

FAITH & HEALTH

(your link to wholistic health)



JULY 2006

What is Spirituality?

Much is written today about spirituality. Have you ever asked yourself, "What is spirituality to me?" Have you ever considered that spirituality and religion may be different? In 1996, the Daughters of Charity formed a work group made up of laity and Daughters of Charity to revise their booklet "Spirituality and Spiritual Formation" to be used as a tool to explore and discuss spirituality both individually and ministerially. During their study, the work group discussed the above two questions at length and arrived at the following:

1. Rather than define spirituality, we agree that spirituality:
 - Unfolds our awareness of God's presence in our life and world
 - Reflects our ongoing relationship with God
 - Integrates our life choices, daily interactions, and decisions
 - Shows in the way we live our life
2. Spirituality and religion may and should be mutually supportive, but they are distinct.
3. Spirituality is what makes us distinctively human. It is our birthright as being a human person-body, mind and spirit. Rather than a doctrine, it is a way of living that promotes an awareness of meaning in life, love, relationships, and a priority of values.
4. Religion is a gift of faith to believe in a particular creed, code, and way of ritualizing this belief and code in a culture. It is based on adherence to a set of doctrines that are supported by an organized church.
5. Spirituality should be supported and nourished by religion. Religion should be supported and nourished by spirituality.

Take this time to ask yourself, "What is spirituality to me?" Then, reflect on your experiences and compare how spirituality and religion are different, and also, how are they similar? **RM**

*Go then courageously, advancing moment
by moment on the path on which God has placed you.*

—St. Louise de Marillac

Goodbye and God's Blessings

It is with mixed emotions we are informing you that our Manager of Parish Nursing, **Susan Prokop**, has taken a new position with St. John Health. She has accepted the position of Interim Director, Mission Integration, Providence Hospital, effective June 5, 2006. Sue has been a member of the Parish Nurse team at Providence since its inception in 1999. We would like to extend our congratulations to her as she navigates her new role.

Tammi Pollum will be the Interim Manager of Parish Nursing in Sue's absence.

Also, **Marian Bjerke**, Parish Nurse Coordinator, has accepted a position in Patient Relations at Providence Hospital, effective June 18, 2006. Marian also has been with Parish Nursing since its Providence beginnings in 1999. She will be sorely missed by her colleagues and partnership churches and we truly wish Sue and Marian a wonderful future as they explore new roles. **RM**

August Health Observances

- Cataract Awareness Month www.aao.org
- National Immunization Awareness Month www.cdc.gov
- www.partnersforimmunization.org
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Cataracts – The Leading Cause of Blindness

Approximately 20.5 million Americans age 40 and older have cataracts! Cataracts are the clouding of the eye’s clear lens-similar to a window that is “fogged” with steam. When the lens becomes cloudy, light rays cannot pass through it easily and vision becomes blurry. Cataracts are not a growth or film over the eye.

Cataracts start out small (mild) and have little effect on vision at first. But as the cataract grows (becomes denser), so does the impact on vision. See your eye doctor if you experience:

- Painless blurring of vision
- Sensitivity to light and glare
- Double vision in one eye
- Poor night vision
- Fading or yellowing of colors
- Frequent changes in glasses or contact lens prescriptions

Although cataracts usually develop as part of the aging process (more than half of all Americans develop cataracts by age 80), they can also result from eye injuries, certain diseases, such as diabetes, genetic inheritance, certain medications, frequent, unprotected exposure to ultraviolet rays and smoking.

Remember, cataracts are detected through a comprehensive eye exam. Early treatment may save your sight. **RM**

Source: www.aao.org

What’s In Your Child’s Lunchbox?

As children begin the new school year, it is time to pay close attention to what he/she is having for lunch. It is estimated that over 16% of children nationwide are overweight and that percentage is on the rise. Parents greatly influence what their kids eat and encouraging healthy eating habits are more important than ever.

According to Andrea Garen, RD, preparing nutritious school lunches and snacks is a challenge for many parents. “Besides breakfast, lunch is the second most important meal for school-aged children and provides one-third of their daily calories.”

