



# Blessings

The Community Parish Nurse Program  
Sponsored by The Carle Foundation

September 2008

## Coordinator's Corner

THANKS to each of you who took the time to drive from Danville, Bloomington, Champaign-Urbana and Mahomet to hear the program on Pandemic Flu. We have copies at our office of the opening PowerPoint by Julie Pryde regarding definitions and services of the local public health department. If you would like one please call or email Bev. The handouts were wonderful for the Stock 2 programming and I loved the idea of a 2 week supply of food set up on a table during fellowship time to be a visual for people of what is needed. A dear friend of mine lives in FL and she reinforced what they said about water, milk and bread being gone in seconds during a crisis. Since our class I viewed a documentary on TV on the "next pandemic" and was stuck once again on how it is looming on the horizon.

We are thrilled to see some from

our last class taking their tentative "first steps" in beginning their ministry efforts in their congregations. For many of you September marks the "kick-off point" of your work after summer ends and getting family members ready for school, etc.

The group leaving for Westberg is getting excited to learn and share with hundreds of nurses from around the world at our conference in St Louis. We will have them share their thoughts and key learning's in the fall newsletters.

Some very special parish nurse colleagues are struggling with the serious health concerns of the person they love the most...please hold all on the prayer list in your hearts.

PLEASE NOTE: At this time we do NOT plan on holding a winter class due to deadlines here at Carle with the Magnet project. For the first time in 11

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years we are considering a summer class ☺! Will let you know what is decided.

Jo Samara called to say the first weekend of the Bloomington class went extremely well with 12 nurses from the area participating! PLEASE continue to hold this class in your prayers

More detailed information can be

found in the newsletter on pandemic preparedness, pillboxes and area classes.

Blessings,  
Faith



## Prayer List - Please Pray for:

*Melva Solon*

*Vassa, niece of Jan Galaras*

*For the parish nurse whose family is facing for the first time conversations with the word cancer in them.*

*For Mary Wiecherding prayers of THANKSGIVING that God has brought healing after a tough time and surgery*

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

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

*Family of Barb DeReus*

*Teri Pate*

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

*Betsy & Ibulaimu Kakoma*

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

*The parish nurse who is inactive due to poor health*



*Michael Tymchyshyn, son of Parish Nurse Pat Tymchyshyn, passed away August 13th. Please keep Pat and her family in your prayers.*



## Education Resources

### *Vermilion County Area Parish Nurse Quarterly Meeting*

The date of the next Vermilion County Area Parish Nurse quarterly meeting is:

**Tuesday, September 16th  
6:30 p.m.**

Southside Church of the Nazarene  
1629 King Street, Tilton

Faith Roberts will be the speaker. The topic will be Magnet Designation and Parish Nursing

Please RSVP to:  
Connie Reynolds  
(217) 431-6087 or  
csreynolds2@att.net

### *Effective Grant Writing Workshop*

October 15, 2008  
9:00 am—4:00 pm

Registration begins  
at 8:30 am

Holiday Inn & Hotel Conference Center  
1001 Killarney Street  
Urbana

Trainer: Glenda O'Neal, LLC  
Grant Writing Consultant  
Grants Unlimited, Inc.

Materials: "Let's Write a Grant"  
Published by Glenda O'Neal

Registration fee: \$20 per person  
(lunch included)

**Please RSVP by  
October 1, 2008**

To register, send check for \$20/person  
payable to ECIAAA to:

Judy Piejko  
East Central Illinois Area on Aging  
1003 Maple Hill Road  
Bloomington, IL 61705

### *Springfield Spring 2009 Parish Nurse Class*

Springfield's Basic Parish Nurse Class 2009 course will be held over four weekends in the Spring beginning the weekend of March 6 & 7.

Contact information: Tracey Kreipe  
St. John's Hospital, Springfield, IL  
tracey.kreipe@st-john.org

The dates are as follows:

March 6 & 7  
March 20 & 21  
April 3 & 4  
April 17, 18 & a dedication ceremony on  
April 19

## ***Spiritual Care Collaborative***

### **Summit '09**

**February 1-4, 2009**

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

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

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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](http://www.spiritualcarecollaborative.org)  
for up-to-date program and  
registration information

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## **Self Help Conference—Mental Health Recovery: Creating Caring Communities**

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**Saturday, Oct. 4<sup>th</sup>  
The Forum at Carle**

Registration 8-9 a.m.  
Conference from 9 a.m.-4 p.m.  
includes lunch

We will have sessions on reaching out to the mentally ill and their families in faith communities and will have two of the coordinators of a national program caring ministry program in Washington DC with the Methodist conference speaking on this topic at the conference. We will also have a

keynote on the principles of recovery and more.

