



# Blessings

The Community Parish Nurse Program  
Sponsored by The Carle Foundation

October 2008

## Coordinator's Corner

Happy Fall!

Westberg was wonderful! We heard some dynamic speakers this year as the keynotes. The newsletter this month and next will have updates from the parish nurses who attended and their thoughts on the conference. The theme this year was advocacy and lifting our voice for those who can't. We were challenged by several of the speakers to *speaK up* and *speaK out* for the injustices present in the U.S. health care system and human services. The devotions were uplifting and the closing workshop message was given by a rabbi from St Louis whose gentle spirit and strong sense of justice was apparent to all who were present to hear her.

For those of you in Champaign and Vermilion counties the news of this week from our hospital was sad. Due to increasing financial difficulties we

experienced, we had a workforce reduction of 72 employees. I am saddened to say several of those who left their positions were also our parish nurse colleagues. We hold each of them in our hearts and struggle to find meaning in this chaotic time in healthcare.

As many of you have also heard Carle Foundation Hospital and Carle Clinic are looking at some type of "coming together". What that will ultimately look like, a merger or just aligning services, remains unknown as this time. For those of us though who have lived through mergers we are all too aware of the stress and tension that these negotiations can bring to the work environment.

Despite the above challenges our parish nurse program remains funded

*(Continued on page 2)*

## Table of Contents

<a href="#">Prayer List</a>	2	<a href="#">CDC updates seasonal flu web section</a>	5
<a href="#">Prayer request</a>	2	<a href="#">Reflections from Westberg</a>	6-7
<b>RESOURCES</b>		<a href="#">Research News from the IPNRC</a>	8
<a href="#">National Health Observances</a>	3	<a href="#">Prevention of Identity Theft</a>	9
<a href="#">Ministry Expo</a>	3	<a href="#">The Lemonade Stand</a>	10
<a href="#">Spread the Word, not the Flu - Vaccines</a>	4	<a href="#">Mood Scale</a>	11
<a href="#">Champaign/Urbana Public Health Flu</a>	5		

and for that we are grateful. However, due to the increased workload for both Bev and myself in other areas I have decided that there will not be a fall retreat this year. We are sorry that this event cannot occur but are hopeful we can hold one in fall '09.

RESEARCH-Evidence Based Practice (EBP). Why do nurses do what they do? The old refrain of "that's the way we do it here" won't cut it in today's workplaces. Our profession is continually held to a standard of citing why we do what we do and EBP and research are the foundations on which these answers will be built. Last summer I asked you to participate in a research project of a graduate student from MI and you were incredibly responsive. Now we have another survey

to be a part of from International Parish Nurse Resource Center (IPNRC). The info can be found in this newsletter of how to complete it. PLEASE take the time and do so. This work is critical to the body of literature available in our specialty.

In September I presented for the Vermilion County parish nurses on Magnet and Parish Nursing. It was a great evening to see many dear friends and they had a wonderful turnout. Connie Reynolds will continue to lead this group with a quarterly educational session and get-together.

I appreciate all that you do and I thank God for your service to others.

Blessings  
Faith

## Prayer List - Please Pray for:

*Mel Billman*

*Kathy Tredway*

*Michelle Lawhead*

*The family of Krystal Little*

*Melva Solon*

*The clergy staff and students of the Newman Center on campus*

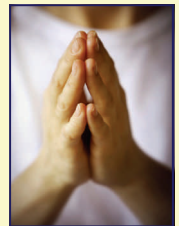
*For Cathy Faulstich and her family during an extremely stressful time*

*For the parish nurse who is struggling to be heard*

*Teri Pate*

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

*Betsy & Ibulaimu Kakoma*



# RESOURCES

## National Health Observances

### October

#### **National Breast Cancer Awareness Month**

National Breast Cancer Awareness  
Month Board of Sponsors  
233 N Michigan Ave., Suite  
1400  
Chicago, IL 60601  
(312) 596-3400  
nbcaminfo@yahoo.com  
[www.nbcam.org](http://www.nbcam.org)  
No materials available



