

# Buffalo Lutheran & St. Paul's Lutheran Churches

## OCTOBER 2014

## PARISH POST

We apology for this newsletter being so late. Next month Pastor Chris will share his message with you. We have many requests for announcements that we will use this month on the front page.

### INFORMATION FROM GWEN FRAASE, COMMUNITY HEALTH MINISTRY

Join us on October 22, 2014 at 7pm in Buffalo, ND at St. Thomas Catholic Church.

Community Health Ministry is hosting a free informational presentation regarding developing a LONG TERM CARE strategy. You will learn about Long Term Care, how to prepare for it, emotionally, physically and financially.



**You're Invited!!**

**NOVEMBER 15**  
**Time: 10:00 a.m. - 12:30 p.m.**  
**Where: First Lutheran Celebration Hall**

Cost: \$5, includes a continental breakfast

### Care-Giving Resource Event

»When is it time to ask for help or begin to think about a move to higher level of care?  
»When is it time to take the car keys away?  
»Is my loved one getting enough nutrition?  
»How do I care for my loved one and still care for myself?

**alzheimer's association** **NDSU Extension Service**  
**Valley Senior Services**  
*helping seniors maintain independence*

*Please RSVP online at [www.flcfargo.org](http://www.flcfargo.org) or contacting Katie Gross, Parish Nurse Coordinator at 235-7389.*

*This event is sponsored by FLC Health Ministry Committee*

Call Alzheimer's Association Helpline—800-272-3900 for thousands of answers!

BUFFALO LUTHERAN CHURCH

General Fund balance-September-\$1340

ST. PAUL'S LUTHERAN CHURCH

General fund balance-September-\$1864.63

ANNOUNCEMENTS

† Keep in prayer newly married Robin & Leah (Erickson) Simon. Leah & Robin were married at St. Paul's Lutheran Church, Tower City on October 4.

† Remember with prayers of sympathy the family and friends of Johnny Richman. Johnny passed away at his home south of Tower City. His funeral was held Monday, October 13, at St. Paul's Lutheran Church. May he rest in peace!

Remember in prayers for care and healing Edie Smith as she is recovering from recent hospitalizations at home. Remember, too, Cheryl Olson as she recuperates from Bypass surgery in Texas

Our Youth Group ~~takes off~~ on Saturday, October 11 at 5 PM at St. Paul's Lutheran Church with a Pizza and Movie Night. Please let Pastor Chris or the church office know if you plan to attend so we can plan for food.

### *2014 FundRAISER Rally*

Sunday, October 12 - 11:00 AM-4:00 PM at **Maple Valley School** in Tower City.

P.S. It was decided at our WELCA meetings that anyone who would like to help out personally for the auction is invited to donate a cake for the Cake Walk—the cakes need to be at the school by 10:45 AM!

**St. PAUL'S WELCA Bake Sale, LUNCHEON, Bazaar and QUILT RAFFLE** will be held Sunday, October 26 at the Tower City Community Center from 10:30 AM – 12:30 PM. Tickets For the Quilt Raffle are available from any of the St. Paul's WELCA members and also at the Bazaar.

**Thrivent News - -** A reminder to Thrivent members with Choice dollars: Call Thrivent at 1-800-847-4836 and say Choice dollars to direct your choice dollars now to your congregation or favorite charity. As of the end of August, Thrivent has directed \$50 million dollars to 16,654 congregations in the USA. A total of \$170 million has gone to educational institutions, congregations, and nonprofit organizations who have signed up to receive Choice dollars. Thrivent records show that \$949 has been directed to Buffalo Lutheran and \$140 has been directed to St. Paul's Lutheran so far this year. That compares with \$859 to Buffalo Lutheran and \$331 to St. Paul's Lutheran in 2013. Your support is appreciated! *Thanks to Lois Smith for this info!*

Dear Family and Friends,

It is that time of year again. School has started, the weather is much cooler and it is flu (influenza) season again. Here are some common questions; **"Why should I have the flu shot?"** Influenza is a serious disease that can lead to hospitalization and sometimes even death. During a regular flu season, about 90 percent of deaths occur in people 65 years and older. The more people who are vaccinated against the flu, less flu can spread in that community. **"I have had a flu shot before why do I need another one?"** Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The influenza virus can mutate or change. The Center for Disease Control tracks the virus around the globe and will modify the immunizations as needed. **"Are there different types of vaccines?"** Yes, there are different types of flu vaccines. Traditional flu vaccines (called trivalent vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. In addition, there are flu vaccines made to protect against four flu viruses (called "quadrivalent" vaccines). These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus. **Are any of the available flu vaccines recommended over others?** Yes, Starting in 2014-2015, CDC recommends use of the nasal spray vaccine for healthy children 2 years through 8 years of age when it is immediately available and if the child has no contraindications or precautions to that vaccine. If the nasal spray vaccine is not immediately available and the flu shot is, vaccination should not be delayed and a flu shot should be given. **Who should get vaccinated this season?** Everyone 6 months of age and older should get a flu vaccine every season. **Who Should Not Be Vaccinated?** Children younger than 6 months are too young to get a flu shot and people with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, or other ingredients. **People should talk to their doctor before getting the flu shot:** If you have an allergy to eggs or other ingredients in the vaccine, if you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS), or if you are not feeling well. Talk to your doctor about your allergy, your GBS history, or symptoms. **"When should I get vaccinated?"** Soon after the vaccine becomes available and ideally by October. If you are unable to become immunized by October, vaccinations should continue to be offered throughout the flu season.

I hope this has answered some questions you may have had regarding "Flu Shots". If you have further questions you can contact your doctor, public health department or me.

Another hint-- \*Remember to wash/disinfect your hands to decrease the spread of germs and viruses.\*

Peace in Him,  
Gwen Fraase RN Parish Nurse  
Community Health Ministry

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## UPCOMING OCTOBER EVENTS

**OCTOBER SUNDAY SERVICES WILL BE HELD AT ST. PAUL'S LUTHERAN CHURCH AT 9:00 AM.  
PARISH BIBLE STUDY FOR EVERYONE IN THE FAMILY FOLLOWS DIVINE SERVICE.**

**Pastoral guidance and individual confession are available by appointment with the pastor. You can contact him at 749-2309 or 701-710-0446. His e-mail address is [cbrademeyer@gmail.com](mailto:cbrademeyer@gmail.com)**

October 1,8,15,22,29: Confirmation classes each Wednesday at 1:41 at Maple Valley High School

October 4: Simon-Erickson wedding at 5:30 PM

October 5: SPL WELCA meets at 10 AM

October 8: Naomi Circle will visit Lone Johnson at Bethany on 42nd in Fargo, ND! Be at the church parking lot at 1:15 p.m. to pool rides; BL Council meets at 7 PM

October 11: Youth Group Movie and Pizza Night starts at 5 PM at SPL (see details in Announcements)

October 12: FUND Raider Rally held at Maple Valley High School in Tower City from 11 AM-4 PM.

October 15: SPL Council meets at 7 PM

October 19: St. Stephen Visitation Group meets after Parish Bible Study.

October 22: Joint Council meets at 7 PM at Buffalo Lutheran Church; Long term care Program at 7 PM at St. Thomas Catholic Church (see front page)

October 30: Fargo Conference Assembly Meeting at Elim Lutheran Church at 6 PM