FLU BUSTERS CLINICS

Believe it or not, it’s that time of the year again! Visiting Nurse Association of Southeast Michigan offers the opportunity for you to schedule your faith community’s fall flu clinic. They anticipate adequate amounts of vaccine this year and invite you to schedule your clinic(s) now to secure your site(s) needs. They anticipate that CDC will recommend that high-risk individuals receive priority for the month of October; therefore, they will begin scheduling community sites October 30. The cost per each immunization is \$24 for influenza; \$40 for pneumonia. Medicare Part B, HAP and Care Choices insurances are accepted.

New this year is the availability of tetanus with pertussis (whooping cough) booster vaccine. CDC has noted increases in the rise of whooping cough because the immunity created through childhood vaccinations is proving not to be life long.

The cost of the booster is \$50 and lasts 10 years. Service agreements are available through your Parish Nurse Coordinator or from the Visiting Nurse Association (VNA) of Southeast Michigan.

For questions or concerns call VNA at 248-967-8755 or contact your Parish Nurse Coordinator. **RM**

September Health Observances

- National Cholesterol Education Month... www.nih.gov
- www.americanheart.org
- Fruit and Vegetable Month www.cdc.gov/5aday
- National Pain Awareness Month ... www.theacpa.org
- www.painconnection.org
- www.nho.org
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Cholesterol Updates

The ATP III (Adult Treatment Panel III) released in 2001 is endorsed by the National Heart, Lung, and Blood Institute, the American Heart Association and the American College of Cardiology. In July 2004, the panel was updated to offer options for more intensive cholesterol-lowering treatment for people at high risk and moderately-high risk for a heart attack. The update emphasizes that therapeutic lifestyle changes—low saturated fat and low cholesterol diet, physical activity, and weight control—remain the cornerstone of treatment for lowering cholesterol levels. As a summary, the following guidelines are recognized as current:

Total Cholesterol	Less than 200 mg/dL
LDL (Bad) Cholesterol	
Low Risk:	Less than 160 mg/dL
Intermediate Risk:	Less than 130mg/dL
High Risk:	(including those who have heart disease or diabetes)
Very High Risk:	Less than 70 g/dL
HDL (“Good”) Cholesterol	Women: 50 mg/dL or higher Men: 40 mg/dL or higher
Triglycerides	Less than 150 mg/dL

In addition, the modifications recommend consideration of drug treatment in addition to lifestyle therapy for LDL levels of 100 mg/dL or higher in high-risk patients, and characterizes drug treatment as optional for LDL less than 100 mg/dL. For information about risk levels and additional updates, please refer to *NIH Publication No. 05-3290* at www.nhlbi.nih.gov and “Numbers That Count For A Healthy Heart” at www.americanheart.org **RM**

Psychology of Pain

Chronic pain can affect many aspects of our life. There are six factors where pain can affect our psychological well-being. The first factor is economically. This occurs when we cannot maintain employment or fail in our work obligations, which leads into the second factor of self-image. Most of us derive our sense of self worth by our profession. This loss of self-image by pain perpetuates feelings of low self-esteem.

An individual’s mood is affected by chronic pain. A person can experience symptoms of depression and/or anxiety. A person can become anxious because of constant worry concerning the pain never going away, or if it does subside, the fear or preoccupation of when it will return to a high level again.

A feeling of isolation can ensue because the person may become increasingly homebound. Isolation can also be experienced from a real or perceived feeling of family members or friends being tired of listening to them complain. Chronic pain can affect sexual activity where intimacy can be lost in a relationship causing tension and isolation between partners.

Chronic pain causes a disruption in sleep habits. Insomnia can occur due to pain, depression and/or anxiety.

