

WEEKLY NEWS—AUGUST 21 & 22, 2021

PRAYER REQUESTS

MEMBERS

- Orval and Judy Stuckemeyer—COVID-19, asymptomatic
- Carolyn Tudor and family—her husband Jim went to his eternal home Sunday evening
- Linda DeGuzman—strength and healing of arm and hand
- Dennis Rusk—suffered mini-strokes, in rehab
- Linda Capriotti—in need of strength and healing
- Martha Music—strength and healing following surgery
- Jane Sloman—strength and healing following procedure
- Pam King—strength and healing from hip replacement surgery on the 15th
- Norm Kurtz—strength and healing from infection
- Bill Sloman—undergoing radiation, in need of strength and healing
- Virginia Johnson—cancer in colon and lymph nodes, in need of strength and healing



GUESTS, FAMILY AND FRIENDS

- Stan Hammer—diagnosed with Lymphoma Stage 3, starting chemo, friend of Jane Schneeberger
- Luann Laxton—COVID-19, Daughter-in-law of Ken and Mary Laxton
- Marjorie Sayers—suffered a stroke and may have kidney disease, friend of George & Judy Koegel
- Jackie Blocker—cancer of her back, going to start radiation, cousin of Jane Schneeberger
- Earl Timmons—battling cancer, neighbor of Carolyn Tudor
- Pam Osgood—starting cancer treatment—sister of Bill Christensen
- Beryl Schiltz—placed in Hospice Care due to cancer—friend of Darci Allison
- Jim Suskiewicz— In need of successful rehabilitation, Brother-In-Law of Martha Music
- Curtis Collins—strength and healing, son of Bud and Liz Collins
- Tania Cruser—recently diagnosed with breast cancer, daughter of Anita & Bob Muhlhauser
- Rick Hillis—cancer in both his kidneys, cousin of Carolyn Tudor
- Jim Callanan—strength and healing while going through lung cancer treatment, uncle of Jerry Dalton

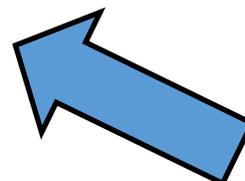
SuperSeniors

Here are the new notification dates/ times:

SuperSeniorS, friends, neighbors, relatives, vets and patriots. Please join host Great Uncle Sam at 1:00 ⌚ pm on Thursday August 19th for our annual patriotic event. Our “Red, White and Blue Summer “ event will feature our most requested performer, Joe Thayer accompanied by guest vets Bob (music man) Moffitt on saxophone and Al (blues man) Garcia on harmonica. View on “livemusiclive Beautiful Savior SuperSeniorS “

or just click on this link <https://youtu.be/a-tj5XuDJzM>

NEW LINK!



Information Series for Adults

What You Need to Know About Heart Disease and Adult Vaccines

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die. People with heart disease and those who have suffered stroke are at higher risk for serious problems from certain diseases.

Getting vaccinated is an important step in staying healthy.



Why Vaccines Are Important for You

Heart disease can make it harder for you to fight off certain diseases or make it more likely that you will have serious complications from certain diseases.

Some vaccine-preventable diseases, like the flu, can increase the risk of another heart attack or stroke.

Immunization provides the best protection against vaccine-preventable diseases.

Vaccines are one of the safest way to protect your health, even if you are taking prescription medications.

Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

Getting Vaccinated

You may regularly see a cardiologist, or your primary care provider. Either is a great place to start! If your healthcare professional does not offer the vaccines you need, ask for a referral so you can get the vaccines elsewhere.

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations. To find a place near you to get a vaccine, go to <http://vaccine.healthmap.org>.

Most health insurance plans cover recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers covered by your plan. If you do not have health insurance, visit www.healthcare.gov to learn more about health insurance options.

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, visit www.cdc.gov/vaccines/adults.

What vaccines do you need?

