



Blessings

The Community Parish Nurse Program
Sponsored by The Carle Foundation

May 2008

Coordinator's Corner

WHEW!!

April and May have flown by without a newsletter...much to my regret. Our winter class was wonderful and a list of your newest colleagues and the churches they serve is included in this newsletter. A GIANT thank-you to all of you who supported this class through prayer, service and/or time. The parish nurses of Wesley United Methodist in Urbana: Larriane Jordan, Pat Tymchyshyn, Barb Kronas and Anne Curtiss showed incredible devotion to making sure this group felt welcomed in their church home. Kim Busboom and Pastor Lehmann of Immanuel Lutheran Church, Thomasboro offered a wonderful healing service and Rev Strom and Ruth Benton welcomed the class to

Trinity Lutheran Church in Urbana for a truly beautiful Dedication service.

PLEASE note there are *big* changes with the Acton series at Carle.

Beginning with the next program, there will be a \$25 charge for all of these programs. Obviously, with the steadily increasing food and program costs the ability to offer free programs is disappearing. CEU's are offered for all Acton series and that is still a great bargain at \$25.

I hope that you all received and are enjoying your Nurses Week gift from our program. It is such a blessing to be able to showcase the talents of one of our own, Jenny Trimmell (Spring 2000).

Scholarships for Westberg are

(Continued on page 2)

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OPEN. The form can be accessed through our website under [Calendar of Events](#) OR Call Bev for a form at 326-2583. Please complete no later than June 2nd. Our fax is 326-0018 or email it to Bev.

As spring and summer festivals gear up please note we do not hand out Vial of Life containers to anyone without making sure they are capable of completing the forms or by first filling it out for them.

To all of you who had me come to your Mother-Daughter banquets, thank-you. It was good to see you and so affirming to see the wonderful turnout for your celebrations of women at your faith community. I will need to back off on some carbs for awhile after all of that wonderful food.

We have several copies of an excellent senior guide in our office that are available for loan. This guide was reviewed by Joanne Huff and JoAnn McGrain from St Matthew Catholic Church in Champaign and deemed to be a good investment. For all of you

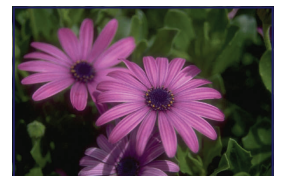
whose primary ministry is with seniors please feel free to call and Bev will send one out.

Bloomington is offering a fall class as is Decatur. If you know of anyone interested in attending please see information in this newsletter. We are not certain if we will offer a winter or summer class in 09 due to increasing responsibilities here with the Magnet application.

I encourage each of you to prayerfully consider whether you could attend the Westberg Conference in St Louis this September. I guarantee you it is time well spent. If your church will pay your registration we will cover your travel and lodging...what a deal!☺

Call if you need us and know that you are in our prayers.

Blessings,
Faith



Retiring from Parish Nursing

I just want to let you know I am retiring from Parish Nursing.

After 2,197 blood pressures, 1,226 prayer cards, one hearing aid and a change in the licensing law, I have decided to retire. My license expires the last of May and I do not plan to renew it.

As a parish nurse, I have had 8+ rewarding years filled with many

blessings. I am grateful to Carle for sponsoring such a program and to you for the inspiring classes and for your continued support through the years.

Thank you and God Bless!

Juanita Eggleston
Paris First United Methodist
Church
Fall 1999



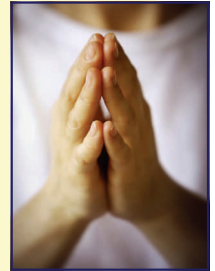
Prayer List - Please Pray for:

Anne Monahan

Mary Weicherding

Family of Barb DeReus

Betsy & Ibulaimu Kakoma



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

Jim Brackney—friend of Jo Thompson

Nancy Bree

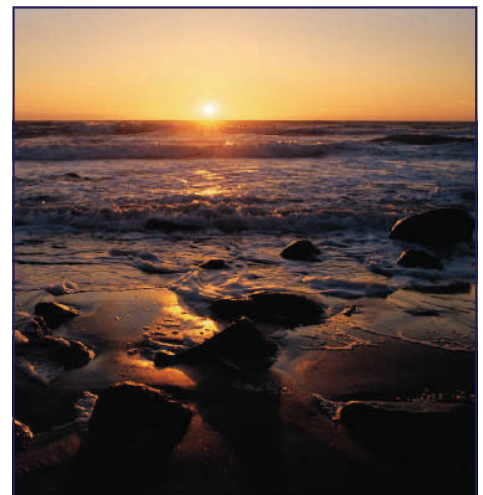
The parish nurse who is inactive due to poor health

