



NAZARETH LUTHERAN CHURCH

Evangelical Lutheran Church in America

April 2024

I announced the following information in church to both congregations and during the children's sermon on March 17. I shared it with the confirmation class on March 20 and plan to share it with the BLAST group on March 27. My hope is through this newsletter, it will be shared with the larger communities of Nazareth and United.

I had gestational diabetes when I was pregnant with my son. When I delivered him, as it is usual, the diabetes went away. Two years later (2002) I was diagnosed as a Type 1 (T1D) diabetic and began insulin injections at that time. Twelve years ago I began wearing an insulin pump and six years ago I paired that with a continuous glucose monitor (CGM), a wearable device that checks my blood sugar throughout the day.

In 2020 I had two diabetic ketoacidosis (DKA) episodes with the last one being potentially fatal with my sugars measuring at 1620. At that time, I began the process of applying for a diabetic alert dog. Diabetic alert dogs - affectionately known as DADs - are trained to let the diabetic know when their blood sugar has spiked too high or dropped too low. This way, action can be taken before the problem turns into a medical emergency.

There are various ways that the dog can alert their human of a low or high blood sugar and these skills require rigorous training from professional service dog trainers. The trainer for my diabetic alert dog is located in California.

DADs are able to alert the diabetic by reacting to particular smells that are emitted from the human body due to chemical shifts in the diabetic which are undetected by a human nose. My DAD has been trained using samples of saliva from a "scent collection kit" I provided to the trainer. This way my DAD has been learning my body chemistry during his training. The samples were taken when I had low blood sugar, high blood sugar and normal blood sugar levels. Dogs are rewarded during training every time they detect the change in the blood sugar sample.

Studies have found that diabetic alert dogs are successful in alerting up to 10 minutes before the CGM or pump alerts. This means that they detect changes in their owners when those people have no symptoms and would not otherwise know the rise or fall in the blood sugar.

Another benefit of having a diabetic alert dog is to improve my blood sugar control. My diabetic alert dog can't replace responsible individual management of my diabetes. I will still need to monitor and treat my blood sugar regularly.

In addition to being on alert for blood sugar malfunctions, diabetic alert dogs are known to provide a tremendous amount of love and emotional support to its owner, resulting in an increased sense of security and balance in the daily life of someone with T1D.

The important thing is that the dog is trained to be a working animal. A service dog is not considered a pet and is required for daily life functions and activities. My service

dog will be identified by wearing a service dog vest, letting the public know that it is a service dog.

My diabetic alert dog is named Drifter. He is a black lab and turned 1 in December. Knowing the environments I may find myself in, Drifter has been trained in all levels of schools including college, church services, in public settings and in office settings. We had initially planned for him to come to me this fall; however, he is ready now. I will travel to California for 2-3 days in April in order for Drifter and I to meet and become acquainted. Then his trainer and the owner of the company will travel back to Iowa with Drifter and I for approximately a week. This time will be spent on acclimating Drifter to my environment and "tweaking" any training.

Drifter will be with me at all times – office hours, church services (Sunday, funerals, weddings), nursing home/assisted living/homebound visits, classes (confirmation/BLAST). This has been a learning process for me (and Jim as well) and I am fully aware it will be a learning process for both congregations and communities. I welcome any questions or comments you may have. I look forward to my family and our churches to grow by 4 paws in April!

Blessings, Vicar Kim Kacmarynski

If you have any questions, please contact me:
(kimkac1001@hotmail.com or 712-298-1077)

Welcome Pads

We have recently added "Welcome Pads" to each pew in the sanctuary. If you could kindly fill out your information on the slip when you worship with us, we would appreciate it. We look forward to worshipping with you soon!

4th of July Fundraiser

HELP! The 4th of July is coming soon, and we are still looking for someone to commit to being the chairperson (or 2 couples to co-chair) for the 4th of July Fundraiser here at Nazareth. If you or someone you know is willing to take this on, please let Kristin know soon ASAP.

