

# PARISH NURSE



(your link to wholistic health)

January 2005

## Jesus Loved

*February is traditional the month that we think of as "Heart Month". We celebrate our loves on Valentines Day and support the efforts of the American Heart Association in promoting heart health. Jesus is our model for heart health – his ministry embraced both loving and healing. As parish nurses we also love and preach healing – and some say that our hands and actions are the instrument that God uses to bring healing to this world!*



In the gospels of Matthew, Mark, Luke, and John, the authors often describe people as those Jesus loved. When Jesus encountered the rich young ruler, he looked at him and loved him. Another staff member describes a scene in which Jesus went to see Lazarus, the man he loved. In his final message Jesus declared that he loved his staff as much as his own Father loved him and that he came to show the people how to love each other. As the saying goes, "When everything is said and done, only love will last."

Jesus spoke for three years on everything from how not to swallow a camel to how to become the greatest of all. Yet ultimately he summarized his teaching in one sentence: "Love God with all your heart and mind and soul and strength, and your neighbor as yourself." Jesus could lead people because, quite simply, he loved them.

There is a legend about John, the staff member Jesus loved, being quizzed again and again by eager young converts regarding heavenly principles. In a packed meeting hall, John said to the crowd, "Little children, love one another." "That's great, John, but how do we heal the sick like he did?" asked an eager young man. John stood up again and said, "Little children, love one another." "Okay, John, we get the point, but how can we become truly great leaders?" asked the crowd. John rose up again and said quietly, "Little children love one another."

Suppose the following was your personal vision statement: I will be patient and kind... never envious or boastful or rude. I will not seek my own way nor be easily provoked. I will rejoice in the truth and will always seek out the best in others. I will hope for all things, believe in all things, bear all things, and endure all things. I will never fail, for love is my guiding light, and ultimately, love knows all.**RM**

Jesus loved. Taken from Jesus CEO, Laurie Beth Jones.

*"A heart at peace gives life to the body,  
but envy rots the bones."*

– Proverbs 14: 30

# February Health Observances

- 13 - 19 Cardiac Rehabilitation Wk ..... [aacvpr.org](http://aacvpr.org)
- 4 National Wear Red Day for Women ..... [americanheart.org](http://americanheart.org)  
..... [nhlbi.nih.gov/health/hearttruth](http://nhlbi.nih.gov/health/hearttruth)
- 18 National Women's Heart Day ..... [womansheartday.org](http://womansheartday.org)
- National Children's Dental Health Mo ..... [ada.org](http://ada.org)
- Wise Health Consumer Mo ..... [healthylife.com](http://healthylife.com)
- Kids E.N.T. Health Mo ..... [entnet.org](http://entnet.org)
- 6- 2 National Burn Awareness ..... [shrinershq.org](http://shrinershq.org)
- 7-14 Congenital Heart Defect Awareness Wk ..... [tchin.org/aware](http://tchin.org/aware)
- 13-19 Child Passenger Safety Awareness Wk ..... [nhtsa.dot.gov](http://nhtsa.dot.gov)
- 13-19 Children of Alcoholics ..... [nacoa.org](http://nacoa.org)
- 27-5 Eating Disorders Awareness Wk ..... [nationaleatingdisorders.org](http://nationaleatingdisorders.org)

## February - Heart Disease

Heart disease is not a statistic. It's a disease that affects every community in the United States-it affects your parishioners. It can alter or damage their life, or even take life away.

Heart disease is the leading killer of American women. A new survey shows that more women are getting that message. But the survey also reveals that, of those who have yet to learn The Heart Truth, many are African American and Hispanic-the women at greatest risk.

The new survey also found that, despite the increase in awareness, only 13 percent of women believe heart disease is their chief health threat.



There is a dangerous disconnect between what women know and what they feel affects them. Until they begin to take their risk personally, they won't take action and protect their heart health.

New research shows that contrary to popular belief, more than 95 percent of those who die from heart disease have at least one of its risk factors.

Many people believe that as much as 50 percent of heart disease occurs in persons who don't have any of the traditional risk factors, such as cigarette smoking, high blood pressure, high blood cholesterol, overweight/obesity, physical inactivity, and diabetes.

We need to get the word out that risk factors are a real threat. But Americans also have to know that it's never too late to take steps to protect their heart health. It's been found that leading a healthy lifestyle can lower heart disease risk by 82 percent. In most cases, this means following a heart-healthy eating plan, getting regular physical activity, maintaining a healthy weight, and not smoking." **RM**

### What moves your heart?

Reflect on and pray over this question for a moment. Maybe what moves your heart are the same things that moved Jesus' heart. The Gospels tell us that Jesus' heart was moved by the world's pain. Jesus also desired to celebrate the joyful moments of life. He came to show the way to true happiness so that people might have life more abundantly. Perhaps you find your heart being moved by the same things that touched Jesus'. Maybe you are being called to follow after the Heart of Jesus. Follow your heart! **RM**

### Resources for Heart Month

Both of these sites have speaker's material on women and heart disease. The resource center has a set of the material available for you. Contact Sally to check it out for your presentation.

