



Blessings

The Community Parish Nurse Program
Sponsored by The Carle Foundation

March 2008

Coordinator's Corner

Easter was yesterday and I scraped my car windows this morning!

Thank you for the wonderful emails regarding my request for prayers for the trip to Alaska. To make you smile...YES...I did get a ride on a dog sled! I was there 4 days before the start of the Iditarod and it was a fascinating experience. It was warmer in Anchorage while I was there then it was in Champaign☺!

My time with the parish nurses and clergy was a truly blessed experience and I was so grateful to be held up by your prayers.

This past week the "downstate coordinators" met with representation from Quincy, Rock Island, Urbana, Bloomington and Kankakee. We

shared and learned from each other over dinner. I will be posting the dates of their classes in the next newsletter in case you know someone who wants to attend a class this spring/fall. All of these programs teach the same curriculum that we utilize which is the national standard.

Our 17th class began this month and is being held in Urbana at Wesley United Methodist. This is the first time we have utilized a church on campus and the first weekend went well.

We are still in need of getting some of the prayer support and lunch help slots filled PLEASE call or email Bev if you can help.

Had a wonderful visit with

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Juanita Nesbitt (Fall 2001) this past month and her church offers "SOUL Sundays" once a month. Screening Of yoUr Levels. What a clever way to get people to come! They offer cholesterol and lipid screenings.

Please note this newsletter is filled with ideas and themes or your monthly bulleting boards etc. Be aware that organ donor Sunday is fast

approaching as is May Stroke prevention month. There are some great materials available on line at the National Stroke Association.

Please hold all of our nurses on the prayer list in your heart this month.

Blessings,
Faith



Prayer List - Please Pray for:

BroMenn parish nurse class this fall—that they will have enough nurses register

For the parish nurse whose husband is making a career choice

For the parish nurse whose partner struggles with Alzheimer's

The Husband of Betsy Kakoma

Judy Icenogle

The family of Marie DesChamps

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

Family of Mel Billman

Jim Brackney—friend of Jo Thompson

Kathie & Jim Buttitta

Faye Williamson & family

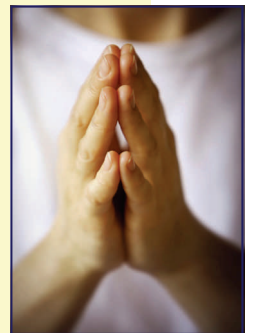
Nancy Roth

Mary Weicherding and her daughter

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



Interesting Facts About Easter This Year

These are very interesting facts about Easter this year:

Easter is always the 1st Sunday after the 1st full moon after the Spring Equinox (which is March 20). This dating of Easter is based on the lunar calendar that Hebrew people use to identify Passover, which is why it moves around on our calendar.

Here's the interesting info. This year is the earliest Easter any of us will ever see the rest of our lives! And only the most elderly of our population have ever seen it this early (95 years old or above!). And none of us have ever, or will ever, see it a day earlier!

The facts supporting this are:

1. The next time Easter will be this early (March 23) will be the year 2160. The last time it was this early was 1913 (so if you're 95 or older, you are the only ones that were around for that!).
2. The next time it will be a day earlier, March 22, will be in the year 2285 (277 years from now). The last time it was on March 22 was 1818. So, no one alive today has or will ever see it any earlier than this year!

Submitted by
Judy Horn, Fall 2002



Moon Walk

5...4...3...2...1 Lift-off to Moon Walk!

It's been nearly 39 years since Neil Armstrong first set foot on the moon, but your opportunity is NOW! Join the fun by signing up for **Moon Walk**, an exciting 12-week '**race to the moon**' aimed at energizing people to walk more and reap the related health benefits sponsored by University of Illinois Extension, Champaign.

