Wesley Nurse Corner



A Thankful Heart, a Healthy Body, and a Faithful Spirit

As we welcome November, we enter a beautiful season of thanksgiving, reflection, and gratitude. This month reminds us to pause and recognize the many blessings God has placed in our lives. Even during times of illness, uncertainty, or personal struggles, we can find comfort in knowing that God walks beside us.

As your Faith Community Nurse, I encourage each of you to remember that caring for our health is one way we honor the precious gift of life God has given us. Our physical, emotional, and spiritual well-being are all important parts of living a healthy and faith-filled life.

November Health Focus: Diabetes Awareness and Healthy Living

November is National Diabetes Month, making this a wonderful opportunity to focus on prevention, education, and healthy lifestyle choices. If you are uninsured, I have a diabetes program that includes supplies and education. Here are a few ways to care for your health this month:

· Know your numbers. Talk with your healthcare provider about your blood pressure, blood sugar, and cholesterol.
· Make healthy food choices. Enjoy vegetables, fruits, whole grains, and lean proteins while limiting added sugars.
· Keep moving. Walking, stretching, or participating in gentle exercise can benefit your body and mind.
· Stay hydrated. Remember to drink water throughout the day.
· Care for your emotional health. Take time for prayer, rest, fellowship, and meaningful connections with others.
· Schedule preventive care. Stay current with recommended health screenings, vaccinations, and medical appointments.

November Health & Faith Reminder: A thankful heart can encourage emotional and spiritual well-being. This month, take a moment each day to thank God for three blessings, reach out to someone who may be lonely, and remember to care for your body, mind, and spirit.

In January I will be facilitating a 13 week GriefShare program. Please reach our if you or someone you know is interested.

God Bless,

Barbara Brennan-West RN Wesley Nurse
Telehealth &Visit by Appointment
Hours: M-F 8am – 5pm
Call: 830-584-1760

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