



Blessings

The Community Parish Nurse Program
Sponsored by The Carle Foundation

June 2008

Coordinator's Corner

Happy Summer! The weather is gorgeous and the grass is green. We are all for the most part, extremely fortunate compared to lowans and those along the river banks in MO and IL who are recovering from devastating floodwaters.

Contact Hours-CNE-CEU

These terms and abbreviations all mean one thing for nurses with a license in Illinois: Continuing Education is now MANDATORY. Effective 6/1/08 all nurses are to participate and be able to validate that they participation in 20 hours per licensing period. That works out to approx 10 a year. When we renew in 2010 we are to be able to show we have successfully completed 20 contact

hours of Continuing Nursing Education. KEEP IN MIND most professional journals have CE articles in them and the web is full of opportunities. In addition, as parish nurses in our program the Carle Library is open to you. What will ALSO be available for parish nurses? Well of course the Acton series... but we will offer several 2 hour evening and Sat morning programs for you! Since all of you took the basic preparation course many of you have asked to receive additional education in faith community nursing. There are several what we refer to as "supplemental modules" available that will fulfill that request. We will offer these for contact hour credit this fall, winter

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and spring. Each one is worth 2 contact hours towards your requirement. In addition this August we will offer a 2 hour class along with the C-U Public Health District on Pandemic Flu Preparedness. There will be ample opportunities for you to receive education that is meaningful and applicable to your work in health ministry.

Please note: Julie Pryde from the C-U Health Department has sent us info on the pandemic flu which is in this issue of Blessings

The group attending Westberg is also listed in this newsletter. Please mark the dates and hold them in your prayers for safe travels and an excellent learning environment.

Please take moment to carefully review our prayer list and hold these intentions in your heart. We have much to be thankful for and much to seek understanding of in our missives.

Our work on Magnet has intensified greatly here at Carle so we are under the gun to get the last batch of annual appointments done. PLEASE call Bev if you have received a letter and get yours scheduled. Due to the increased workload we are doing a smaller number this summer. If you have not heard from us you are probably in future groups.

It was a joy to present at the American Lutheran Church in Rantoul last week for their Mother Daughter banquet as well as to meet the wonderful people of Oakland Christian Church

yesterday. I look forward to speaking at your church or being a quiet supportive presence for you as you present. Let me know how I may be of service.

We are once again looking for pictures. If you were in the '07 or '08 class and have any pictures from your dedication we would greatly appreciate receiving a copy. One of the stories we are working on for our Magnet submission is on our program (what a surprise☺).

As summer gets hectic with trips, cookouts and ball games, PLEASE REMEMBER to TURN in your STATS. We use them to keep our program funded and need your continued cooperation in turning them in.

RESEARCH - RESEARCH - RESEARCH- We are fortunate to have a colleague who has had her research approved through IPNRC and is interested in hearing from parish nurses who are active in their churches. Surveys regarding her research are being mailed to you this week and next.

PLEASE TAKE A MOMENT AND RESPOND TO HER.

This is a great chance for us to be part of research centered on faith community nursing and we need to be heard.

Enjoy this great weather while we still have it ☺

Blessings,

Faith



Prayer List - Please Pray for:

Teri Pate

Marcia Eischen—pastor's wife at Lisa Guthrie's church

*Mary Weicherding for continued healing from surgery and
post-op complications*

Family of Barb DeReus

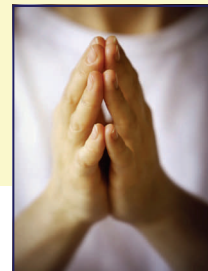
Betsy & Ibulaimu Kakoma

For the parish nurse stepping out in faith to begin her ministry

Nancy Bree

The parish nurse who is inactive due to poor health

*The church who is desperately hoping for calm leadership during
a rough transition of power*



Prayer Updates

I want to thank everyone for all the prayers they said for me during my surgery and since my return home. I'm well on the road to recovery thanks in part to all the wonderful prayers that were sent my way. I feel blessed to be a part of our special parish nurse family.

Anne Monahan, Fall 2000

Thanks to all who prayed for my daughter, her surgery went fine and she is recovering as expected. God bless all of you.

