

October Health & Wellness

What's worse than a Pandemic- A Twindemic!!

Have had your flu shot? Vaccines help in two ways:

Prevent the spread of the virus.

Prevent you from getting the flu or lessen the symptoms.

This sounds pretty straight forward, right? The first prevention is about taking care of others in our communities. The second prevention is about taking care of you and your family. If you haven't had your flu shot, now is the time! It will be quite a while before a Covid vaccine will be available so take advantage of the current vaccines available to take care of you, your loved ones and your community.

"Masks? Check! Hand sanitizer? Check! Social distancing? Check! Wipe it down? Check! Wash your Hands? Check! Check! Check! Check!"

That's the routine now. It is still hard and some days it is exhausting.

Pandemic fatigue is real.

As the CoVid presence grows in our congregation, in the little town of Jonesborough and the state of Tennessee, we must be mindful to **stay present in the moment**. "Staying present" takes intention and practice. **Intention** means that you look to find what it is you are looking for. So set your intention to find quiet time to hear the sounds that surround you, the sound of your own breath and the space between your thoughts. Let this begin your **practice**. As any music student knows, practice means trying every day to put aside the time to make it happen. If your thoughts are making it hard, write them down. **Put pencil to paper** and give voice to intrusive thoughts- then let them go. Like an unruly child, those thoughts just want to know that they have been heard. **Set your boundaries** and move on to your day. Finally remember to breathe! **Breathe with intention**. This will flip the switch from the anxiety of "fight or flight" to the calmness of "rest and digest". Here is a short video that will show you the importance of our breath and an easy breathing practice is taught at the end.

<https://www.youtube.com/watch?v=4Lb5L-VEm34&feature=youtu.be>

Soup Ministry- The Health & Wellness Team will begin delivering soups this month. If you know of some one in our congregational community that might appreciate a meal of warm soup, roll and cookie, please contact the church office or a member of the team- Ida Shurr, Corinne Parnell, Susan Hagar or Carol Jernigan. We are following strict guidelines for food preparation and delivery.

Garden Ministry- Our JAMA garden is winding down for the season! We still have turnip greens, turnips, winter squash and sweet potatoes growing in our garden. Many thanks to those of have helped plant, harvest, process and deliver! As an additional offering to the JAMA food pantry, we are collecting **dental care items** for the month of November. We have collected 40 toothbrushes so far and will need at least 90 more to accommodate the 130 family units that utilize the JAMA food pantry. **Please donate any unused or unopened toothbrushes, toothpaste, mouthwash or dental floss. Our box is in the Fellowship Hall.**

Health & Wellness Volunteers- Are you interested in being a part of this ministry? This group is a Subcommittee of the CL&M committee with an emphasis on the care and support of congregational members in need of spiritual, mental and spiritual connection. Please contact Pastor Allen or Faith Community Nurse, Carol Jernigan, if you have any questions or are interested in this ministry.

Carol Jernigan, FCN is available for transportation for medical related appointments, phone calls or home visits. Call 788-3082.