#### **Sudden Infant Death Syndrome Awareness Month**

First Candle/SIDS Alliance  
1314 Bedford Avenue, Suite 210  
Baltimore, MD 21208  
(800) 221-7437  
(410) 653-8226  
info@firstcandle.org  
[www.firstcandle.org](http://www.firstcandle.org)  
Materials available



#### **October 5-11** **Fire Prevention Week**

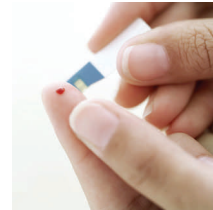
National Fire Protection  
Association  
1 Batterymarch Park  
Quincy, MA 02169-7471  
(617) 984-7285  
bdunn@nfpa.org  
[www.nfpa.org/index.asp](http://www.nfpa.org/index.asp)  
Materials available



### November

#### **American Diabetes Month**

American Diabetes Association  
1701 N Beauregard Street  
Alexandria, VA 22311  
(800) 342-2383  
[www.diabetes.org](http://www.diabetes.org)  
Materials available



#### **November 20** **Great American Smokeout**

American Cancer Society  
250 Williams Street NW  
Atlanta, GA 30303  
(800) 227-2345  
[www.cancer.org](http://www.cancer.org)  
[www.cancer.org/docroot/subsite/greatamericans/smokeout.asp](http://www.cancer.org/docroot/subsite/greatamericans/smokeout.asp)  
Materials Available



## Spread the Word, not the Flu

No appointment is necessary for vaccination, unless otherwise noted. If you are a Carle Clinic patient, please bring your clinic number and insurance card so we can bill your insurance company directly. Medicare patients should bring their Medicare card so we can bill Medicare directly. Non-Carle Clinic patients, not on Medicare, should be prepared to pay at the time of service.

**Flu Clinic Prices: Flu shot \$30 • Pneumovax \$50 • Nasal Vaccine FluMist® \$35**

### Vineyard Christian Fellowship

**1500 Lincoln, Urbana**

All vaccinations, drive-thru or walk-in  
Ages 6 months to 4 years must be vaccinated inside the building  
• Oct. 13 – 15, 7 a.m. – 6 p.m.

### Carle Clinic – Urbana on Windsor

**1818 E. Road, Urbana**

(217) 255-9500

All vaccinations for ages 6 months and older  
• Oct. 16 – 18, 7 a.m. – 6 p.m.  
• Oct. 23 – Dec. 31 7 a.m. – 6 p.m. Mon. – Fri.

### Carle Clinic – Champaign on Curtis

**1701 W. Curtis, Champaign**

(217) 365-6200

All vaccinations for ages 6 months and older  
• Oct. 20 – 22, 7 a.m. – 6 p.m.  
• Oct. 23 – Dec. 31 7 a.m. – 6 p.m. Mon. – Fri.

### Carle Clinic Association

**602 W. University Avenue, Urbana**

Breezeway at Carle Foundation Hospital  
(217) 383-3077

All vaccinations for ages 6 months and older  
• Oct. 23 – Dec. 31  
7 a.m. – 6 p.m. Mon. – Fri. 8 a.m. – noon Sat.

### Carle Clinic – Monticello

**1109 N. State Street, Monticello**

(217) 762-2518

Flu shot and pneumovax vaccines for ages 6 months and older  
• Thurs., Oct. 30, 4:30 – 7 p.m.  
• Thurs., Nov. 13, 4:30 – 7 p.m.

### St. Philomena's Church

**1301 N. Market Street, Monticello**

Flu shot for ages 18 years and older, drive-thru clinic  
• Wed., Oct. 15, 8 – 11:30 a.m.

### Carle Clinic – Tuscola

**301 E. Southline Road, Tuscola**

(217) 253-5231

Flu shot and FluMist for ages 9 years and older. No pneumovax vaccines.  
• Sat., Oct. 25, 8:30 – 11:30 a.m.