Sincerely, Leticia Montesdeoca, Fall 2004

Education Resources

2008 Basic Parish Nurse Course—Bloomington

The class dates for the 2008
Bloomington Parish Nurse Class are:

August 15, 16
September 19, 20
October 24, 25

Fridays 5:30-9:30
Saturdays 8:00-5:00

Classes are held in Bloomington

Contact Cheree Johnson or Jo Samara at
(309) 268-3506 or email
parishnurse@bromenn.org

CPR Heartsaver AED

CPR is offered at Carle Foundation
Hospital to community members for
\$35/person. The remaining 2008 date
is:

September 11

To register, contact the hospital
education department at 383-3022.

They can also bring CPR training to your
church if an instructor is available for
\$20/person (minimum 6). You would
need to contact Patricia Wray at 326-
2675 to make arrangements.



22nd Annual Westberg Symposium

Lift Every Voice and Speak

September 12-14, 2008

Hyatt Regency St. Louis
Riverfront
St. Louis, MO

Presented by the
International Parish Nurse
Resource Center

[www.parishnurses.org/
WestbergSymposium_24.aspx](http://www.parishnurses.org/WestbergSymposium_24.aspx)

Westberg Scholarship Recipients

Our parish nurses who received full scholarships to Westberg this year:

Jung Cho, Korean Presbyterian Church, Urbana

Charlotte Connerton, St. Mary's Church, Marshall

Twila Holstein, Trinity Community Fellowship, Farmer City

Judy Horn, Lincoln Christian Church, Lincoln

Jackie Long, First Church of the Nazarene, Danville

Mary Beth Niehaus, Ridgeview Baptist, Danville

Gerrie Rein, Holy Cross Catholic Church, Champaign

Brandie Swanson, First Baptist Church, Savoy

Jenny Trimmell, Central Christian Church, Danville

Kaye Wilmert, St. John United Church of Christ, Lincoln

Joyce Zschau, St. John's Lutheran Church, Mattoon

**Please hold these nurses in your prayers as they travel down to
St. Louis and attend the Symposium.**

Achieving Your Personal Best —Managing Chronic Health Conditions

Tuesdays
1:00-3:30– pm
August 19—Sept 23, 2008

The Church of the Living God
1109 N Fourth Street, Champaign

Achieving Your Personal Best was developed by the Patient Education Research Center at Stanford University. Following research and proven success, the program is now offered through several local venues trained through funding provided by the Area Agency on Aging.

The program is highly interactive and promotes self-management for individuals with chronic health conditions and their caregiver(s). The 6 week course consists of 2 ½ hour classes once per week.

Each course participant will receive a book and relaxation CD to use during the class to accompany the discussed content. There is absolutely no registration or course fee for the classes.

If you think you could benefit from this program in any ways, you are encouraged to attend. If you do not believe you can profit from the program, please share this with someone you think would!

Pre-registration required. Space is limited to 14 participants per course. Additional classes will be scheduled according to demand.

For more information, call Jen Brackenhoff at Provena Covenant Health Ministry at (217) 337-2364.

Rekindle the Spirit of Nursing

**October 6-16, 2008
London, England**

Sponsored by the Parish Nurse Network of the Kankakee River Valley

Purpose: To provide Parish Nurses with the opportunity to enhance their ability to identify and positively respond to actual, perceived, or potential threats to health and spiritual well-being of self, colleagues, and clients.

To provide the Parish Nurse with the opportunity to mission with Parish Nurses from the United Kingdom and to establish links for a global approach to whole person health.

This continuing educational activity has been approved for 25.6 contact hours by the Illinois Nurses Association, an accredited approver by the American

Nurses Credentialing Center's Commission on Accreditation.

