



From the Parish Nurse



Summertime – that good old summertime! This is a time for relaxation and recreation to renew our bodies and spirits for our everyday work and duties. It is also a great time to strengthen family bonds.

Spiritual:

1. Take the Lord with you – remember He says, “I am with you always”!! Deuteronomy 6:5-7 “Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”

Safety:

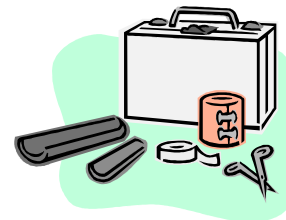
1. Be sure your 1st aid kit is up-to-date and stocked with essential items – band-aids, Tylenol, antiseptic ointment or cream, etc. Stores sell very economical kits to take with you on trips and to have in your homes.
2. Always follow water safety rules – life jackets (correct sizes), never leave children unattended near water, have “buddy” systems, etc. Summer is a great time to enroll your children in swim classes.
3. Remember safe biking – wear helmets and safety gear (adults and children!). Follow legal rules including bike paths, signaling, etc.
4. Always wear protective gear when skateboarding, roller skating, etc.
5. Use sun protection – hats, sun glasses, sunscreen lotions of at least 30spf or higher (reapply as directed for longer exposure). Remember some medications make you more susceptible to burning, and infants and children are at high risk of sunburn.
6. Watch out for heat stroke – drink plenty of fluids and take breaks to get out of the heat and cool off frequently.

Travel:

1. Always carry a 1st aid kit.
2. Always carry a list of your medications (be sure to take an ample supply in the original containers).
3. If you have any medical problems or health situations, carry a list of your doctors. Always carry your insurance cards.
4. Plan your itinerary to include rest breaks, and time to see unexpected places and things.

Summertime can also be a time of storms: If you live in an area prone to flooding, tornadoes, etc. prepare a - **To Go Bag:** (keep in a water resistant bag and handy place)

1. Flashlight – fresh batteries
2. Battery powered or hand-crank radio
3. Copies of personal documents -
medical information, proof of address, birth certificate or copy,
insurance documents
4. First aid kit – economical ones sold in any pharmacy
5. Extra cash (ATM machines don't work without power)
6. Medications (7 day supply - refresh every 6 months)
7. Multipurpose tool – like a Swiss army knife
8. Map of the area
9. Whistle to signal for help
10. Sanitation and personal hygiene items



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Thank You

.... To our office assistants Sandy Geboy & Rose Marie McGill. These ladies bring their



smiling faces to the office each & every week throughout the year to enter attendance and offering records on the computer. Thank you ladies!!

....To our Greeters who welcome us at church with a friendly greeting & handshake; Pam Akey, Shelly Mueller, LeAnne Rolefson, Jordan Herrmann, Allen Herrmann, Janine Cherney, Mike & Sherry Niemer, John & Arlene Kurer, Jeff & Cathy Reinhardt, Dolores Frahm, Linda Schoner, Judy Bergstrom, Carol Derus, Janet Johnson, Dave & Carole Baars, John & Sue Gieschen, Jerry & LuEva Daniel, Glen & Donna Dawursk, Lori Moy, Carole Wirtala, Lenore VanSanten, Don & Terry Gall, Sandy Reynolds, Virginia Sell, Carol Block, Bob Koeslin, Holly Holwerda, Jim & Wendy Haas, Diane Ross, Tim Ross.



.... To our Tellers, who meet faithfully each week to tally up our offering envelopes; Jack McGill, Jerry Daniel, Frank & Jean Gabler, Ron Bland, Phil Grunewald, Jan Koehn, Terri Strynick. Thank you!

Dear St. Paul's Family,

Thank you so much for your prayers and support during our high school years. We appreciate your contributions to the tuition fund for us. We know our dad was grateful that we were able to receive a Christian education at Martin Luther High School. With your help his wish came true. We pray God's continued blessing on the ministry at St. Paul's. Thank you again.

Thanks for all you do.

Barb, John and Kristy



**Seminarian JJ Stefanic received his call to vicarage at
Mount Calvary Brookings, South Dakota**

**Mount Calvary Lutheran Church
629 9th Avenue
Brookings, South Dakota 57006**