

Newsletter

MAY 2026

MAY HEALTH OBSERVANCES

- National Nurses Day (May 6)
- Mental Health Awareness Month
- Stroke Awareness Month
- National High Blood Pressure Education Month
- National Asthma and Allergy Awareness Month

PROTECT YOUR HEART

May is National High Blood Pressure Education Month, a good reminder to stay aware of your blood pressure and what it means for your health.

High blood pressure (hypertension) is often called the “silent killer” because many people feel completely fine while it quietly affects the body. Over time, it can increase the risk of heart disease, stroke, kidney issues, and more. A healthy reading is around 120/80 mmHg, and keeping your numbers in a healthy range helps your heart and body function at their best.

Several factors can raise your risk, including family history, aging, stress, poor sleep, high sodium intake, and certain health conditions. The good news is that small, consistent steps can make a big difference. Check your blood pressure regularly, stay active (even a daily walk helps), choose heart-healthy foods, and be mindful of stress and rest. If you’ve been prescribed medication, taking it as directed is an important part of care.

Many pharmacies, clinics, and community centers offer free blood pressure checks (and your parish nurse is available, too). Knowing your numbers is one of the simplest and most powerful ways to take care of your health.

As we think about whole-person wellness, remember that caring for your heart is both physical and spiritual. Slowing down, staying connected, and making space for peace in your day all support healthier living.

This month, take a moment to ask yourself: When was the last time I checked my blood pressure? A small step today can make a lasting difference for years to come.



FIND YOUR BALANCE: SUMMER TAI CHI AT OLIVET

Take time this summer to slow down, breathe deeply, and care for your whole self with two gentle, welcoming movement classes at Olivet. Designed for all ages and abilities, these classes offer a simple way to build balance, reduce stress, and enjoy a peaceful moment in your week.

TAI CHI CHIH: JOY THROUGH MOVEMENT

Often called “Joy Through Movement,” Tai Chi Chih is a gentle, meditative practice that supports both physical and emotional well-being. Through slow, easy-to-learn movements, participants often notice improved balance, flexibility, and coordination, along with a greater sense of calm. This practice encourages mindfulness and helps bring the body into a relaxed, centered state. Movements can be done standing or seated, making it accessible for everyone.

When: Wednesdays (June 17–August 19)

Time: 1:30–2:30 p.m.

Location: Upper Level (Rooms 227–228)

Cost: \$100 for the 10-week program (please make checks payable to Barbara Edin and bring payment to the first class; scholarships are available)

TAI JI QUAN: GENTLE MOVEMENT FOR STRENGTH AND BALANCE

Tai Ji Quan is back at Olivet! Often described as “meditation in motion,” this practice combines slow, flowing movements with deep breathing and focused attention. It’s especially helpful for improving balance, coordination, and flexibility, while also reducing stress and supporting overall well-being. Movements can be adapted for all ability levels and done standing or seated, helping participants feel more confident and connected in their bodies.

When: Tuesdays & Thursdays (June 16–September 3)

Time: 1:30–2:30 p.m.

Location: Upper Level (Rooms 227–228)

Cost: Free (sponsored by NDSU Extension)

Ready to give it a try? Stop by the church office to sign up or learn more. We’d love to have you join us!

THE SPECIAL GIFT OF GRANDPARENTING

In March, I was blessed with a new granddaughter, Iris Ann, and like many grandparents, I have found myself reflecting on the sacred gift of this season of life.

Grandparenting is a season filled with joy, perspective, and a deeper understanding that some of life's greatest gifts are found in simple moments—holding a tiny hand, cradling, singing a lullaby, offering a quiet prayer, or simply being present.

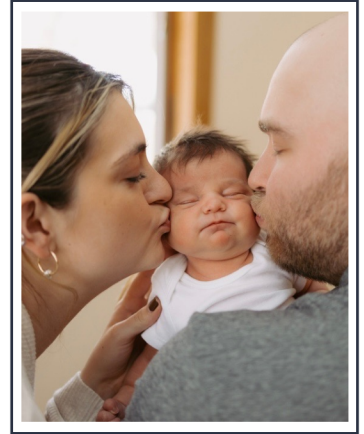
As grandparents, we often find ourselves caring not only for grandchildren but also continuing to support our adult children as they navigate parenthood, work, family life, and the many responsibilities that come with this stage of life. It is a season that asks us to lead with both wisdom and grace.

Grandparenting is more than babysitting or special occasions; it is “legacy work.” It is passing down faith, values, family stories, traditions, and the quiet assurance that they are deeply loved. I never thought of grandparenting this way until my little Iris came along; my heart is so full.

It is also an invitation to care for ourselves—body, mind, and spirit—so we can continue to show up well for those we love. Our health matters. Our peace matters. Our presence matters.

Sometimes the most meaningful gift we offer is not advice, but steady love. Not fixing, but listening. Not perfection, but faithfulness. In many ways, it is much like the ministry work we do, what I call the “being with” ministry. I have been reminded again recently that simply being present can be one of the most powerful and meaningful interventions, for both the giver and the recipient.

Many in our congregation are walking this same beautiful season of life. Whether you are a new grandparent, a seasoned grandparent, or someone who lovingly fills that role in another way, know that your presence matters more than you may realize.



Thank you

A heartfelt thank you to our wonderful **Communion Companion volunteers** who bring not only Holy Communion, but also friendship, comfort, and connection to those who may be homebound or feeling alone. This ministry is a beautiful reminder that sometimes the greatest gift is simply showing up.

As the need continues to grow, we invite anyone who feels called to learn more to join us for coffee and caring conversation on **Wednesday, May 20, at 9:30 a.m.** in the Lounge. We would love to connect with you and share more about this meaningful ministry.

Thank you as well to everyone who attended and is currently participating in the **Age Mastery class**. Your willingness to invest in healthy aging, learning, and connection makes this program so meaningful.

If you've been part of the class, we'd love to hear from you. Please connect with Bev and share your thoughts. We hope to offer more sessions like this later this year and look forward to continuing this journey together.

NURSE INTERN OPPORTUNITY FOR VBS

We're looking for a volunteer nurse intern to join VBS: Faith on the Trail (June 8–11, 9–11:30 a.m.) and help kids learn how to care for their bodies in fun, creative, and hands-on ways along the journey. From simple first aid to healthy habits, you'll be part of an energetic week full of learning, laughter, and making a difference. It's a great way to gain experience, build confidence, and learn more about health ministry. Interested? Contact Bev at 701.235.6603 or bgravdahl@olivet.org.

GRIEF RESOURCES

If you or someone you love is experiencing grief, please know you are not alone. Grief resources and supportive conversations are available for anyone who may find them helpful. You are welcome to reach out to Bev Gravidahl or one of our pastors if you would like to connect. Because grief looks different for everyone, support can be helpful at any stage. Our next GriefShare support group will begin this fall.

FOOT CARE

Olivet is a host site for Healthy Feet ND, a mobile foot care program that provides foot care for adults. These services are in conjunction with area nursing and C.N.A. programs and are available by appointment only. To make an appointment or if you have questions, please contact Bev Gravidahl, Parish Nurse, at healthyfeetnd@gmail.com.