\$3500 includes:

- Round trip airfare
- Hotel (based on double occupancy)
- Continental breakfast
- 3-course evening meal
- Educational program and materials
- Florence Nightingale Museum and tour
- Westminster Abbey
- Florence Nightingale's Gravesite
- Salisbury Cathedral
- Ground transportation in UK associated with educational program
- \$1000 deposit with balance due July 14th

For more information, please contact Helen Chigaros at (815) 933-5914

There will be at least 2 informational meetings before departure

Spiritual Care Collaborative

Summit '09 February 1-4, 2009

Disney's Coronado Springs Resort &
Convention Center
Orlando, Florida

HEALTH AND HOPE: The Hard Reality
of Living Internationally in a Village
of Care

The Spiritual Care Collaborative (SCC) is an international group of professional organizations, representing over 10,000 spiritual care providers, actively collaborating to advance excellence in professional pastoral and spiritual care, counseling, education and research. This unique partnership among chaplains, pastoral counselors and educators will provide a collective voice to promote the highest standards of professional practice and to advance the field of professional spiritual care. As the host for this mega-conference, the SCC will encourage and facilitate innovative and collaborative programs of practice, education, training and research in diverse contexts.

The theme of Summit '09 is Health and Hope: The Hard Reality of Living Intentionally in a Village of Care. Attendees will engage in

progressive conversation, eliciting new directions of competency and challenge through substantive pre-conferences, plenary addresses, workshops and inspirational gatherings. Acknowledging the complex web of all those involved in the village of care in various setting, Summit '09 will call us to:

- ◆ Define & transform how we care for others from a holistic perspective
- ◆ Build interdisciplinary relationships that nurture and disturb, support and educate
- ◆ Engage & experience authentic collaboration, celebrating that which unifies and honoring that which separates

Who should attend?

Care providers in all human service settings interested or engaged in the provision of spiritual care – including nurses, social workers, physicians, bereavement counselors, psychologists, administrators, parish clergy and all spiritual care practitioners.

Visit

www.spiritualcarecollaborative.org

for up-to-date program and registration information

Parish Nurse Website—updated!

Our parish nurse website is in the process of being updated. As soon as they have the Monthly Statistic form integrated into the new site it will be up and running.

You can still enter your monthly statistics now! Don't forget they're due by the 5th of the month and it's never too late to catch up on missing stats.

If you have any questions, experience any problems or need help accessing the site, please call Bev at (217) 326-2583 or email beverly.talbott@carle.com

You can still visit our site at www.parishnurse.org
This address will NOT change



RESOURCES

National Health Observances

June-July

June 1—July 4 **Fireworks Safety Month**

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
www.preventblindness.org
Materials available



August

National Immunization Awareness Month

National Center for Immunization & Respiratory Diseases
Center for Disease Control & Prevention
1600 Clifton Road NE, MS E-05
Atlanta, GA 30333
(800) 232-4636
www.cdc.gov/vaccines

Respite Program

FAMILY CAREGIVERS A GROWING POPULATION

Heartland Health Care provides short term care to help

It is becoming more the rule, not the exception, that senior citizens with long term care needs receive assistance from their children and relatives, instead of from home health or nursing homes. In fact, of the four out of five seniors who require some type of long term care, only *one* gets the care in a nursing home. The other 75% are receiving care from a “family caregiver.”

It is estimated that there are more than 18-25 million adults – or 10% of the U.S. population fulfilling this demanding job today. Responsibilities include keeping loved ones fed, clean and safe, dispensing medications and transporting them to appointments – and juggling full-time careers and families.

According to Kara Olsen, Admission Director, there are many reasons why children and spouses choose to take on this tremendous responsibility. “Many want to spend time with their loved one, while others feel a sense of guilt for turning the care of their spouse or parent over to home health or nursing home,” says Olsen. “However, these caregivers often face burn-out from the all-consuming care requirements, and don’t know

where to turn for help. That’s where we can help.” Heartland offers short term respite stays that allow caregivers the opportunity to go on vacation or a business trip, and have peace of mind that their loved one is being taken care of by caring professionals.

At Heartland, respite residents can take advantage of the same activities and services as our other guests, such as nutritious meals, transportation, housekeeping, laundry services and social activities. Most importantly, the family caregivers know they are in a safe setting, with registered nurses in the facility 24 hours a day. “Whether for a few days or up to a month, you can take advantage of the respite program at Heartland,” says Olsen.

For more information about respite stays, contact Heartland Health Care, 309 E. Springfield Ave, Champaign, 217-352-5153. Heartland is owned by Toledo-based HCR ManorCare, an integrated health care provider with broad capabilities in long term care, assisted living, specialty, subacute, rehabilitation and home health services.