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

The Dash

In July 2006, a short 3-minute movie was launched on the Internet called "The Dash". Since then, over 40 million people from around the world have watched it; and over 20,000 a day continue to watch it as a result of people passing it along . The movie has been more successful than anyone could have ever imagined. More importantly, however, it has inspired many, many people to reflect on their lives and ask that all important question, 'Are my priorities where they should be?' I hope you enjoy this movie and share it with those who are close to you.

www.dashpoemmovie.com/





Winter 2008 Parish Nurse Class

Beth Beck	Good Shepherd Lutheran Church, Champaign
Cindy Bell	Mahomet United Methodist Church, Mahomet
Jung Cho	Korean Presbyterian Church, Urbana
Cathy Drew-Caudle	Christian Church, Tower Hill
Jan Galaras	Three Hierarchs Greek Orthodox Church, Champaign
Sharon Houchin	Oakland Christian Church, Oakland
Tina Jereza-Anoba	Vineyard Christian Fellowship, Urbana
Peg Reid	Philo Road Church of Christ, Urbana
Phyllis Rogers	St. Patrick's Catholic Church, Urbana
Brandie Swanson	First Baptist Church, Savoy
Peggy Swisher	Church of Christ, St. Joseph
Teresa Switzer	Lake Ridge Christian Church, Paris
Maggie Szafranski	St. Elizabeth Church, Thomasboro
Geri Wirth	Heartland Community Church, Decatur
Kathy Woodworth	Oakland Christian Church, Oakland

RN Needed for Summer Camp

I rec'd this note and thought perhaps there might be a parish nurse in the area who might be interested in two days and nights of camp nursing (volunteer basis). Little Galilee Christian Assembly (camp), outside Clinton, IL, is needing a nurse for two days/two nights in June (see below). Would you mind putting out the information to the network perhaps? If anyone is interested, or knows someone who might be interested, please ask them to let me know as soon as possible (217-735-3065 or email hnhorn@verizon.net). Thank you!!

Blessings,
Judy Horn

The camp is in need of a nurse from Wednesday night after supper thru' Friday Evening at 6:00, June 18-20. High School students will be at the main camp and the wilderness and outpost camp will have Jr. High students. Housing is provided on the camp ground and there is sleeping quarters for two people. Didn't know if this is something that would interest any of the parish nurses or not, or if a couple of them might want to team to do this. Ken Rutledge, the Camp Manager, had it covered and something came up that the person will only be able to do the first half of the week.

Playing It Safe

**Saturday, June 7
10 a.m. to 3 p.m.
Champaign County Fairgrounds**

Bring your family to Playing It Safe 2008 at the Champaign County Fairgrounds! There will be more than 40 fun, interactive displays that will teach children and parents many aspects of safety, including how to escape a fire, prepare for a disaster or ride a bike safely. Also on display will be the AirLife helicopter, fire trucks and an interactive stage show put on by the Urbana Fire Department. A full list of activities will be listed on our Web site as the date approaches.

The fair is free and so is the lunch for the first 1500 visitors. Sonic Drive-in will hand out 1500 hamburgers and Carle will provide a bag of chips. Other snacks and drinks will be available for purchase.

Please email your response to dana.carlson@carle.com indicating the hours you are available and your activities of choice.

Thank you! We look forward to seeing you at Playing It Safe.

**Volunteers Needed for
Playing It Safe
Your help will be tremendously
appreciated.**

Friday, June 6:

- Event Set Up between 10 a.m. and 2 p.m.