Remember In Your Prayers

Assisted Living & Nursing Homes:

Dona Opsal– Spring Creek Assisted Living, Armstrong

Tom Barrett– Good Samaritan, Estherville

Joan Lindholm – Legacy of St. Anthony, Minneapolis

Linda Polzin – Lakeview, Fairmont

Grace Askeland-Temperance Lake Ridge, Sherburn

Betty Opsal – Woodlands Creek Senior Living, Clive

Lucille Guinn- Valley Vue Care Center, Armstrong

Ill or Recovering: Julius Irmiter, Alaina Aksenov, Dan Lindholm, Rhianna Smith, Butch Thackery, Billy Ross, Shelly Andre, Aileen Rienhardt, Tim Meyer, Lyric Schultz, Patti Paulsen, Darla Stewart, Jean Radunz, Laura Zenk, Haley Weisbrod, Evelyn Vos, Brenda Corderman, Jim Kacmarynski, Pam Iverson

Our military people: All military personnel, especially those who are deployed.

Newsletter Articles and Bulletin Announcements

If you have something you would like to have included in the newsletter, please email it to Kristin at nlc@nazlutheran.com by the 18th of each month. If you have something you would like to have included in the bulletin, please email it to Kristin by the Wednesday prior.

Sunday School

Don't forget! We now have Sunday School following worship at 10:15 in the double Sunday School room. Kiddos can grab a treat and meet upstairs. We can't wait so have you join us in the fun!

Leah Circle

Leah Circle will be held April 3rd at 9:30 AM at the church

"Forty-Seven Days with Jesus"

Nazareth Lutheran will be hosting a family movie night in the fellowship hall the evening of Sunday, April 7th starting at 4:00pm!

We will be watching Forty-Seven Days With Jesus, a family-friendly movie which transports us back in time to view the miracles of the forty-seven final days Jesus lived on earth. Refreshments will be provided. Feel free to bring blankets and pillows along! ALL are welcome!

Looking Ahead!

Sunday, April 28th- Confirmation

Sunday, May 5th- Honor the North Union Graduates from our Congregation

A celebratory reception will be held following worship on both of the above Sunday's.

Online Donations

If you would like to give to NLC but would like an automated option, try Give Plus+! This online option has been available for our church for approximately one year and has been a great new tool for our congregation members! Simply do the following:

1. From your smart phone, go to the Apps Store and download GivePlus+
2. Once downloaded, open GivePlus+ and search for our church, simply put in the zip code of 50514 and Nazareth Lutheran Church will show
3. Click on the church and setup your donation – can be done one-time, weekly, monthly, etc.
4. You have the OPTION to let a % of your donation to go to the web page for maintenance or give 100% to your church – this is your decision!

Just like that you have your donations setup, and you don't need to remember your donation on Sunday or if you can't make it, your donation will and that helps your church!

Quilting

Don't forget that quilting is every Tuesday at 9 AM in the fellowship hall

NLCW Service Group for March & April

March & April 2024 Co-Chairpersons

Butch & Karen Ann Thackery..... 864-3143
Or 712-260-2783
Richard & Amy Mullen712-260-9316

March & April 2024 Service Group

Mike & Gail Anderson..... 864-3804
Leroy & Carla Strong.....712-209-3901
Melinda Witzke.....712-209-4816
Randy & Connie Linn..... 868-3329
Mitchell & Jolene Laue.....712-260-1308
Amber & Jason Linn.....712-209-4240
Lucas & Katie Oleson 866-3011
Chuck and Brenda Colegrove 864-3170
Dean Nicoson/Julia Rein.....712-209-3397
Martin & Alycia Dahl515-320-3072
Dan & Lori Sorenson515-209-0913
Carolyn Jones 864-3184
Or 712-260-1135
Dawson & Cheyenne Sorenson712-209-1233
Kathy Strong.....515-578-0373
Corey & Kathy Pierce.....712-230-4161
Marvin & Val Vivens712-209-7181
Natalie Henriksen.....712-260-5720
Jess Henriksen507-215-0249
Phil & Lisa Henriksen.....712-260-2587
Loren & Janine Kinnander712-363-1546
Steve & Carol Corderman.....712-260-0389
John & Kris Irmiter712-260-1465