Are YOU Prepared?

PANDEMIC PREPARATION MADE EASY

Health officials are planning and preparing for the possibility of a new threat in the world of infectious diseases: H5N1 Influenza. Pandemic Influenza (aka: "bird flu" or H5N1) now afflicts only birds and a small number of humans who have close contact with these sick birds. If the bird flu virus changes in ways that make it easily passed from human to human, the disease could potentially spread among humans in communities throughout the world.

Were a pandemic to strike, Public Health officials would probably urge most people to stay at home for days or weeks, until the threat could be contained. This has already happened in other countries to prevent a possible mutation of the virus. If there is a novel strain of influenza in the United States, Public Health would mostly likely implement social distancing measures to keep people in their homes. Additionally with up to 1/3 of the population ill, there would most likely be food and supply shortages in stores.

"Stock 2 For Flu" is a campaign for home preparedness. We, the community of emergency responders, are asking citizens to do their best to prepare for this potential threat. Citizens can do this by stocking items that might be needed if they had to stay home for an extended period of time. The best way to do this is to build a stockpile a little at a time. Our message is simple- Stock 2 for Flu: "Pick up 2 extra items every time you shop until you have stockpiled enough food for everyone in your family for 2 weeks". Don't forget pet food, medications, or baby supplies.

How can the faith-based Community help to prepare our citizens? First and foremost they can become involved! Encourage members to prepare. This can be done by putting inserts into bulletins, including an article in the newsletter, posting information on bulletin boards, linking the Stock2forFlu.com website to their website, and hosting informational meetings (CUPHD can provide a speaker and much printed information).

In addition to encouraging their members to prepare, churches and religious organizations can also play a key role in assisting those less fortunate who may have difficulty creating a stockpile. If your church or religious organization has a food pantry, consider allowing persons to take

two extra items each time they visit. Pass out information to clients regarding the importance of emergency preparedness. You may even want to consider holding additional or special food drives for stockpiling purposes.

CUPHD has created a website to assist our community prepare. www.Stock2forFlu.com offers checklists, contact lists, and sample plans for home and worksite preparedness. There are brochures, posters and other materials you can download and print. Please print these materials, distribute them to your family members, employees, congregations and clients. Please help us get the word out about getting prepared!

Websites:

Stock 2 for Flu: www.stock2forFlu.com

IL Faith-based Emergency Preparedness Initiative: www.idph.state.il.us/planready/index.htm

Champaign-Urbana Public Health District: www.cuphd.org



"It is better to have a plan and no pandemic, than a pandemic with no plan."

**Make YOUR Plan:
www.Stock2forFlu.com**



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

For more information visit: www.cuphd.org



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Are YOU Prepared?

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Preventing Disease, Promoting Health and Protecting Champaign-Urbana Since 1937!

Maternal & Child Health Management
217.531.4304



- Women, Infants & Children (WIC)
- Teen Parent Services
- Family Case Management / Health Works
- Breastfeeding Support
- All Kids Applications
- Childhood Immunizations
- Blood Lead Screenings
- Car Seat Program
- Developmental and Postpartum Depression Screenings

Wellness & Health Promotion
217.373.7901



- Child Dental Health
- Adult Dental Access Program
- CUPHD Mobile Program
- Illinois Breast & Cervical Cancer Program (IBCCP)
- CUPHD Vision Cooperative
- Vision & Hearing Screenings
- Smoking Cessation
- Illinois Diabetes Control Program
- Adult Immunizations
- Vital Records
- Urbana School Health Center

Infectious Disease Prevention & Management
217.239.7827



- HIV Counseling and Testing
- HIV Case Management
- STD Testing
- TB Prevention & Management
- Prostate Cancer Screenings
- Pregnancy Tests
- Hepatitis Testing & Vaccinations
- Mobile Outreach Project
- Communicable Disease Surveillance & Investigation

Environmental Health
217.373.7900



- Inspection of Food & Drink Establishments
- Inspection of Tattoo & Tanning Establishments
- West Nile Virus Surveillance
- Private Water Well Permits
- Private Sewage System Permits
- Lead Investigations
- Food Safety Classes
- Radon Awareness
- Emergency Preparedness Planning