

January



GREETERS SCHEDULE

- JAN 5 8:00 MARY & WARREN DEMMON
 10:30 SCOTT & SHERRY GEORG
- JAN 12 8:00 TRAVIS & BRINDAH BIRKHOZ
 10:30 SCOTT, KERRI, KARTER, ELLA, & LEVI MORENZIEN
- JAN 19 8:00 NICK, JENNIFER, BENTLEY, GRAYSON & RILYNN PITZEN
 10:30 MIKE DOWLAND
- JAN 26 8:00 KURT, COURTNEY, KALEIA, & CALITHIA TURDO
 10:30 KURT, COURTNEY, KALEIA, & CALITHIA TURDO



ALTAR GUILD

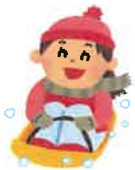
- JAN 1-15 ADDIE JACKSON
 KAREN KRUG
- JAN 16-31 JOAN MRAZEK
 CHRIS ORVIS

CHURCH CLEANING SCHEDULE



WEEK OF:

- JAN 5 ERIC & BILL FREIBERG
 JAN 12 ERIC & BILL FREIBERG
 JAN 19 TERRY & JILL REYNOLDS
 JAN 26 JAN CHANEY
 FEB 2 DENISE FISHER



MEMBERSHIP MATTERS

The matters of membership listed below were acted upon or recognized by the Coordinating Council at its December meeting

TRANSFER OUT

- KORTNEY BEHNKE TO ST. PAUL, HOWARDS GROVE
 JUSTIN, JODI, & VADA* PAULSON TO FAITH, FDL

REMOVE UNABLE TO SERVE

- RILEY LUEDKE
 JOSH MEYER
 ANDREW REYNOLDS
 ERIK SCHULTZ
 DIANA STAHLA

SUNDAY SCHOOL

- JAN 5 - NO SUNDAY SCHOOL
 JAN 12 - SUNDAY SCHOOL RESUMES

RELEASE

EMILEE GROVER*



FUNERAL/DEATH

- ERNIE SCHATSCHEIDER
 JOAN LEISTEN
 RALPH LEISTEN

BAPTISM

- ABIGAIL BOEHRINGER
 JOSIEE ST MARY
 WILLOW JERDEE

Itchy Skin (Pruritus)

Pruritus Risk Factors

Anyone can get pruritus, but you're more prone to get it if you:

- Have seasonal allergies, hay fever, asthma, or eczema
- Are over age 65
- Are pregnant
- Have certain chronic conditions, including diabetes, HIV/AIDS, kidney disease, liver disease, thyroid disease, and anemia
- Have any type of cancer, especially leukemia or lymphoma

Symptoms of Pruritus

Pruritus makes you want to scratch yourself. Along with an itchy feeling, you may have other symptoms, especially if scratching has damaged your skin. These include:

- Pain or tingling
- Red, inflamed skin
- Spots, blisters, or other types of rash bumps
- Scratch marks
- Cracked or broken skin
- Scaly or leathery patches
- Discolored skin

Other Skin Issue Causes

- Contact dermatitis due to skin reaction to chemicals (i.e. detergent or metals in jewelry)
- Bug bites and parasites
- Infections such as folliculitis and impetigo
- Skin diseases eczema and psoriasis
- Medication
- Nerve problems

Home Remedies for itchy Skin

Steps you can take to soothe your skin include:

- Soak in a tub with an oatmeal treatment or baking soda.
- Place a cool washcloth or some ice over the area that itches.
- Use a thick, allergen-free moisturizer several times a day, especially after a bath or shower.
- Do your best not to scratch, even if that means wearing gloves.
- Instead of scratching, try pressing, gently rubbing, or applying vibration (like from a massage tool) to the itchy spot.
- It may also help to lower your stress level and make sleep a priority.

How to Prevent Itchy Skin

The best way to prevent pruritus is to take care of your skin. To protect your skin:

- Use skin creams and lotions that moisturize your skin and prevent dryness.
- Use sunscreens regularly to prevent sunburns and skin damage.
- Use mild bath soap and switch to allergen-free toiletries and laundry products.
- Keep baths and showers short, and use warm -- not hot -- water.
- Avoid certain fabrics, such as wool and synthetics, that can make skin itch. Switch to cotton clothing and bedsheets.
- Since warm, dry air can make skin dry, keep the thermostat in your house down and use a humidifier.
- Drink plenty of water.