### Carle Clinic – Rantoul

**1540 E. Grove Street, Rantoul**

(217) 893-7700

• Mon., Nov. 10, 9 a.m. – noon

### Carle Clinic – Danville on Fairchild

**311 Street, Danville**

(217) 431-7600

Flu shot and pneumovax vaccines for ages 18 years and older  
• Sat., Oct. 25, 8 a.m. – 2 p.m.  
• Sat., Nov. 1, 8 a.m. – 2 p.m.



## Champaign/Urbana Public Health Dept Vaccine Clinics

### Oct 8 & 9

8 a.m.—8 p.m.

Drive-through clinic at  
**District Headquarters** parking lot  
201 W Kenyon Road, Champaign



### Nov 4

**Vote & Vax while the polls are open:**

- **Sunnycrest Mall**, South Philo Road, Urbana
- **Meadowbrook Community Church**, 1902 Duncan Road, Champaign
- **Mount Olive Baptist Church**, 808 E Bradley Avenue, Champaign

## CDC updates its seasonal flu web section with additional education materials

CDC recently updated its Seasonal Flu website with more resources for the 2008-09 influenza season, including the following three new web pages.

Children, the Flu, and the Flu Vaccine  
[www.cdc.gov/flu/protect/children.htm](http://www.cdc.gov/flu/protect/children.htm)

Protecting Against Influenza (Flu): Advice for Caregivers of Children Less Than 6 Months Old  
[www.cdc.gov/flu/protect/infantcare.htm](http://www.cdc.gov/flu/protect/infantcare.htm)

Seasonal Flu Information for Schools & Childcare Providers  
[www.cdc.gov/flu/school/index.htm](http://www.cdc.gov/flu/school/index.htm)

In addition, CDC is currently featuring influenza on its home page at [www.cdc.gov](http://www.cdc.gov). The link provided there goes to a page of influenza information for the public titled "Flu Season is Here: Learn How to Protect Yourself and Your Loved Ones." This page can also be accessed directly at [www.cdc.gov/Features/FLU](http://www.cdc.gov/Features/FLU)

Visitors to this page are encouraged to send an influenza vaccination-themed electronic postcard to friends or loved ones from

[www2a.cdc.gov/ecards/browse.asp?act=brs&chkcategory=Flu&submit1=GO](http://www2a.cdc.gov/ecards/browse.asp?act=brs&chkcategory=Flu&submit1=GO)

To access a broad range of continually updated information on seasonal influenza, avian influenza, pandemic influenza, swine influenza, and canine influenza, go to: [www.cdc.gov/flu](http://www.cdc.gov/flu)

The National Influenza Vaccine Summit's website also contains extensive information and resources on influenza. Visit [www.preventinfluenza.org](http://www.preventinfluenza.org) often.

Websites:

[www.immunize.org](http://www.immunize.org)

[www.vaccineinformation.org](http://www.vaccineinformation.org)

[www.hepprograms.org](http://www.hepprograms.org)

[www.izcoalitions.org](http://www.izcoalitions.org)



## Reflections from Westberg

### Judy Horn

The 2008 Westberg Symposium is the third one I have attended. Thank you to the Carle Foundation for sponsoring the scholarships for us. The theme for the weekend was “Advocacy”: *Lift Every Voice and Speak*. We were reminded in various ways how we serve as the voice for many people whose voices are too soft to be heard or who have no voice to offer.

We had four different keynote speakers this year:

“The Impact of Social Justice in the Practice of Medicine”, was by Dr. Gloria WilderBrathwaite, a pediatrician and nationally recognized speaker on social justice issues. She encourages doing what is right and not what is easy. Without courage, we cannot practice any other virtue consistently, she said. She encouraged respecting others for just being themselves.