Flu vaccine every year to protect against seasonal flu

Pneumococcal vaccines to protect against serious pneumococcal diseases

Tdap vaccine to protect against tetanus, diphtheria, and pertussis (whooping cough)

Zoster vaccine to protect against shingles if you are 50 years or older

There may be other vaccines recommended for you so be sure to talk with your health-care professional about what is right for you.

**DON'T WAIT.
VACCINATE!**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Youth Escape Room

Sunday, August 22nd
12:00 Noon
(after the 10:30 Service)

Meet in the Youth Room -
We will have lunch
then drive over
to the Escape Room



**Sunday School for the children starts next Sunday,
August 22nd at 9:15 a.m. in the Still Building.**

What is Hope Seeds?



Hope Seeds is a Christian, charitable ministry that seeks to improve the nutrition of the poorest in the world, by providing quality garden seed and agricultural education through Christian missionaries and organizations. Did you know that something as small as a vegetable seed can provide food, nutrition, and income for the most vulnerable people and their communities throughout the world? Seeds are a powerful resource in resolving global hunger and relieving poverty.

Seed packing is one of the most important ways to get involved at Hope Seeds. Families, individuals, churches, youth groups, schools, clubs, etc., can all get involved by helping to pack seeds that will be distributed throughout the world to help relieve hunger and restore hope. Thousands of volunteer hours every year allow Hope Seeds to affordably send quality seeds that benefit the hungry.

Seeds are scooped into individual small packages and labeled according to their variety. Family Packs are assembled with ten nutritious varieties of seeds that are intended to provide a wide range of nutritional needs. Included in each Hope Garden Family Pack is the gospel message, The Message of Hope, in an appropriate language for the destination.

Come join the LWML Ladies on Tuesday, September 7th from 10 a.m. to Noon as they meet together to package some seeds. The sign-up sheet is on the LWML Table in the Fellowship Hall.



Veterans from all eras are reacting to the events in Afghanistan, such as the U.S withdrawal and the takeover by the Taliban.

You are not alone.

Veterans may question the meaning of their service or whether it was worth the sacrifices they made. They may feel more moral distress about experiences they had during their service. **It's normal to feel this way.** Talk with your friends and families, reach out to battle buddies, connect with a peer-to-peer network, or sign up for mental health services. Scroll down for a list common reactions and coping advice.

Resources available right now

Veterans Crisis Line - If you are having thoughts of suicide, call [1-800-273-8255](tel:1-800-273-8255), then PRESS 1 or visit <http://www.veteranscrisisline.net/>

For emergency mental health care, you can also go directly to [your local VA medical center](#) 24/7 regardless of your discharge status or enrollment in other VA health care.

Vet Centers - Discuss how you feel with other Veterans in these community-based counseling centers. 70% of Vet Center staff are Veterans. Call [1-877-927-8387](tel:1-877-927-8387) or find one [near you](#).

VA Mental Health Services Guide - This guide will help you sign up and access mental health services.

MakeTheConnection.net - information, resources, and Veteran to Veteran videos for challenging life events and experiences with mental health issues.

RallyPoint - Talk to other Veterans online. Discuss: [What are your feelings as the Taliban reclaim Afghanistan after 20 years of US involvement?](#)

Download VA's self-help apps - Tools to help deal with common reactions like, stress, sadness, and anxiety. You can also track your symptoms over time.

Tragedy Assistance Program for Survivors (TAPS) - [Request a Peer Mentor](#)

VA Women Veterans Call Center - Call or text [1-855-829-6636](tel:1-855-829-6636) (M-F 8AM - 10PM & SAT 8AM - 6:30PM ET)

VA Caregiver Support Line - Call [1-855-260-3274](tel:1-855-260-3274) (M-F 8AM - 10PM & SAT 8AM - 5PM ET)

Together We Served - [Find your battle buddies](#) through unit pages

George W. Bush Institute - Need help or want to talk? [Check In](#) or call: [1-630-522-4904](tel:1-630-522-4904) or email: checkin@veteranwellnessalliance.org

Elizabeth Dole Foundation Hidden Heroes - [Join the Community](#)

American Red Cross Military Veteran Caregiver Network - [Peer Support and Mentoring](#)

Team Red, White & Blue - Hundreds of events weekly. [Find a chapter](#) in your area.

