



The Shepherd's January Voice 2021

Exciting News

First: We have received a \$5,000 grant from conference to update our tech equipment. Soon we hope to be providing better recordings and live streaming options for our worship services.

Second: We received \$667.30 from our Rummage Sale Alternative.

Third: our Fry's Community Rewards provided \$52.78 for the 4th quarter with only 23 households participating. This is super easy to do and doesn't cost you a thing (except a few minutes of time). Here's How as taken from the Fry's Food website:

1. Create a digital account. (A digital account is needed to participate in Fry's Community Rewards. If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward the organization you choose.)
2. Link your Card to an organization. (Selecting the organization that you wish to support is as simple as updating the Fry's Community Rewards selection on your digital account.)

- ✚ Sign in to your digital account.

- ✚ Search for your organization here.

- ✚ Enter the name or NPO number of the organization you wish to support.

- ✚ Select the appropriate organization from the list and click "Save".

Your selected organization will also display in the Fry's Community Rewards section of your account. If you need to review or revisit your organization, you can always do so under your Account details.

3. Your organization earns. (Any transactions moving forward using the Shopper's Card number associated with your digital account will be applied to the program, at no added cost to you. Fry's donates annually to participating organizations based on your percentage of spending as it relates to the total spending associated with all participating Fry's Community Rewards organizations.)

Treating COVID-19 at home: Care tips for you and others

Providing care at home for a person sick with COVID-19? Or caring for yourself at home? Understand when emergency care is needed and what you can do to prevent the spread of infection.

[By Mayo Clinic Staff](#)

If you have coronavirus disease 2019 (COVID-19) and you're caring for yourself at home or you're caring for a loved one with COVID-19 at home, you might have questions. How do you know when emergency care is needed? How long is isolation necessary? What can you do to prevent the spread of germs? How can you support a sick loved one and manage your stress? Here's what you need to know.

At-home treatment

Most people who become sick with COVID-19 will only experience mild illness and can recover at home. Symptoms might last a few days, and people who have the virus might feel better in about a week. Treatment is aimed at relieving symptoms and includes rest, fluid intake and pain relievers.

Follow the doctor's recommendations about care and home isolation for yourself or your loved one. Talk to the doctor if you have any questions about treatments. Help the sick person get groceries and any medications and, if needed, take care of his or her pet.

It's also important to consider how caring for a sick person might affect your health. If you are older or have an existing chronic medical condition, such as heart or lung disease or diabetes, you may be at higher risk of serious illness with COVID-19. You might consider isolating yourself from the sick person and finding another person to provide care.

Emergency warning signs

Carefully monitor yourself or your loved one for worsening symptoms. If symptoms appear to be getting worse, call the doctor.

If you or the person with COVID-19 experiences emergency warning signs, medical attention is needed immediately. Call 911 or your local emergency number if the sick person can't be woken up or you notice any emergency signs, including:

- Trouble breathing
- Persistent chest pain or pressure
- New confusion
- Bluish lips or face
- Inability to stay awake

Protecting others if you're ill

If you're ill with COVID-19, you can help prevent the spread of infection with the COVID-19 virus.

- Stay home from work, school and public areas unless it's to get medical care.
- Avoid using public transportation, ride-sharing services or taxis.
- Stay isolated in one room, away from your family and other people, as much as possible. This includes eating in your room. Open windows to keep air circulating. Use a separate bathroom, if possible.
- Avoid shared space in your home as much as possible. When using shared spaces, limit your movements. Keep your kitchen and other shared spaces well ventilated. Stay at least 6 feet (2 meters) away from your family members.

- Clean often-touched surfaces in your separate room and bathroom, such as doorknobs, light switches, electronics and counters, every day.
- Avoid sharing personal household items, such as dishes, towels, bedding and electronics.
- Wear a face mask when near others. Change the face mask each day.
- If wearing a face mask isn't possible, cover your mouth and nose with a tissue or elbow when coughing or sneezing. Afterward, throw away the tissue or wash the handkerchief.
- Frequently wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Protecting yourself while caring for someone with COVID-19

To protect yourself while caring for someone with COVID-19, the U.S. Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) recommend:

- **Keep your hands clean and away from your face.** Frequently wash your hands with soap and water for at least 20 seconds, especially after being in close contact or in the same room as the sick person. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose and mouth.
- **Consider wearing a face mask.** If you need to be in the same room with the person who is ill and he or she isn't able to wear a face mask, wear a face mask. Stay at least 6 feet (2 meters) away from the ill person. Don't touch or handle your mask while you are using it. If your mask gets wet or dirty, replace it with a clean, dry mask. Throw away the used mask and wash your hands.
- **Clean your home frequently.** Every day, use household cleaning sprays or wipes to clean surfaces that are often touched, including counters, tabletops and doorknobs. Avoid cleaning the sick person's separate room and bathroom. Set aside bedding and utensils for the sick person only to use.
- **Be careful with laundry.** Don't shake dirty laundry. Use regular detergent to wash the sick person's laundry. Use the warmest setting you can. Wash your hands after putting clothes in the dryer. Thoroughly dry clothes. If you are handling clothing that has been soiled by the sick person, wear disposable gloves and keep the items away from your body. Wash your hands after removing the gloves. Place dirty gloves and masks in a waste bin with a lid in the sick person's room. Clean and disinfect clothes hampers and wash your hands afterward.
- **Be careful with dishes.** Wear gloves when handling dishes, cups or utensils used by the sick person. Wash the items with soap and hot water or in the dishwasher. Clean your hands after taking off the gloves or handling used items.
- **Avoid direct contact with the sick person's bodily fluids.** Wear disposable gloves and a face mask when providing oral and respiratory care and when handling stool, urine or other waste. Wash your hands before and after removing your gloves and mask. Don't reuse your mask or gloves.
- **Avoid having unnecessary visitors in your home.** Don't allow visitors until the sick person has completely recovered and has no signs or symptoms of COVID-19.