**Go Red For Women** – American Heart Association's national call for women to take charge of their heart health and live stronger, longer lives  
.....[americanheart.org](http://americanheart.org)

**The Heart Truth** – sponsored by the National Heart, Lung, and Blood Institute and partner organizations. The campaign's goal is to give women a personal wake-up call about their risk of heart disease.....[nhlbi.nih.gov](http://nhlbi.nih.gov)

# March Health Observances

- 1-3 National Colorectal Cancer Awareness Mo.....  
.....[preventcancer.org/colorectal](http://preventcancer.org/colorectal)
- 1-31 Mental Retardation Awareness Mo.....[thearc.org](http://thearc.org)
- 1-31 National Eye donor Mo.....[restoresight.org](http://restoresight.org)
- 1-31 National Kidney Mo.....[kidney.org](http://kidney.org)
- 1-31 National Nutrition Mo.....[eatright.org](http://eatright.org)
- 1-31 American Red Cross Mo.....[redcross.org](http://redcross.org)
- 1-31 Multiple Sclerosis Awareness Mo.....[msfocus.org](http://msfocus.org)
- 7-11 National School Breakfast Wk  
.....[schoolnutrition.org](http://schoolnutrition.org)
- 14-20 Brain Awareness Wk.....[dana.org/brainweek](http://dana.org/brainweek)
- 20-26 National Poison Prevention Wk.....  
.....[poisonprevention.org](http://poisonprevention.org)
- 22 American Diabetes Alert Day.....[diabetes.org](http://diabetes.org)
- 24 World Tuberculosis Day.....[who.int/gtb/index.htm](http://who.int/gtb/index.htm)
- 28-3 National Sleep Awareness Wk  
.....[sleepfoundation.org](http://sleepfoundation.org)

## March - Colon Cancer

Nearly 90 percent of colorectal cancer deaths could be prevented with regular screening and a healthy lifestyle. Even so, many patients avoid screening, some aren't aware of the risks, and many won't get tested unless their doctors recommend it. With your help, your parishioners can better understand how testing could save their lives.

### Screening Guidelines for Colon Cancer

Beginning at age 50\*, the American Cancer Society recommends men and women follow one of the following five testing options:

- Yearly Fecal Occult Blood Test (FOBT)
- Flexible sigmoidoscopy every five years
- Yearly FOBT and flexible sig-moidoscopy every five years\*\*
- Double contrast barium enema every five years
- Colonoscopy every 10 years

\*Persons known to be at increased risk for colorectal cancer (due to inflammatory bowel disease), personal or family history of polyps or cancer, familial syndromes like FAP or HNPCC need to begin screening at an early age and may need more frequent screening.

\*\* The combination of FOBT and flexible sigmoidoscopy is preferred over either test alone.

**Note:** A digital rectal exam (DRE) test is not an acceptable substitute for the above-recommended tests.

Increased risk is defined as having approximately twice average risk and individuals at high risk have a much greater than twice average risk. Such patients may have any of the following:

#### Increased Risk

- Family history
- History of colorectal cancer or adenomatous polyps

#### High Risk

- Family colorectal cancer
- History of chronic inflammatory bowel disease

#### Other Risk Factors

- Age • Diet • Physical inactivity • Obesity
- Smoking • Alcohol

### Resources for Colon Cancer Awareness Month

American Cancer Society has a power point presentation ready to go with speaker's notes and slides. You can check it out of the resource room or got to the ACS web site at [cancer.org](http://cancer.org) and type "Community group presentations" into the search box. **RM**

## Community Education Nights

January 13, 6:30 p.m. – Medical Hypnotherapy for Treatments and Procedures

Presented by *Cheryl Beshada*. Medical treatments and procedures can be experienced more comfortably through Medical Hypnotherapy. Find out how patients can relax and alleviate pain and anxiety through visual imagery, breathing techniques and learning self-hypnosis. It is easy to learn how to take control and relax through a wide variety of procedures. Join us for an informative evening and have all of your questions answered in a comfortable and relaxed setting. The programs are free of charge and are open to the public. To register or for more information, call 1-866-246-4673. **RM**

## Upcoming Parish Nurse Course

The course dates and place are now set for the Basic Parish Nurse Preparation offered through The University of Detroit Mercy.

**Dates:** March 8 - May 17 (no class on March 29<sup>th</sup>)

**Place:** St. Mary Mercy Livonia on Levan at Five Mile Rd.

**Time:** 6 - 9 PM.

**Cost:** \$415

Registration deadline is Feb. 25

The course is limited to 16 participants. Contact Sally for more information.

## Staff News

Jane Chene, RN, has joined us as a parish nurse coordinator. Jane comes to us after a 9 year stint as a parish nurse through Bon Secours. She will be assigned to St. Basil the Great Catholic Church in Eastpointe as the parish nurse and will be coordinating parishes in Macomb County. Please keep Jane in your prayers as she begins her ministry with us. **RM**

## Please Welcome

*Nancy Evans, RN*, from Cross Lutheran Church in Fraser as our newest Parish Nurse in our partnership model. Nancy has been working as a parish nurse for several years and has made the commitment to bring the ministry to her home church. She will be working with a dynamic health team. Please add Nancy, the health team and church to your prayer list as they come together to develop the health ministry. **RM**

## News!

### Upcoming Events

**Called to Serve: the Role of the Servant in the Scriptures - Wednesday, Feb. 10, 2005.**

During the Lenten season the Lectionary provides us with a variety of rich biblical texts. Many of these Scriptures focus on service and the role of the servant. Today we will explore the meaning of "servant" within the Bible and take a closer look at some of the text that are especially significant within this liturgical season. Contact The Dominican Center for Religious Development at 313-387-9574 or dominicancenter.org. **RM**

### Winter Support Group

The next support for the parish nurse partnership is scheduled for **Tuesday, Feb. 8, 8:30 a.m. to noon**, at St. John Corporate Services Building, 28000 Dequindre. Between 11 & 12 Mile Roads (on the east side of Dequindre). Please plan on attending! FYI – the May support group meeting is scheduled at the same time and place on **Tuesday, May 10**. Plan Ahead! **RM**

## WHO'S RESPONSIBLE?

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