The City of Peoria challenged those who live and work in Champaign County to the race. To accomplish the mission to the moon, **UI Extension is organizing teams of people throughout Champaign County** to track their steps and report them on their website. All Champaign County Moonwalkers miles will be compiled to help achieve the mission to the moon. People can use pedometers to keep

track of their activities. Participants can count other activities such as biking or water aerobics by using a chart provided by UI Extension that will help them convert such activities to miles.

Anyone can participate. Teams are currently being organized. **The race launches April 4!**

Help show Peoria who the better walking community while making a commitment to good health.

Visit moonwalk.extension.uiuc.edu for more or e-mail moonwalk@extension.uiuc.edu. To the moon!!!



Increase in Dog Bites

As I've been tracking injury trend in our children coming to the ED, I have noticed in the past year that there is an increase in dog bites that we've seen.

I brought this up at our Regional EMSC meeting, and 2 other facilities in Region 6 had noted their bites increase as well.

We're working towards getting the Urbana animal control officer back into the Urbana schools for prevention education. (FYI—recently, 11 adult pit bulls were removed from a home in Urbana that were kept in the back yard plus some puppies in the house—the man can no longer own a dog ever again due to his abusing them as fighting dogs).

Here's a wonderful website for information. It was developed by a young girl who was bitten at 7 years of age—she's now 16 and doing prevention education. The icon "news" gives you the best resources.

<http://preventthebite.com/>

Feel free to share this with your teachers, families, or outreach educators.

Thanks,

Patty Metzler, RN, TNS, SANE-A, SANE-P
Interpersonal Violence and
Safety Education Coordinator
ED Pediatric Services
Coordinator
Carle Foundation Hospital



Pillowcases Available Through Our Office

We have pillowcases available for purchase through our office.

Pillowcase Talk—Brightly decorated pillowcases with different messages. Each pillowcase is only \$5.

"You are Loved" - Words You are Loved and verse Proverbs 17:17 A Friend loves at all times—picture of hearts

"Hi Mom" - Words: Hi Mom, Baby, Congratulations—picture of heart and teddy bear (Limited number of these pillowcases.)

"Hugs" - Words Hug Hug Hug and Rx Take one hug 3 times a day—picture of bunny doctor and heart

"Ouch" - Word: Ouch—picture of Band-Aid covering a heart

"Call 911" - Words: Call 911 and verse Psalm 91:11 For He will give His angels charge over you, to guard you in all your ways—picture of phone and angel on clouds

"Have Faith" - Words Have Faith and verse Hebrews 10:23 He who promised is faithful—picture of heart over rainbow with promises written on the colors of the rainbow

To order, call or email Bev at 217.326.2583 or beverly.talbott@carle.com



Organ Donors

That They May Have Life

Spring may make you think of transplanting some flowers, but a different kind of transplanting is on our minds. What about organ donation? Are you a donor? Have you considered becoming one? April is National Donate Life month at OrganDonor.Gov of the U.S. Department of Health and Human Services. Maybe this spring is your time to decide whether you can help give hope by becoming an organ donor.

Why Become a Donor?

- × Over 98,000 individuals are waiting for an organ donor today.
- × According to OrganDonor.Gov, 77 people receive an organ transplant each day. Unfortunately, in that same day, 19 will die because of the shortage of organs donated.

The Four D's to Becoming a Donor

× Donor Registry

Sign up on your state's donor registry if one is available.

× Driver's License

Indicate your decision to be an organ donor on your driver's license when you renew or obtain a new license.

× Donor Card

Until you can indicate your decision on your driver's license or sign up for a donor registry, carry a donor card with you.

× Discuss It With Others – The Four FFF's

Make sure to inform your family, friends, physician and faith leader that you would like to be an organ donor. Stating your wishes to these individuals now, before a crisis occurs, will prepare them as they may have to serve as your advocate for donation in the future.

Submitted by Sandy Reifsteck, Fall 1997

Did You Know?

One organ and tissue donor could save or improve the lives of up to 50 people!

