

Parish Nursing newslink

A newsletter for and about Parish Nurses

Are you ready!

We have discussed, dissected, developed and delivered several programs related to exercise and obesity and yet the message is still needed. How do you deliver the message of healthy lifestyles? Consider doing a health program this Lent (Ash Wednesday is Feb. 25!).

What resources do we have you ask? Many! This Lenten season we are encouraging each church to support a "Walk to Jerusalem" program. This program encourages persons to walk, or otherwise exercise, logging their "miles". The larger church group then gathers their miles together and progress to Jerusalem, planning on being there on Palm Sunday. We have the basic program outlined, with the weekly logs and samples of bulletin articles. Another popular program is the "Healthy Lifestyle Adventures". The booklet, available in the resource center, covers six weeks worth of material on exercise, nutrition, spirituality and balanced lifestyle. Other programs you may consider are armchair aerobics or a rosary walk. We also have support materials

for church based weight loss programs.

Thank you for prayerfully considering sponsoring one of these programs this Lent.



Health Observances JANUARY

National Volunteer Blood Donor Mo.	www.aabb.org
Cervical Health Awareness Mo.	www.nccc-online.org
National Birth Defects Prevention Mo.	www.marchofdimess.com
National Glaucoma Awareness Mo.	www.preventblindness.org
19-25 Health Weight Wk.	www.healthyweight.net

FEBRUARY

American Heart Mo.	www.americanheart.org
AMD/Low Vision Awareness Mo.	www.preventblindness.org
Kids E.N.T. (Ears, Nose, Throat) Mo.	www.entnet.org/kidsENT
National Children's Dental Health Mo.	www.ada.org
Wise Health Consumer Mo.	www.healthylife.com
1-7 National Burn Awareness Wk.	www.shrinersshq.org
6 Give Kids A Smile Day/American Dental Assoc.	www.ada.org
8-14 Cardiac Rehabilitation Wk.	www.aacvpr.org
8-14 National Child Passenger Safety Awareness Wk.	www.nhtsa.dot.gov
8-14 National Children of Alcoholics Wk.	www.nacoa.org
14 Congenital Heart Defect Awareness Day	www.tchin.org/aware

MARCH

National Nutrition Mo.	www.eatright.org
American Red Cross Mo.	www.redcross.org
National Colorectal Cancer Awareness Mo.	www.preventcancer.org/colorectal
National Kidney Mo.	www.kidney.org
National Multiple Sclerosis Education and Awareness Mo.	www.msfocus.org/nmseam.htm
Save Your Vision Mo.	www.aoa.org
7-13 National Patient Safety Awareness Wk.	www.npsf.org
8-12 National School Breakfast Wk.	www.asfsa.org
14-20 Pulmonary Rehabilitation Wk.	www.aacvpr.org
5-21 Brain Awareness Wk.	www.dana.org/brainweek
21-27 National Poison Prevention Wk.	www.poisonprevention.org
21-27 National Inhalants Wk.	www.inhalants.org

Contact Sally for supported theme bulletin starters found in bold. The 2004 National Health Observances are now available on line at <http://www.healthfinder.gov>.

Gift of Sight wrap up

Thank you nurses and health ministers who brought your collected glasses to the November support group meeting. They were delivered to LensCrafters the next day and already are making the difference in the lives of many!

Save the Date!

March 5-7, 2004, Caregivers Retreat at the Manresa Jesuit Retreat House with presenter *Marian Love*. This weekend is designed to minister to you—to allow you to be “receivers” of care, grace and spiritual nourishment. Come rest in the quiet and solitude of Manresa’s beautiful setting. Be nourished through prayer, reflection, Eucharist and a special healing service. For more information contact Marian Love at 248-644-4933 or email her at mlove@manresa-sj.org. Manresa is located at 1390 Quarton Road, Bloomfield Hills, MI at the corner of Woodward at Quarton (16 Mile Rd.)

Congratulations!

Diane Wegner, RN, Parish Nurse at Troy Church of the Nazarene completed the parish nurse curriculum recently and has been installed, along with *Melody East*, as the parish nurse. Diane felt the course was very spirit filled and is looking forward to bringing this ministry to Troy Church!

Heart Month Materials

Each February we recognize and support American Heart Association’s “Heart Month” activities. At the time this newsletter went to print the AHA theme had not been made available, so instead we are highlighting the variety of materials and support that can be found on their web site.

Answers by Heart is a series of downloadable patient information sheets. Topics address: cardiovascular conditions, treatments and tests, lifestyle and risk reduction. Some topics are also available in Spanish. The sheets are in a question-and-answer format that’s brief, and easy to follow and read.

The American Heart Association also has **free Web-based programs** and products. These programs offer a wide variety of information and resources to help people learn more about their risk, help manage their condition, and improve and maintain a healthy lifestyle. Topics include: Arrhythmia, Children and Heart Disease, Cholesterol, Cholesterol Low Down, Choose To Move, Compliance, Heart Failure, The Heart Of Diabetes: Understanding Insulin Resistance, Delicious Decisions, High Blood Pressure, Just Move, Simple Solutions, and Take Wellness To Heart.