Keynote speakers include state leader, Nanette Larson, and national expert on surviving trauma, Rev. Jackson Day. A nationally known songwriter, musician and singer, Jason Gray, will also perform at the conference.

Contact: Sharon at the Self-Help Center 217-352-0099 or email [sdorsey@familyserviceecc.org](mailto:sdorsey@familyserviceecc.org) for registration information.

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## **Self Help Center—Jason Gray Benefit Concert**

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**Friday, October 3rd, 7 p.m.  
Faith United Methodist Church  
1719 S. Prospect, Champaign**

Jason's music is based on his life experience with abuse, depression and a speech impairment and the philosophy of Henri Nouwen on being a wounded healer. His music is about hope for persons who have faced difficult life challenges including mental health recovery. For information on Jason go to [www.jasongraymusic.com](http://www.jasongraymusic.com) and to

order tickets go to [www.iTickets.com](http://www.iTickets.com) then to artists and Jason Gray. Tickets: \$10 – a benefit concert for Cunningham Children's Home with support from Carle Foundation Hospital.

Jason will also perform at the self help conference.

Contact: Sharon at the Self-Help Center 217-352-0099 or email [sdorsey@familyserviceecc.org](mailto:sdorsey@familyserviceecc.org) for registration information.

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# RESOURCES

## National Health Observances

### September

#### National Prostate Cancer Awareness Month

National Prostate Cancer Coalition  
 1154 15th Street NW  
 Washington, DC 20005  
 (888) 245-9455  
[info@fightprostatecancer.org](mailto:info@fightprostatecancer.org)  
[www.fightprostatecancer.org](http://www.fightprostatecancer.org)  
 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](mailto:info@firstcandle.org)  
[www.firstcandle.org](http://www.firstcandle.org)  
 Materials available



### 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](mailto:nbcaminfo@yahoo.com)  
[www.nbcam.org](http://www.nbcam.org)  
 No 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](mailto:bdunn@nfpa.org)  
[www.nfpa.org/index.asp](http://www.nfpa.org/index.asp)  
 Materials available



## **Interfaith Health Care Reform Meeting**

*Attended by one of our parish nurses—Linda Morgan (Fall 2001)*

Re: Interfaith Health Care Reform Meeting - June 2-4, 2008 - Cleveland, OH

Defining the religious community's distinct vision for and role in transforming U.S. health care was the focus of an Interfaith Health Care Reform Meeting held on June 2 - 4, 2008 at Trinity Episcopal Cathedral in Cleveland, OH. Convened by Faithful Reform in Health Care, 75 local, state and national leaders began with the shared

understanding that health care is a human need and that the current system is not working for everyone. They confirmed that faith communities have a moral imperative to be catalysts in bringing about a health system that is inclusive, just, compassionate and sustainable.

Led by a facilitation team from The Difference, the group identified the values shared by most religious traditions,

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articulated the role of the faith community in working for health care reform; developed short and long-term action and communication plans; and designed an organizational model to carry the work forward. The shared values on which the work was based included compassion, community, concern for those who are vulnerable, equitable sharing of resources, and acknowledgement that each person embodies the divine.

Moral theologian Dr. Jack Glaser, founder of the St. Joseph Health System Healthcare Reform Center in Orange, CA, presented two keynote addresses focusing on moral framing and the role of the faith community in public conscience work. Other presentations were directed to the connection between immigration and health care reform; messaging with new media; lessons learned from earlier campaigns; working together within the interfaith community and with secular organizations; and research about how voters think about health care reform.

The interfaith and multicultural group of clergy, laypersons and health care professionals represented 60 organizations from 23 states and Washington DC. With Buddhist, Christian, Jewish, Muslim and Unitarian traditions represented, the meeting's participant list also marked the diversity of faith communities working on this issue. In addition, our country's racial and ethnic diversity was evident with African American, Asian American, Caucasian, Latino, Native American, and Pacific Islander attendees.

Participant David Lamarre-Vincent, Executive Director of the New Hampshire Council of Churches, said, "Never have I ever been given such an ecumenical and simultaneously interreligious opportunity. Christians, Jews, Muslims,

Buddhists - all faiths are fundamentally united at the deepest level to ensure that American society provide affordable, accessible health care for all, redirecting our failing structure to an American system supported by the pillars of human dignity, compassion, stewardship, health, healing and wholeness for all. State and national reform of healthcare has rapidly moved up the societal agenda. The question before us is whether we seize this moment in time of ripeness and redirect ourselves for the next month, quarter, years to fully engage and be present in the public square with a bold, prophetic voice. This is an opportunity for us to knit all of our economic justice, human dignity, immigrant rights, etc. concerns into the societal conversation."