“Finding Voice, Giving Voice: Advocacy at Times of Transition”, was presented by Dr. Margaret Clark, a theologian, and Dr. Joanne Olson, a nurse. They maintain that parish nurses serve as advocates: in the Hebrew sense of “unveiling” (assess mute suffering, listening); in the Greek sense of being a *parakletos* for lamenting and providing consistency; and in the Latin sense of being a *vocem* in supporting change and fostering the relationship between transition and change. (Transition : Change :: Vocation : Advocacy)

“Faith United Against Tobacco: Mobilizing the Faith Community to Reduce Smoking, Particularly Among Children” was presented by Vincent DeMarco, who works at transforming public will into political power. He feels that when faith leaders speak, people listen because these leaders

have “moral authority”. Faith leaders mobilize grassroots support and can reach and give voice to diverse communities (diversity on all levels). He encouraged political activism in advocacy.

“Using Your Voice to Make a Difference” was presented by the Editor-in-Chief of the *American Journal of Nursing*, Diana Mason. She encouraged all of us to keep accurate statistics, which can be helpful in proving that we are making a difference in people's lives, that what we do works, it is cost-effective, is an improvement over what exists presently, and is worth the risk and effort needed to change policies which might be hindering what we do. Data is important, but it will not change policy. Utilizing strategies, such as journalism and political activism, will be required to change policies. We need to have an “elevator speech” ready at all times to tell people what we do in a short time and be prepared for the moments that will present themselves to use it. The message we present must be framed for the audience and their values.

I attended four workshops as well:

“...And the Greatest of these is: Advocacy”, by Judith Mouch, was a half-day workshop. She made the point that it is difficult to do advocacy without some relationship with those for whom one is advocating. She reviewed several examples of advocates and advocacy in the Bible. She said that parish nurses can be advocates to individuals, families, the entire congregation, the community, and/or the system. Parish nurses provide resources that are in the best interest of people from the whole-person perspective and work to bring about positive change in the social system.

(Continued on page 7)

(Continued from page 6)

"Fit 2 Serve" by William "Bill" Duey, Ph.D. Bill developed a program, "Fit 2 Serve", to put people together with accountability partners in developing wellness goals. This program includes Bible study as its core. He says the one ability God wants from us is our availability.

"Our Community Lifts a Voice of Hope to Its Children by Meeting Their Back-to-School Needs Each Year" was by Marty Venvertloh, a parish nurse, and Debra Fitzgerald, a nurse at an agency, both in Quincy, IL. They told about a program they have developed in Quincy which involves a number of churches and individuals to provide backpacks and school supplies, physical exams, clothing, and haircuts for children, especially those living in one of the low-income housing areas of the city, just before the beginning of school in August each year.

"Wellness Your Way: Keys to Living a Healthier Life", by Deborah Stankiewicz,

a parish nurse, explained the six-week program by that name which she has developed at her church. She believes that our thoughts become our health strategies, so she encourages "right thinking", as Dr. Phil discusses in his book, *Keys to Right Thinking*.

I would be happy to discuss things I learned in these workshops with anyone who would like to hear about them! Things I learned in each one of them will be helpful to me in my parish nurse ministry.

Next year, let me encourage each of you to plan to attend the Westberg Symposium. The atmosphere in a world-class hotel is luxurious. The food is out of this world. The fellowship and networking opportunities with parish nurses from all over the world (literally) is so sweet and encouraging. You will be better for having been there!

Judy Horn  
Fall 2002



What a weekend of fun, gathering with nearly 500 other parish nurses, and also a great learning experience. How important it is for us as nurses to be willing to lift our voices and speak out on behalf of those who need a helping hand or a caring heart. Of course Faith Roberts is always my all time favorite speaker, and challenged us to take some time out from our busy lives to stop and reflect on God's presence, and to weave prayer with presence.

We were also challenged to be an advocate for others, in responding to God's call to wholeness and wellness in our communities. I enjoyed the speaker that challenged us to think globally, and act locally, and challenged us to let our life speak, and be present to another's pain without trying to always fix it.

What good words for my parish nursing

in my community with the elderly, and I think for all of us as we deal in one way or another with pain, whether directly or indirectly. The talk on ageing and Alzheimers was also of benefit to me in my work with the elderly.

Listening is such an important tool in nursing and all of life in general. as was stressed by Marabel Kersey in her talk, "Hear their Cry, Lift the Roof." Excellent food for thought.