Chronic pain increases one’s stress level, affects self-esteem and leaves a person susceptible to isolation, depression and anxiety. All these factors can fuel a vicious cycle which can unconsciously exacerbate the pain. Individual counseling and support groups would be helpful for chronic pain sufferers. **RM**

What’s In Your Child’s Lunchbox...continued

One of the easiest ways parents can ensure they are packing a nutritious lunch is to provide a mixture of whole grains, low-fat dairy, fruits, vegetables and lean meats. The quantity of food packed is also important since portion size is another factor that contributes to overweight kids. One snack bag of pretzels may contain two or more servings. Pre-measuring items such as peanuts or cookies into the correct serving size shows kids just how much they should be eating of such foods. **RM**

DATES TO REMEMBER:

West Side Parish Nurse Network/Detroit Parish Nurse Network—*“God With Us”*, Monday, Aug. 21, 2006, *“Janism”*, noon until 2 p.m. Health Care Partners, 18000 W. 9 Mile Road, Southfield. Central location—easy access from I-696. Plentiful safe, free parking! Lunch provided, \$4, RSVP, Kathleen Ruth, 313-510-2614 or e-mail DPNN2005@ameritech.net. 1 CEU through U of D Mercy. Save the Date: Monday, Nov. 13, *“Native American.”*

“God Teaches Us”, Wednesday, Sept. 13, 2006, *“Our Blessed Journey With the Dying”*, noon until 2 p.m. Carol Ann Laverne, RN, MN, OCN, Education Coordinator at Angela Hospice. Nardin Park Methodist Church, 29887 W. 11 Mile (east of Orchard lake). Bring a brown bag lunch; coffee and tea provided.

20th Westberg Parish Nurse Symposium, October 6-8, 2006. Hyatt Regency, Union Station, St. Louis, MO. www.parnurses.org

Archdiocese of Detroit Parish Nurse Retreat, St. John Center, Plymouth, Wednesday, Oct. 25, 2006. Details to follow. **RM**

NEW GRADS!

It is with great pleasure that we congratulate the following nurses who have completed the UDM

Basic Prep Course for Parish/
Congregational Nurses:

Susan Anderson, Our Shepherd
Lutheran

Robin Jones, Bethany Baptist

Jacqueline Lambert-Davis, Hartford
Memorial Baptist

Shana Lee, Family Victory

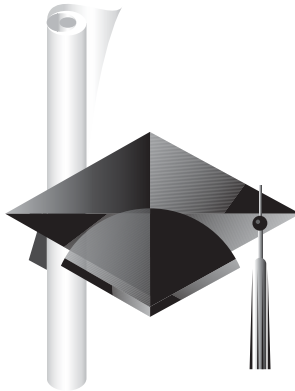
Michael Lundy, Calvary Baptist

Vivian Perkins, Oakland Church of
Christ

Joyce Phillips, Inkster Springhill Baptist

Carol Williams, New Beginnings

May God bless you and your ministries as you serve your faith communities! **RM**



WHO'S RESPONSIBLE?

Mary Ann Martin, RN, BAS, Parish Nurse Coordinator
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Designer: Diane Apfel

LAY HEALTH MINISTRY TRAINING

St. John Parish Nurse Partnership would like to extend a sincere *“Thank You!!!”* for all of the tremendous hours of dedication you provide to healing of body, mind and spirit to the numerous members of your congregations and communities.

We are continuously seeking ways to improve and extend our support to you and we listen to what you say to us. As a result, we have developed a comprehensive lay health ministry training which includes:

- Building a Foundation for Health Ministry
- Medical Model Toward Whole Person Health
- Role of Lay Health Education
- Relationship Building
- Getting Started
- Resource Review
- Program Coordination/Workshop Planning
- CPR, AED, First Aid Class
- Commissioning Service

Our goal is to offer this training to anyone who has an interest in your congregation's wholistic health at little or no cost. The demographics you provide will help support the need to move forward with this project in the fall of 2006. Enclosed is a brief questionnaire to be completed and forwarded back to: Community Health, 28000 Dequindre Warren, MI 48092. Attn: Sally Sterr. The data collected will determine four dates and locations for this 3-day training. Please take a few moments and complete this short questionnaire. **RM**

Thank you

Your Parish Nurse Coordinators