID-19 Info**

**If you know someone who qualifies for the COVID-19 vaccine and would like to take advantage of this opportunity, please encourage them to contact their Tennessee-based Ballad Health Medical Associates provider, this includes primary care, specialists and urgent care centers.**

The vaccine is available free of charge for all patients in this category and they will not be billed for the service, however, Ballad Health will file it with their insurance company.

Community vaccination centers open on Tuesday, Jan. 5, by appointment only, Monday through Friday, from 9 a.m. until 4 p.m., and on Saturdays, from 1 p.m. until 4 p.m. The centers will be located at:

- **Bristol:** Bristol Regional Medical Center conference center
  - 1 Medical Park Boulevard, Bristol, TN
- **Johnson City:** The Wellness Center
  - 200 Med Tech Parkway, Johnson City, TN
- **Kingsport:** Indian Path Community Hospital, Building 2205 (behind main hospital building)
  - 2205 Brookside Drive, Kingsport, TN

The vaccines for community members must be administered in two doses, with the second following either 21 (Pfizer) or 28 (Moderna) days after the first. Vaccine center team members will schedule the second appointment when patients check in for the first one.

Also, when community members arrive at the community vaccination center, **they must bring an ID and insurance card, if they have one, wear a mask at all times and remain six feet away from others.** If you or a team member has additional vaccine-related questions, please contact 423-302-6999

The vaccination clinic at **James H. Quillen VA Medical Center (Mountain Home, TN)** is now open to all **registered Veterans, 65 years of age and older-**

Mon. - Fri. from 8:00 a.m. - 3:00 p.m. The latest we've heard is that appointments are required.

[https://www.va.gov/health-care/covid-19-vaccine/stay-informed?utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=COVID-19%2CCOVID-19+vaccine%2CSCOD&utm\\_term=&utm\\_content=](https://www.va.gov/health-care/covid-19-vaccine/stay-informed?utm_source=facebook&utm_medium=social&utm_campaign=COVID-19%2CCOVID-19+vaccine%2CSCOD&utm_term=&utm_content=)

The following are reliable sources of information concerning the virus. **Please do your part right now and observe social distancing.** Remember, if you have symptoms of COVID-19: cough, fever, or shortness of breath, call the Regional Health office at 423-979-4689 or Ballad Health's Nurse Connect number at 833-822-5523 to be screened over the phone.

[https://www.signupgenius.com/go/nerwashington\\_prioritylist](https://www.signupgenius.com/go/nerwashington_prioritylist)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.tn.gov/health/cedep/ncov.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

Finally, I have found these bible passages meaningful to me over many years. We are to remember that we always have resources of available to protect and support us!

*Therefore put on the full armor of God, so that when the day of evil comes, you may be able to **stand** your ground, and after you have done everything, to stand. **Stand** firm then, with the belt of **truth** buckled around your waist, with the breastplate of **righteousness** in place and with your feet fitted with the readiness that comes from the **gospel of peace**.*

Ephesians 6

*Thou wilt keep him in **perfect peace**, whose mind is stayed on thee: because he trusteth in thee. **Trust ye in the LORD** for ever!*

Isaiah 26:3