

# The HONEYCOMB

Gracious words are like a honeycomb, sweetness to the soul and health to the body.



FAITH COMMUNITY NURSING ~ A MINISTRY OF SHEBOYGAN eFREE CHURCH

HELPING PEOPLE, ENCOURAGING HEARTS.

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## SUCH A SMALL AMOUNT TO GIVE . . . SO THAT SOMEONE ELSE MAY LIVE

Get ready for our upcoming Blood Drive, conducted by the Community Blood Center (CBC), on Wednesday, May 26 from 8am to 1pm at our church. CBC began partnering with six HSHS hospitals in Wisconsin, including St. Nicholas Hospital in Sheboygan, in July 2020. CBC has been serving hospitals and patients in Wisconsin and the Upper Peninsula of Michigan since 1955.

In the last year, CBC has lost more than 700 blood drives and 10,000 units of blood due to the pandemic and its resulting circumstances. The blood units that will be collected through the blood drive hosted at our church will be for local use in our community! Patients rely on this donated blood supply for routine medical treatments, surgeries, injuries, and unexpected traumas.

Watch for details on sign-up information in the next few weeks. Thank you for your consideration in helping to save lives in our community!

*Did you know?*

- \* You are still eligible to donate blood if you have had Covid-19 and are 14 days past recovery.
- \* You are still eligible to donate blood if you've had the Covid-19 vaccine.

For more eligibility guidelines, visit <https://www.communityblood.org/resources/donation-eligibility/>

- Every 2 seconds, someone in the U.S. needs blood
- Platelets have a shelf life of 5 days
- An accident with significant blood loss will typically use more than 50 pints of red blood cells
- 35,000 blood donations are needed every day
- Red blood cells have a shelf life of 42 days
- a patient receiving an organ transplant will need, on average, 40 units of blood, 35 units of platelets and 25 units of plasma



The annual FCN-sponsored blood pressure screening was a success!

## MORE WAYS TO SAVE LIVES

The Heartsaver CPR class scheduled for Monday, April 26, from 6:30-9:30pm is full!

However, if you are interested in getting certified for CPR in the near future, Kristie Ahlberg, FCN Coordinator, will be looking to schedule a future class this fall based on demand. Stay tuned!



# DEALING WITH QUARANTINE WEIGHT GAIN

WRITTEN BY ROBERT AHLBORG, RN  
NURSE CLINICIAN 2/WAUPUN CORRECTIONAL INSTITUTION

Working in a correctional facility during the past year has been an experience. In what became a futile attempt to slow the spread of the virus, we limited movement in the facility as much as possible for nearly 9 months. So what do you get with an already overweight population when you lock them in a 6 x 9 foot cell for months at a time? You get weight gain . . . and lots of it. We were able to quantify the average weight gain for our population, and it was substantial. On average, our patients gained 22 pounds from March 2020 through March 2021.

Not surprisingly, the community we live in has had similar experiences with weight. We have all read stories of the "Covid-19" weight gain where the number 19 is the average gained in pounds! All of us have had limits placed on our activities over the past year. Additionally, the role stress plays in promoting weight gain cannot be ignored -- and there has been no shortage of stress.

So what can you do about it? Yes, there are still restrictions on going to the gym and doing group activities. And as the threat from Covid-19 diminishes, there are new stressors ready to take its place. I encourage all those who want to lose weight to get creative in their approach as many of the well-known guidelines may have to be adjusted.

Below are several proven steps to facilitate weight loss, and I've seen these be effective in people who have far greater restrictions on movement than most of you could imagine.

1. The first thing I recommend is stepping on the scale. As difficult a step that may be for some of us, it needs to be done; we need a baseline to measure against. So pick a day of the week and weigh yourself first thing in the morning. Do this after you have used the bathroom and wear the same clothes every time you step on that scale.
2. Once you know your weight, find a BMI calculator on the internet (Basic Metabolic Index). Enter your data, and you will get a numeric value that tells you your BMI. A healthy BMI is between 18.5 and 25. If you are between 25 and 30, you are overweight. If your BMI is over 30, you have some serious work to do. Remember, we're here to encourage you along the way!
3. The next step is to develop a plan based on the 4 pillars of weight loss:

**Diet:** To lose a pound per week you have to reduce your intake by 500 calories a day. This is where you need to read food labels, use smaller plates, drink water before you eat, and eat the protein portion first at each meal. There are a plethora of diet plans available, so choosing one that fits your lifestyle is up to you.

**Exercise:** If you can't go to the gym, go for a hike or lift weights at home. The key here is to get moving! The successful patients I see will work out for an hour inside a tiny cell while their cellmate waits for his turn in the little space that they have. Get creative!

**Sleep:** Getting adequate rest is critical for weight loss. When we are tired, we eat . . . and usually more than we should. Avoid eating right before you go to sleep because those calories generally end up getting stored as body fat.

**Stress Reduction:** This verse tells us what we already know in our hearts:  
*Come to Me, all who labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light*  
The Bible is the ultimate self-help guidebook and is invaluable when tackling the difficult task of losing weight.



One thing we have learned about this virus is that people who are overweight have fared the worst if they become sick. All four of the patients I worked with that succumbed to Covid-19 had BMI's over 30. Out of the 17 patients we had to hospitalize at my institution, 16 were also in the over 30 BMI group. We can all better prepare ourselves for any potential illness by achieving and maintaining a healthy weight.

In closing, I encourage everyone to eat light and eat lean. The closer the food you eat looks like it did when it walked the fields or came up from the ground the better . . . and get moving!