April: National Donate Life Month

National Donate Life Month (NDLM) was instituted by Donate Life America and its members in 2003, and grew out of the federally proclaimed National Organ, Eye and Tissue Donation Awareness Week (NOTDAW). NDLM features an entire month of local, regional and national activities to help encourage Americans to become a donor.

November: National Donor Sabbath

National Donor Sabbath is observed two weekends before Thanksgiving as members of faith communities focus on the life-affirming gifts of hope passed to others by organ, eye, tissue, marrow and blood donors. Many faith leaders participate in services and programs to educate their congregations about donation and transplantation and the critical need for donors.

From www.donatelife.net/

Education Resources

When Words Heal—The Power of Writing

Friday, April 11, 2008

8:30—Registration begins

9:00-1:00—Workshop (light refreshments)

St. Patrick's Parish Center

708 W Main Street, Urbana

Multipurpose Room

Led by Sharon Bray Ed.D., author and a leader in the domain of therapeutic writing.

This experiential workshop is designed for individuals who wish to understand or incorporate writing as a way to heal from loss, serious illness, or other life difficulties. You'll learn about the key research on writing and healing, have the opportunity to write in response exercises and prompts, and explore and discuss the transformative power of words to heal the wounded spirit.

Registration is \$25

**For more information:
Family Service Self-Help Center
217-352-0099 or
sdorsey@familyservicecc.org**

Sponsors: Family Service Self-Help Center/ University of Illinois at Urbana-Champaign- Dept of Human and Community Development; Family Resiliency Center; School of Social Work/Infant-Parent Institute and the Center for Men and Masculinity



CPR Heartsaver AED

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

May 8

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.



Living with Grief[®] : Children & Adolescents

Hospice Foundation of America
**15th Annual Living With Grief[®]
Teleconference**

Live-via satellite and webcast

Living With Grief[®]: Children and Adolescents Wednesday, April 16, 2008

HFA's 2008 Teleconference will focus on the experience of grieving children and adolescents and the ways that all hospice professionals, educators and counselors, parents, social workers, physicians, grief counselors, funeral directors, and clergy can best support these populations as they cope with loss and grief. The program and accompanying book written by child and adolescent grief experts will examine the newest theories and practices, and as always, will combine academic research with hands-on ideas for use in hospice support groups and other settings.

Hosted in our Community by
Carle Hospice
Wednesday, April 16, 2008
12:30 pm to 3:30 pm
at
Carle Foundation Hospital
The Forum at The Pollard Auditorium
611 W. Park St.
Urbana, IL 61801

Moderator:

Frank Sesno, Professor of Media and Public Affairs at The George Washington University and Special Correspondent with CNN

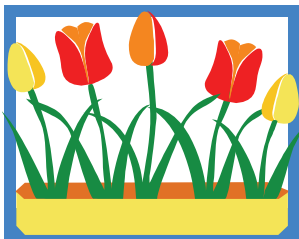
Contact Hours

At most teleconference sites, continuing education contact hours (CEs) will be available through the Hospice Foundation of America for nurses, social workers, counselors, funeral directors, clergy, psychologists, physicians, EMS personnel, EAPs and nursing home administrators. Please verify CE availability at your local site and your professional or state board approval. There is a \$25 online processing fee per certificate, per participant.

The processing fee through the mail with HFA is \$35. There is a \$10 charge per participant for each additional certificate requested.

This program is offered free of charge. To reserve a place or for more information, please call

Carle Hospice
Bev Hardesty
217- 383-3151
800- 239-3620
Or email bev.hardesty@carle.com



Parish Nurses Making a Difference

Was admitting a patient last week and I asked when he started having symptoms. He said, "We have a Parish Nurse at our church that started the Walk to Jerusalem program. As I walked more, I got more short of breath--otherwise I'm healthy--so that's why I'm here."

Another example of Parish Nurses making people aware of their health!