Again, thanks for the great weekend of growth and opportunity, and the food, fun, and fellowship is such a plus also.

Twila Holstein  
Fall 2004  
Farmer City



## Research News from the IPNRC

One of the research projects identified by the IPNRC Research Committee was to describe the practice of parish nursing. A working group of the Committee composed of Myrna Cassimere, Paulette Golden, Sheila Grigsby, Tammy Kiser, JoVeta Wescott, and Ruth Williams finalized a survey designed to obtain information from practicing parish nurses describing their practice. Members of the working group reviewed the literature for surveys related to parish nursing practice but none were found that specifically matched the goal and objectives of this study. As content experts, the group brainstormed specific items that they felt should be included in a survey. This process took place over several months. Once the survey items were decided on, the survey was put on Survey Monkey and sent to all the members of the Research Committee for review and comment. After comments were received, the survey was revised and refined. Changes were reviewed by an outside expert for content, clarity, and completeness to determine if the survey would meet the goal of describing the practice of parish nursing. The last step in the process was to have several parish nurse educators review the survey for clarity. The survey project was approved by the Institutional Review Board at Webster University in St. Louis.

Although, some will think more should have been added to the survey, it was the intent of the working group to design a survey that was brief but yet would provide sufficient data to describe the practice of parish nursing. Additional studies may follow. The survey can be completed in less than 10 minutes. Any

parish nurse who is actively practicing can take the survey and all are encouraged to do so. A notice of the survey will appear in *e notes*, a handout explaining the project will be available at the Westberg Symposium, and information with a link to the survey will be posted on the IPNRC website [www.parishnurses.org](http://www.parishnurses.org). We do not know how many parish nurses there are nor what their practice looks like. This is the first study designed to obtain data from parish nurses nationally and internationally. Please spread the word to other parish nurses and parish nurse groups that you are associated with. The survey can be accessed now. The letter addressing all the elements of informed consent is on the opening page of the survey. All responses are anonymous and confidential. Only aggregate data will be reported and findings will be shared. The link to the survey is:

[www.surveymonkey.com/s.aspx?sm=R9\\_2feQWRh9uyItUvZfyiJsw\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=R9_2feQWRh9uyItUvZfyiJsw_3d_3d)

Thank you to the members of the working group and to all those faculty on the Research Committee who have contributed hours to discussing and designing parish nursing research. If you have problems accessing the survey or have any questions, please contact Barbara Wehling [bwehling@eden.edu](mailto:bwehling@eden.edu)

Barbara Wehling, RN, PhD  
Director of Curriculum and Research  
International Parish Nurse Resource  
Center (IPNRC)

## **Prevention of Identity Theft & Financial Crimes against Older Adults**

Presentation by Megan Fulara, Community Outreach Liaison, Office of the Attorney General to ECIAAA Advisory Council Meeting, September 3, 2008.