Student Veterans of America - Find a [campus chapter](#) to connect with.

Team Rubicon - Find a [local support squad](#).

Common Reactions

In reaction to current events in Afghanistan, Veterans may:

Feel frustrated, sad, helpless, grief or distressed

Feel angry or betrayed

Experience an increase in mental health symptoms like symptoms of PTSD or depression

Sleep poorly, drink more or use more drugs

Try to avoid all reminders or media or shy away from social situations

Have more military and homecoming memories

Veterans may question the meaning of their service or whether it was worth the sacrifices they made.

They may feel more moral distress about experiences they had during their service.

Veterans may feel like they need to expect and/or prepare for the worst. For example, they may:

Become overly protective, vigilant, and guarded

Become preoccupied by danger

Feel a need to avoid being shocked by, or unprepared for, what may happen in the future

Feeling distress is a normal reaction to negative events, especially ones that feel personal. It can be helpful to let yourself feel those feelings rather than try to avoid them. Often, these feelings will naturally run their course. If they continue without easing up or if you feel overwhelmed by them, the suggestions below can be helpful.

Strategies for Managing Ongoing Distress

At this moment, it may seem like all is lost, like your service or your sacrifices were for nothing. Consider the ways that your service made a difference, the impact it had on others' lives or on your own life.

Remember that now is just one moment in time and that things will continue to change.

It can be helpful to focus on the present and to engage in the activities that are most meaningful and valuable to you. Is there something you can do today that is important to you? This can be as an individual, a family member, a parent, or a community member. Something that is meaningful to you in regard to your work or your spirituality? Such activities won't change the past or the things you can't control, but they can help life feel meaningful and reduce distress, despite the things you cannot change. It can also help to consider your thinking. Ask yourself if your thoughts are helpful to you right now. Are there ways you can change your thinking to be more accurate and less distressing? For example, are you using extreme thinking where you see the situation as all bad or all good? If so, try and think in less extreme terms. For example, rather than thinking "my service in Afghanistan was useless" consider instead "I helped keep Afghanistan safe."

Finally, consider more general coping strategies that you may want to try including:

Engage in Positive Activities. Try to engage in positive, healthy, or meaningful activities, even if they are small, simple actions. Doing things that are rewarding, meaningful, or enjoyable, even if you don't feel like it, can make you feel better.

Stay Connected. Spend time with people who give you a sense of security, calm, or happiness, or those who best understand what you are going through.

Practice Good Self Care. Look for positive coping strategies that help you manage your emotions.

Listening to music, exercising, practicing breathing routines, spending time in nature or with animals, journaling, or reading inspirational text are some simple ways to help manage overwhelming or distressing emotions.

Stick to Your Routines. It can be helpful to stick to a schedule for when you sleep, eat, work, and do other day-to-day activities.

Limit Media Exposure. Limit how much news you take in if media coverage is increasing your distress.

Use a mobile app. Consider one of VA's self-help apps (see <https://www.ptsd.va.gov/appvid/mobile/>) such as PTSD Coach which has tools that can help you deal with common reactions like, stress, sadness, and anxiety. You can also track your symptoms over time.

PTSD Coach Online. A series of online video coaches will guide you through 17 tools to help you manage stress. PTSD Coach Online is used on a computer, rather than a mobile device, and therefore can offer tools that involve writing.

If you develop your own ways of adapting to ongoing events and situations, you may gain a stronger sense of being able to deal with challenges, a greater sense of meaning or purpose, and an ability to mentor and support others in similar situations.