Connie Gewirtz
Fall 1997



5th Annual Trinity Parish Nurse Wellness Conference

Reflect, Renew, Relate

April 18, 2008

The Lodge Hotel and Conference
Center
1-74 at Spruce Hills Drive
Bettendorf, Iowa

Keynote Speaker:

Joyce Rupp

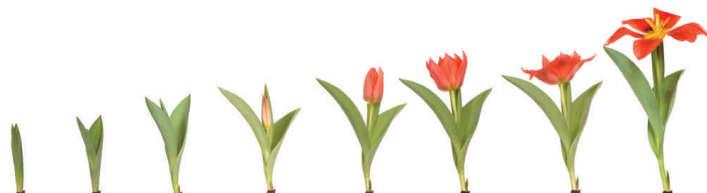
Servants of Mary community
The Institute of Compassionate
Presence
Des Moines, Iowa

Cost of conference is \$90 and
includes: continental breakfast,
keynote, lunch, and 3 breakouts

Join us as we rediscover who we are, why we do what we do and what we intend to accomplish through our work. Periodically it is important to look at our vocation and re-energize our thinking and behavior as we care for others. With greater energy it is possible to discover a new satisfaction in what we do and to formulate new ways to relate to our patients, our clients, our families and ourselves.

Questions—Call (309) 779-5120 or
email slutzm@ihs.org or visit
www.trinityqc.com/parishnurse

Contact our office for a brochure—
Bev at (217) 326-2583 or
beverly.talbott@carle.com



RESOURCES

National Health Observances

April

National Donate Life Month

Division of Transplantation, Healthcare Systems Bureau
Health Resources and Services Admin
US Dept of Health & Human Services
Parklawn Bldg, Room 12C-05
5600 Fishers Lane
Rockville, MD 20857
(301)443-7577

www.organdonor.gov

Materials available

National

Child Abuse Prevention Month

Children's Bureau
Administration for Children & Families
1250 Maryland Avenue SW
Washington, DC 20024
(800) 394-3366
(703) 385-7565
info@childwelfare.gov

www.childwelfare.gov/preventing

Materials available

April 26-May 4

National SAFE KIDS Week

Safe Kids Worldwide
1301 Pennsylvania Avenue NW
Suite 1000
Washington, DC 20004-1707
(202) 662-0600

www.usa.safekids.org

Materials available



May

American Stroke Month

American Heart Association
7272 Greenville Avenue
Dallas, TX 75231
(800) 242-8721

inquiries@heart.org

www.americanheart.org

Materials available

Melanoma/Skin Cancer

Detection & Prevention Month

American Academy of Dermatology
930 East Woodfield Road
Schaumburg, IL 60173
(888) 462-3376

mediarelations@aad.org

www.aad.org

Materials available

National High Blood Pressure Education Month

National Heart, Lung, and Blood Institute
Health Information Center

PO Box 30105

Bethesda, MD 20824-0105

(301) 592-8573

nhlbiinfo@nhlbi.nih.gov

Hin.nhlbi.nih.gov/nhbpep_kit

May 11-17

National Women's Health Week

Office on Women's Health
US Dept. of Health/Human Services
200 Independence Ave SW
Room 712E

Washington, DC 20201

(202) 690-7651

Www.womenshealth.gov/whw

Materials available



CLIMB ABOARD!

Need help getting the medicines your doctor prescribes? You may qualify for one of more than 475 programs, many of which offer free or nearly-free prescription drugs.

There's a fast and convenient way to see if you may qualify...
The Partnership for Prescription Assistance "Help Is Here"
Express!

Thursday, April 10

9 am - 11 am

Provena Covenant Medical Center

1400 W Park, Urbana, IL 61801

The "Help is Here Express" is equipped with computer terminals and mobile phones so people can find out if they may be eligible for help paying for their medicines. There will be assistants aboard to make sure your application process is quick and easy.



**Partnership for
Prescription Assistance**