

Iowa District West

Human Care

NOVEMBER 2009

H1N1 Virus... What are We supposed to do? (by Pr. Asmus)

As I write this article (Sept. 2), the medical experts are predicting that the H1N1 virus will stage a comeback this fall-winter, and return in a more aggressive manner. Schools, hospitals, nursing homes, etc. (anywhere the public gathers) are on alert.

So what should our congregations be doing about a possible H1N1 outbreak? Rev. Glenn Merritt (LCMS World Relief/Human Care) urges school and congregational leaders to “take precautions over panic” and directs us to prepare for the upcoming flu season.

So, what can each of us do to stay healthy? Here are some helpful tips from the Centers for Disease Control and Prevention (CDC):

- 1) Stay informed. Refer to these websites for accurate and up-to-date information:
www.cdc.gov/h1n1flu and also www.lcms.org/ca/worldrelief/dnews/
- 2) Since influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people

- a) Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- b) Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- c) Avoid touching your eyes, nose, or mouth. Germs spread that way.
- d) Stay home if you get sick. CDC recommends that you stay home from work, school, or any public gathering when you're not feeling well in order to limit contact with others to keep from infecting them.

Congregationally, provide ample hand sanitizer dispensers, boxes of tissue, etc. for use in worship and gathering rooms. Make sure that the items most frequently touched are cleaned most often...door handles, bathroom knobs/handles, etc. In case of an outbreak, be ready to suspend official hand shaking, use of the common cup, etc. Be cautious, not paranoid.

Guard Yourself from Identity Theft (Federal Trade Commission)

Did you know that Ben Bernanke (U.S. fed chmn) was among approximately 9 million Americans who had their identities stolen this year? How can we be safe?

+ Destroy expired credit cards + Don't give out your password /personal identification number & stand directly in front of the ATM when entering your PIN + Don't write your PIN, SS #, or credit card account number on checks, or on your ATM or debit card + Tear up/shred pre-approved credit card offers, receipts, and other information linking your name to your account numbers + Don't provide personal information over the phone unless you initiate the call + Cancel each credit card, ATM, debit card if you lose your purse/wallet + Don't respond to any unsolicited e-mail asking for personal information.



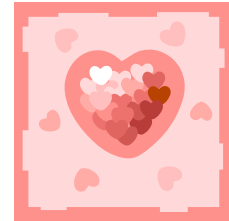
Building Healthy Families (Lutheran Family Service of Iowa)

The prophet Isaiah tells of the final victory, which will be ours when “gladness and joy will overtake them, and sorrow and sighing will flee away” (Isaiah 35:10).

Lutheran Family Service counselors support individuals and families whose sorrow has overtaken them, thus stealing away their sense of gladness and joy. There are times when life “hits us below the belt,” “cuts us off below the knees.”

Because we are human and live in a fallen, sinful, and fragile world, we will experience sorrow. It’s a painful part of “the old order of things” that’s plagued us since the fall into sin (Gen. 3; Rev. 21:4). Until God makes everything new (Rev. 21:5), we need one another’s comfort, consolation, understanding...and at times, professional care and assistance.

If you or someone you know has domestic issues, special concerns, or might be interested in international adoption, please invite them to call. Lutheran Family Service of Iowa has offices that serve Iowa District West, located in Des Moines, Fort Dodge, and Sioux City. To contact them for help in times of need, call their toll free number: 800-622-7285.



For your questions or comments, contact:
Rev. Erland Asmus
103 Circle Drive
Lake City, IA 51449
E-mail:
idwcares@mchsi.com

“A Life Quote” (Dr. Eugene Boe, Academic Dean, Lutheran Brethren Seminary)

“Life is not ours to give nor is it ours to take. We leave our lives in the hands of the ONE who has the power to lay down His life and to take it up again. This calls us to make decisions that

have as their aim the care of life and not the taking of life. Indeed the cross of Jesus Christ makes the difference in facing and living through our end-of-life issues.”

“Thanks be to God. He gives us the victory through our Lord Jesus Christ” (1 Cor. 15:57). For more quotes, go to www.lutheransforlife.org.

A Prayer for You at Your Table

Dear Lord, we ask You to bless this family with a warm place by the fire when the world is cold; a light in the window when the way is dark; a welcoming smile when the road is long; a haven of love when the day is done.

Come, Lord Jesus, be our Guest. Let these gifts to us be blest. Oh give thanks to the LORD. For HE is good and His mercy endures forever. Amen.

