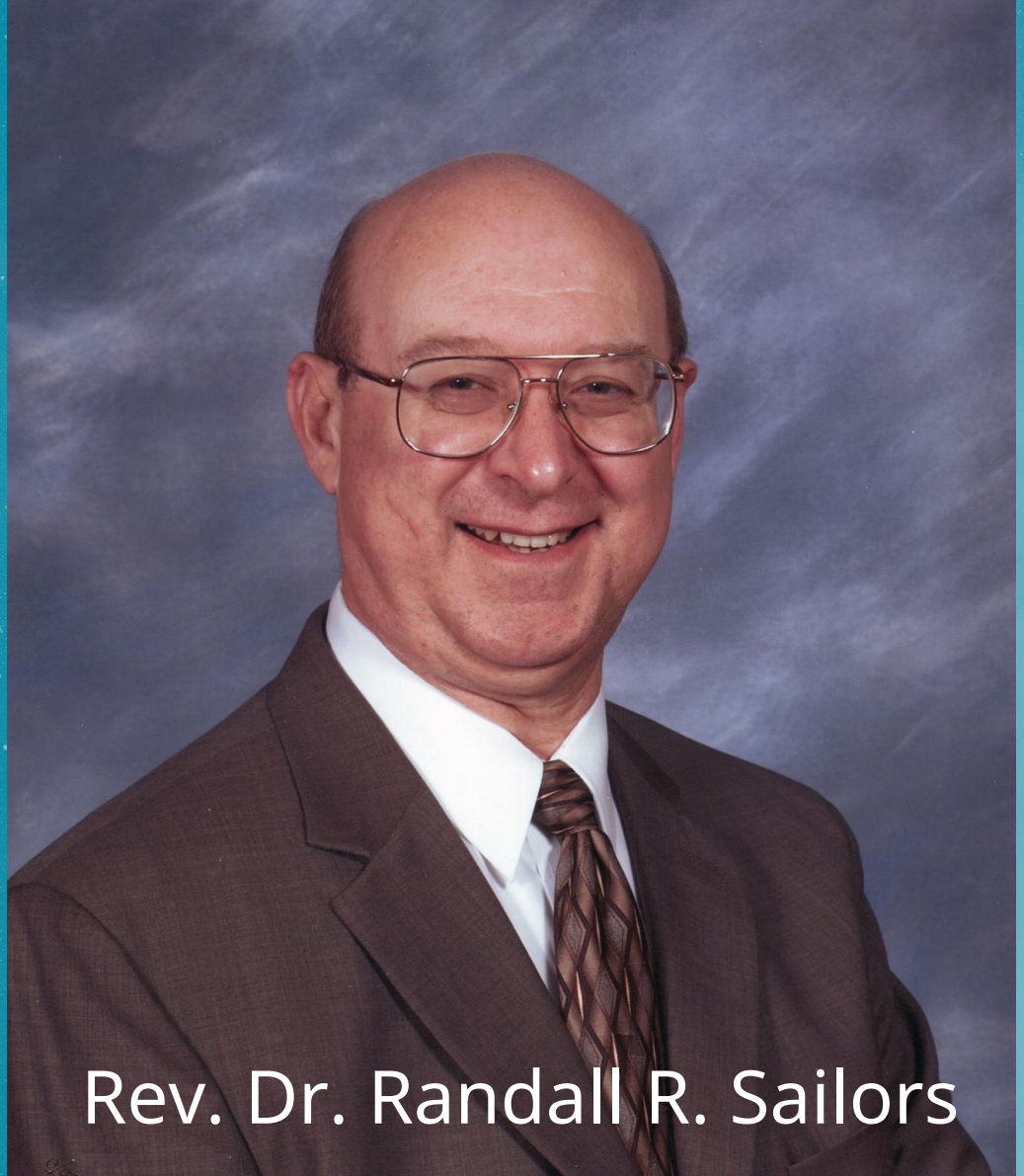
My Radon Story

Ronnette Sailors, BSN, RN-BC
Faith Community Nurse

Faith Community Nursing/Parish Nursing

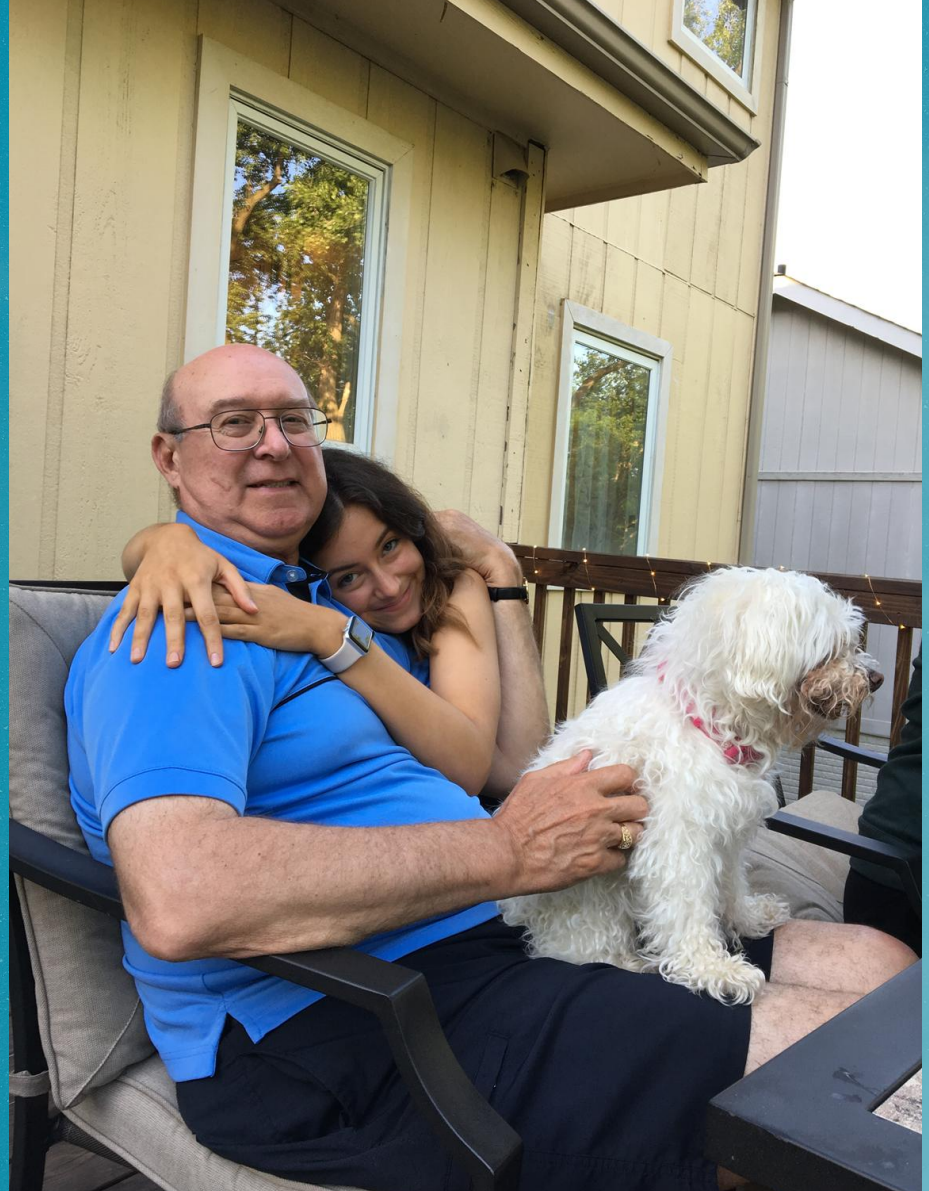
- Specially trained nurses working in congregations to promote body-mind-spirit health
- Special emphasis on prevention/health promotion
- Health Ministers: lay person/other health professionals with special training


Rev. Dr. Randall R. Sailors


CROSS








HAPPY BIRTHDAY
Papa


COFFEE
SERVED FRESH ALL DAY









Radon Ready

STEPS TO A SAFER HOME

FREE WEBINAR TO LEARN ABOUT RADON'S HEALTH EFFECTS & HOW TO KEEP YOUR FAMILY SAFE

DATE:
JANUARY 16, 2025

SPEAKERS:
RONNETTE SAILORS
ADVOCATE
&
ADRIENNE MOODY
RADON PROGRAM MANAGER, DHHS

TIME:
6:30 P.M.- 7:30 PM CT

REGISTER TODAY

IF UNABLE TO USE QR CODE, PLEASE VISIT:
HTTPS://FORMS.GLE/WEWWM1TW5RAQASMU6

Greetings from your Health Ministry Team! January is **Radon Awareness Month!** Radon is a naturally occurring radioactive gas that is released from rock and soil. You can't see or smell radon, but it may affect the health of your family. Radon exposure is the **second leading cause of lung cancer** in the U.S. and the **number one cause** among non-smokers. Outdoor levels of radon pose a low threat to our health, but indoors, radon can accumulate to dangerous levels. More than half of homes tested in Nebraska have high radon levels.

Now that you know what radon is, how do you know if your family is safe?

*Have your home tested.

*If levels come back elevated, don't panic. Talk to a licensed radon professional to learn more about your options.

*For more information, and for a list of licensed radon testing and mitigation businesses, go to https://dhhs.ne.gov/Pages/Radon or call 402-471-1005.

The Health Ministry Team will be handing out FREE radon home test kits on Sunday, January 18th between services. These kits were provided by the Sarpy County Health Department. Please take advantage of this wonderful opportunity!

Here's to your health!!!

Health Ministry Connections

- **Canadian Assn for Parish Nurse Ministry:** www.capnm.ca or (226) 221-7236
- **Faith Health Partnerships, Common Spirit Health** contact Nicki Ayer at nicole.ayer@commonspirit.org
- **National** Lutheran Faith Community Nurse Association: lutheranfcna.org
- **National** Health Ministries Association: hmassoc.org

Things I wish I'd known…

- Installers, please make sure your clients know:
  - Importance of checking manometer regularly
  - Importance of checking radon levels every 2 years
  - Who to call if issues, or a website link
  - Suggest checking it in the winter…

THANK YOU!!!