Health Tools are also available on the AHA web site they include: Cardiovascular Disease Risk Assessment Tool, Family History Tree, Heart Healthy Tracker, Patient Information Sheets, and Body Mass Index Calculator. Visit the American Heart Association web site yourself or encourage your parishioners to log on at <http://www.americanheart.org>.



March – Nutrition

We are looking forward to the February support group meeting where we are planning to have a dietician who can answer our questions regarding current diet trends and give us sound weight loss advice that we can share with our parishioners. The focus of our nutrition message this March is on understanding high protein diets, encouraging an increase in dietary fiber and decreasing the intake of high glycemic foods. The St. John web page has several good articles on balanced nutrition and Sally has a bulletin starter!

Community Education Nights

The Van Elslander Cancer Center Community Education Nights are held the second Thursday of the month, 6:30-8:30 p.m., in the 3rd floor Conference Center of the Van Elslander Cancer Center, located on the campus of St. John Hospital and Medical Center. Please call them at 866-246-HOPE for more information.

- **Thursday, January 8** - *How to Cope with Stress in the New Millennium*, Norman Dwaihy, PhD
- **Thursday, February 12** - *Diabetes Risks: What you can do Now*, Linda Urso, RN, MS, CDE, APRN-BC, Beth Theisen, RD, CDE
- **Thursday, March 11** - *Healing Body, Mind and Spirit*, Mary Natschke, RN

Writing Life stories

In previous generations, families would gather to share their stories, passing down the family history. In today's mobile society, often this opportunity is lost. Writing our Lifestories gives us a chance to pass down the story of our lives to future generations.



Sometimes we start writing for others and find the practice of writing our own stories fills a desire to be seen and heard, to understand ourselves better, to make sense of the themes of our lives.

Whatever draws us to write our stories, the result is the same... an acceptance and appreciation

of who we are, a better understanding of the paths our life has taken and of our life themes.

We each have a deep desire to be known, and connect with others in a meaningful way. Writing the Stories of our lives fulfills this need. We will be developing material on this topic for an upcoming theme. If you have experience with this process or have resources for us, please let us know!

Check it out!

Take a look at www.foodandhealth.com for several good and free handout regarding nutrition. Topics include BMI measurement, healthy shopping, healthy snacks, information on low carb diets, and nutrition month!

What to do about the Flu

Do you have parishioners who are alarmed because they were unable to get a flu shot this year? There's no need to panic. Often we see vaccines as a magic bubble to protect us from harmful viruses. There are other methods of protection, the simplest of which we all learned as kids:

WASH YOUR HANDS.

Whether keeping away the potentially deadly influenza strains or from the viruses that cause the common cold, careful hand washing is the number one way to protect yourself from getting sick. When you add adequate rest, eating healthful foods and maintaining a moderate exercise program, your risk of getting sick this winter is markedly reduced. And remember, if you do feel ill, stay home and away from others. *Consider running a bulletin article on ways to prevent the spread of colds and flu with diligent hand washing and avoidance of people who are ill, or do a hand washing demonstration using the Glow Light materials.*

Educational Offering

Parish Nurse Health Ministry Support Group - Thursday, February 12, 2004
8:30 am - Noon, St. John Macomb Hospital, Physical Rehab Building,
12 Mile Road, Warren.

Home Safety Presentation

The health education staff on the Macomb County Health Department offers a free, informative, lively, power point presentation regarding home safety issues. Many safety concerns are addressed, including fall prevention, medication safety, general home safety, fire prevention, and indoor air quality. The information is for general audiences and will be particularly useful for young mom's or senior groups. Contact Maria Swiatkowski at 586-412-3398 for more information.

Reminder...

If you are renewing your license this March please make sure to forward a copy to Sally or one of the coordinators!

Contact information

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Visit our web site at www.stjohn.org for more information about SJH or detailed information about illnesses and conditions and the latest in health trends, news and weekly features.

A Healing Prayer

In silence now
I open my mind,
My heart, and spirit
To God, whoe is ever
The one Healer.

O God, let love
Erase imperfection.
Let peace soothe
Every nerve.
Let joy re-energize
My whole body.

In silence now
I let go and let
The total perfection
That is God be
The total truth
Of my whole being
At this very moment
And for always.
Elizabeth Searle Lamb

The Parish Nurse

BE ME IN THE WORLD.
BE MY VOICE TO THE DEAF.
BE MY FAITH WHERE THERE IS DOUBT.
BE MY HOPE WHERE THERE IS DESPAIR.
BE MY LIGHT WHERE THERE IS DARKNESS.
BE MY JOY WHERE THERE IS DADNESS.
BE ME IN THE WORLD.
BE MY CONSOLATION TO THOSE WHO
NEED TO BE CONSOLED.
BE MY UNDERSTANDING TO THOSE WHO
NEED TO BE UNDERSTOOD.
BE MY HEALINT TO THOSE WHO NEED
TO BE HEALED.
BE MY LOVE TO THOSE WHO NEED LOVE.
BE MY GIFT TO THOSE WHO NEED.
BE MY FORGIVENESS TO THOSE WHO
NEED TO BE FORGIVEN.
BE MY DEATH TO THOSE WHO NEED ME.
BE ME IN THE WORLD.