Ending isolation or quarantine

Talk to the doctor about when to end home isolation, especially if you have a weakened immune system. The CDC recommends the following guidelines for ending home isolation after you think or know you had COVID-19.

- **If you won't have a test to determine if you're still contagious**, you can leave your sick room or home if at least 10 days have passed since your symptoms started, at least 24 hours have passed with no fever without the use of fever-reducing medicine and other symptoms are improving. Loss of taste and smell might last for weeks or months after recovery but shouldn't delay ending isolation.
- **If you'll be tested to determine if you're still contagious**, your doctor will let you know when you can be around others based on your test results. Most people don't need testing to decide when they can be around others.

The CDC also recommends that, as the sick person's caregiver, you quarantine for 14 days and watch for common signs and symptoms, such as fever, cough or shortness of breath. Other options may include ending quarantine after 10 days if you don't have symptoms and won't get

Other options may include ending quarantine after 10 days if you don't have symptoms and won't get tested or ending quarantine after 7 days if you receive a negative test result. However, continue to watch for symptoms for 14 days.

Coping with caregiving stress

As you or your loved one recover, seek emotional support. Stay connected to others through texts, phone calls or videoconferences. Share your concerns. Avoid too much COVID-19 news. Rest and focus on enjoyable activities, such as reading, watching movies or playing online games.

As you take care of a loved one who is ill with COVID-19, you might feel stressed too. You might worry about your health and the health of the sick person. This can affect your ability to eat, sleep and concentrate, as well as worsen chronic health problems. It may also increase your use of alcohol, tobacco or other drugs.

If you have a mental health condition, such as anxiety or depression, continue with your treatment. Contact your doctor or mental health professional if your condition worsens.

To care for yourself, follow these steps:

- Maintain a daily routine, including showering and getting dressed.
- Take breaks from COVID-19 news, including social media.
- Eat healthy meals and stay hydrated.
- Exercise.
- Get plenty of sleep.
- Avoid use of drugs and alcohol.
- Stretching, breathe deeply or meditate.
- Focus on enjoyable activities.
- Connect with others and share how you are feeling.

Caring for yourself can help you cope with stress. It will also help you be able to support your loved one's recovery.

This article is from [Treating COVID-19 at home: Care tips for you and others - Mayo Clinic](#). There are other resources available on this web-site if you have computer access.



And the 2020 Word of the Year is, UNPRECEDENTED! The very use of the word, unprecedented became unprecedented last year. Doesn't it feel good to refer to 2020 in the past tense? I'll say it again, last year! There certainly were some good things that happened in 2020. There were marriages and births, graduations and promotions and reunions. We learned a lot about new ways to communicate. We discovered who the true heroes really are, and we found creative ways to love our neighbors. Despite the good things, most people I've spoken to are happy to have the unprecedented year of 2020 in our rear-view mirror.

We look forward to 2021 with great hope. Much of this hope hinges on the distribution of an effective vaccine for the Coronavirus which has already begun. We pray that we see the benefits of that very soon. I'm sure that 2021 will bring challenges of its own, but we must press on. Remember Galatians 6: 9-10. "9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. 10 Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."

Here at Shepherd of the Valley, even though we are apart, we still belong to the family of believers. Every kind word you speak, every good deed you do, every helping hand you extend, you do so in the name of Christ's family and our church family. There will be new challenges and new opportunities this year, but the one thing that remains the same is our ever-faithful God. "Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations." (Deuteronomy 7:9) He was, He is, and he forever will be our unprecedented Lord and Savior. We just need to put our hope and trust in him, always.

May Your New Year Be Filled with God's Love and Peace,
Pastor Janet

Zoom Zoom!

Zoom is the new normal. We have found this to be a highly effective way to safely get groups of people together. We will offer a Zoom option for live worship this Sunday. We will also use it for meetings such as Charge Conference, Bible Study and Fun Fridays. If you need help getting Zoom set up on your computer or smart phone, please call the pastor or the office.



Anniversaries			
Ray & Willie Jo Smith	9	Larry & Roxanne Wiegman	16
Bob & Joan Cohen	29		
Birthdays			
Ken Haw	2	Jay Shaw	3
Anthony Hailey	18	Janie Fulks	21
Tobi Babarinde	23	Femi Babarinde	28
Seun Babarinde	28	Joshua McCormick	30

IS YOUR NAME MISSING?

**We'd Love to recognize YOU on your special day!
Submit Your Birthday Date or Anniversary to the office**

January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
Zoom Gathering 10:15 am Worship On-Line Any Time			1:30 pm - Prayer Group, zoom	8:00 pm Men's AA, FH	6:00 pm - Fun Friday (Pet Parade), zoom	
3	4	5	6	7	8	9
Zoom Gathering 10:15 am Worship On-Line Any Time			1:30 pm - Prayer Group, zoom	8:00 pm Men's AA, FH	Happy New Year!	
10	11	12	13	14	15	16
Zoom Gathering 10:15 am Worship On-Line Any Time			1:30 pm - Prayer Group, zoom	8:00 pm Men's AA, FH		
17	18	19	20	21	22	23
Zoom Gathering 10:15 am Worship On-Line Any Time			1:30 pm - Prayer Group, zoom	8:00 pm Men's AA, FH		
24	25	26	27	28	29	30
Zoom Gathering 10:15 am Worship On-Line Any Time			1:30 pm - Prayer Group, zoom	8:00 pm Men's AA, FH		
31	1	NOTES				

**Due to current Covid rates
Out-Door Worship is postponed till
further notice.**

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