- Provided background on herself; she works out of Springfield for Attorney General Lisa Madigan. The Office of the Attorney General has three main duties: to advocate, litigate and legislate.
- Fastest growing crime in America is identify theft; use of your personal information for a criminal's personal gain.
- Most criminals get the information from computers or the victim; be careful to limit what information you give out; just because someone asks, you do not have to tell.
- Only 2 times you must legally give out your social security number—when initiating a financial transaction and when the government requests it.
- If someone calls you, do not give them information; only give information if you initiate the call; also do not click on links in e-mails—enter the internet address yourself.
- Do not carry your social security card with you; Medicare still uses this number but has a process in place to start replacing these with randomly generated numbers.
- If someone asks for your social security number, such as your doctor's office, ask three questions: 1. What do you need it for? 2. How will you protect it? 3. What happens if I don't give it to you?
- Use only your initials and address on checks—do not add extra information that makes it easier for criminals; do not carry checkbooks with you; do not use checks if not needed; clean out your purse or wallet and take only what you need; photocopy front and back of all credit cards-keep in a safe place at home.
- Get on the **Do Not Call list**; call **1-888-382-1222** or [www.donotcall.gov](http://www.donotcall.gov) Do not call registry now good forever; not just five years; exempt from the list are companies you do business with, charities and politicians.
- Shred documents with private information before throwing them out.
- Do not use credit cards that send blank checks—call your credit card company and ask that the checks not be sent; ask for a different password; ask that your checks be sent to the bank; do not have a big credit limit on your card; sign the back of your credit card; make your credit card work for you.
- To have **pre-approvals for credit cards stopped, call the OPT OUT Number: 1-888-5-OPT-OUT** or [www.ftc.gov](http://www.ftc.gov)—good for every 5 years.
- Get your credit report regularly and clean it up; [www.annualcreditreport.com](http://www.annualcreditreport.com) or go to [www.IllinoisAttorneyGeneral.gov](http://www.IllinoisAttorneyGeneral.gov) and click on the link at that site or call hotline at 1-866-999-5630; write a letter to each creditor of accounts you are not using that are not closed to officially close the account; cleaning up your account will not hurt your credit.
- You can get a free credit report each year from each credit reporting company—Equifax, Experian and TransUnion.
- You can freeze your credit files so that no one can open a new account by requesting this by certified mail; this is free to persons aged 65 and older.
- If you are a victim of identity theft, report fraud to your creditors, place a fraud alert on your credit report, file a police report, consider placing a freeze on your credit.
- If solicited on the telephone for a donation, you can ask the caller for the Attorney General's registration number for the charity and then request a report on the company from the Attorney General's office.



## The Lemonade Stand

We'll help you make lemonade from the lemons in your life.

- **Depression** is often over looked and untreated in older adults.
- **Depression** is more than being sad. It is not something that you "should" get over by yourself.
- **Depression** is a medical condition that can be treated.

### HAVE YOU EXPERIENCED ANY OF THE FOLLOWING?

- Feeling sad throughout the day?
- A loss of interest in activities you once enjoyed?
- Significant changes in weight or appetite?
- Changes in your normal sleep pattern?
- Feeling worthless or hopeless?
- Thoughts of suicide or death?



If you answered "yes" to any of the questions above, you may be experiencing depression.

For help, please talk to your doctor or call one of the agencies below:

Mental Health Center of Champaign County: 398-8080  
The Pavilion: 373-1700 or  
Senior Resource Center: 352-5100

# Depression is NOT a normal part of aging!

# MOOD SCALE

Name \_\_\_\_\_ Date \_\_\_\_\_

*Instructions: Choose the best answer for how you felt over the past week.*

No.	Question	Answer	Score
1	Are you basically satisfied with your life?	Yes / No	
2	Have you dropped many of your activities and interests?	Yes / No	
3	Do you feel that your life is empty?	Yes / No	
4	Do you often get bored?	Yes / No	
5	Are you in good spirits most of the time?	Yes / No	
6	Are you afraid that something bad is going to happen to you?	Yes / No	
7	Do you feel happy most of the time?	Yes / No	
8	Do you often feel helpless?	Yes / No	
9	Do you prefer to stay at home rather than going out and doing new things?	Yes / No	
10	Do you feel you have more problems with memory than most?	Yes / No	
11	Do you think it is wonderful to be alive?	Yes / No	
12	Do you feel pretty worthless the way you are now?	Yes / No	
13	Do you feel full of energy?	Yes / No	
14	Do you feel that your situation is hopeless?	Yes / No	
15	Do you think that most people are better off than you are?	Yes / No	
TOTAL			

## **Scoring:**

Assign one point for each of these answers:

1. No	4. Yes	7. No	10. Yes	13. No
2. Yes	5. No	8. Yes	11. No	14. Yes
3. Yes	6. Yes	9. Yes	12. Yes	15. Yes

If your score is higher than 5, Call The Pavilion at 373-1700 or the Mental Health Center at 398-8080 for more information.

*Community Parish Nurse Program  
611 West Park Street  
Urbana, IL 61801*

*The next time you are stuck behind farm equipment, be patient and say a little prayer for the safety of the farmers who provide our safe and abundant food.*