Saturday, June 7:

Opportunities are available from 8 a.m. to 4 p.m. and include all of the following:

- Register volunteers at the information tent
- Distribute information to fair attendees
- Help out at one of the Champaign County SafeKIDS stations
- Register kids and distribute prizes at the prize tent
- Assist children with craft projects at the craft tent
- Sell Pepsi products
- Assist with face painting
- Help with traffic flow at the AirLife helicopter display
- Assist with the animal safety puppet show
- Or, be a "zone captain" and assist other volunteers throughout the day

Medication Card help needed—June 7th

My name is Nichole Martinez. I am a nurse at Carle. For the past few months I have been on a committee focused on medication reconciliation. Our sub group has been focused on the discharge portion. In short, we will be hopefully pushing an ad campaign out in to the community on the importance of knowing your medications and having a list with you at all times. Pam Sellers is in my group and we have discussed how beneficial the Parish Nurse Program could be to this. Our hope is to redesign the wallet card and have them available by the

time **Playing it Safe** comes around **June 7th. We would like to have a table set up and tell people to bring their medications and we will transfer them to the cards.**

We would like to have a table for Parish Nurses and need volunteers from 10-3 to fill out medication cards for people.

Please let me know if you are able to help. I know this is short notice, sorry. Please feel free to email me with questions.

Thank you,
Nichole Martinez
Email Nicole.Martinez@carle.com

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

National Senior Health & Fitness Day

Make Every Day a Fitness Day

National Senior Health and Fitness Day recognizes the importance of exercise and healthy living, especially for older Americans.

May 28, 2008

9:00 A.M. - 1:00 P.M.

Lincoln Square Village

300 S. Broadway Ave., Urbana

Please join Health Alliance Medical Plans and more than 30 other community organizations for National Senior Health Day. It's free, fun and informative.

- ◆ Live broadcast of "Penny for Your Thoughts"
- ◆ Free health screenings and healthy refreshments
- ◆ Medicare plan information-Door prizes and free samples

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



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.



RESOURCES

New Assisted Living Open House

**Open House at Prairie Village
Celebrating their newly obtained
Assisted Living Licensure**

Saturday, May 31, 2008

Prairie Village
200 W. International Avenue
Rantoul, IL 61866
(217) 892-2800

Schedule of Events

Ribbon Cutting 1:00 pm
Gene Trimble Band 2:00-4:00 pm
Tours each half hour 1:00-4:00 pm



National Health Observances

June-July

Home Safety Month

Home Safety Council
1250 Eye Street NW, Suite 1000
Washington, DC 20005
(202) 330-4900

[www.homesafetycouncil.org/
homesafetymonth](http://www.homesafetycouncil.org/homesafetymonth)

Materials available

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

Materials available



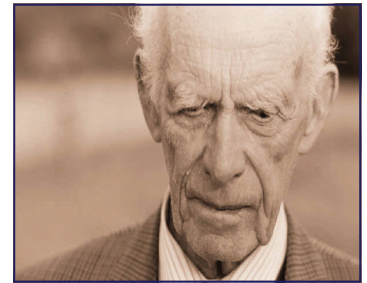
Did you know Illinois has the Silver Alert System?

Silver alert is helping law enforcement agencies find elderly people who wander away from home. When a vulnerable senior citizen is missing, the Illinois State Police can issue a regional or statewide alert through the system. This is modeled after the Amber Alert system.

The law Public Act 094-0145 creating this system was sponsored by Dan Beiser of Alton. Illinois implemented this system in 2006. There are presently four states that have this system: Illinois, Texas, Michigan and Colorado. Several other states are introducing legislation to implement this in their state.

When you notify a law enforcement agency of a missing senior, this sets in motion a notification system to other law enforcement agencies. The Illinois State Police then determine if a statewide alert is needed or a local or regional alert.

Since time is critical when a senior is missing, this system is a valuable tool for law enforcement.



Website for Health Information

I found a website that has health information that can be downloaded free. I thought you might want to share with the other Parish nurses.

The website is

www.thenationshealth.org

It is a newsletter created by the American Public Health Association. If you go to the above website and scroll down to nearly the bottom of the page there is a blue square box on the left hand side that says "Healthy You". If you click on that, you can reach info that can be printed.

April's edition is on stress. May's edition (not yet out online--I have it in paper form) is on Sun Protection.

Jenny Trimmell
Spring 2000

Free public health materials from The Nation's Health newspaper

Looking for easy-to-understand materials on health topics? Then look no further than **Healthy You**, the free public health resource page from The Nation's Health. The page can be downloaded, copied and reprinted. Pass out copies at your health fair or on campus. Hang it in your medical office or health department. Or hand them out at a community meeting. It's up to you!

www.thenationshealth.org



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)