Rev. Linda Hanna Walling, convener of the meeting and Executive Director of Faithful Reform in Health Care, said, "This was the first time in nearly fifteen years that leaders representing the interfaith community have gathered to strategize about getting more effectively engaged in working for compassionate and sustainable reform. The commitment exhibited by those who attended this meeting marks the beginning of the faith community's unique contribution to the cultural transformation that will be needed to move toward a health care future that works well for all of us."

More information about the meeting, including video segments, may be viewed on the Internet at [www.faithfulreform.org](http://www.faithfulreform.org).

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Rev. Linda Hanna Walling  
Executive Director  
Faithful Reform in Health Care  
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Cleveland, OH 44115  
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Fax: 216-432-0134  
[walling@faithfulreform.org](mailto:walling@faithfulreform.org)  
[www.faithfulreform.org](http://www.faithfulreform.org)

## Pillboxes for Seniors

As our population ages, many seniors are challenged daily with managing numerous prescription medications. This has been complicated by the fact that seniors no longer can get help filling their pillboxes through Home Health and many have no family members to assist them.

For those reasons, Carle Foundation Hospital has purchased 28-day pillboxes for *low-income seniors* in Champaign and Piatt counties. We see these as a helpful tool for you in your work. We are targeting distribution of these pill minders to “church members who cannot afford to purchase their own”. It is our hope that Parish Nurses will distribute these free pillboxes and assist older church members in medication management.

We encourage you to bring seniors together once a month at your church

and offer to fill their pillboxes. In many congregations the monthly senior potluck would be the perfect format.

This project is one of many The Carle Foundation is sponsoring to improve the overall well-being of our seniors. Other avenues we are pursuing are: investing in access to transportation, health education, communication, workforce development, dental services and social networking/health education opportunities. Our goal is to work collaboratively with existing programs and agencies to strengthen services for seniors, thereby creating a healthier environment for our aging population.

**Pillboxes are available by contacting Bev at (217) 326-2583**

## National Preparedness Month

Dear Colleagues,

September is National Preparedness Month. As campus leaders, you can play a powerful role in encouraging individuals to be prepared in the event of an emergency like a pandemic by providing information and guidance. The HHS and CDC have prepared educational materials and activities for your use.

The three point message is simply stated:

- **Stock Up:** Having extra food and supplies will make it easier to stay at home for extended periods of time and will help if supplies are limited in local stores.
- **Improve Health Habits:** Frequent

hand washing, and coughing and sneezing into your sleeve or a tissue are still the best ways to stay healthy and to prevent the spread of germs.

- **Plan Ahead:** Plan for what you will do if your children are dismissed from school, if public transportation is interrupted, or if a family member becomes sick and needs care.

For more information about pandemic preparedness and tools to help you and your community prepare now, please visit <http://www.pandemicflu.gov/takethelead/>.

Hope you find these materials helpful.

## Passport to Health Books Available

Hello, wanted to let you know about these Passport to Health books. I was able to 100 for free. They will send to Parish Nurses at no cost and are very nice for record keeping and schedule of BP, meds, etc.

Lisa Guthrie  
(Winter 2006)

[www.healthywomen.org](http://www.healthywomen.org)  
or email directly to  
[ltalarico@healthywomen.org](mailto:ltalarico@healthywomen.org). She just needs to know how many copies and if for parish nurse there is no cost, they pay shipping.

We usually ask for help with shipping charges but we waive our fees for parish nurses.

We have received an overwhelming response for this new publication and as a result have exhausted a 100,000 piece supply (the largest initial printing in NWHRC history) in just 3 weeks time! A reprint is in the works and we are currently taking advance orders for our second printing. If

you would like to place an order now please respond to this email with the following information...

Name  
Shipping Address  
Phone Number  
# of Passports

The exact time frame for the reprint is yet to be determined. Once your order has been placed you will be sent follow-up email notifications on the status of the reprint and when you can expect your order to arrive.

Please let me know if you have any questions.

Best regards,

**Linda Talarico**

Marketing Associate  
National Women's Health  
Resource Center, Inc. (NWHRC)  
Phone: 732-530-3453  
Toll-Free: 1-877-986-9472  
Fax: 732-530-3347



## Parents: Help Kids Live at a Healthy Weight

by Teddi Dineley Johnson

It's everywhere in the news these days: Today's kids are suffering from overweight and obesity, and it is affecting their health and their future.

Diseases previously associated with overweight adults, such as type 2 diabetes, are increasingly showing up in children. About 17 percent of U.S. children ages 2 to 19 are overweight, and those extra pounds have serious health consequences for them, "both while they are children and for their future health as adults," says Marc Jacobson, MD, a spokesman for the American Academy of Pediatrics.

Extra pounds pack psychological fallout, too, such as low self-esteem, depression and learning and behavioral problems.

If you think your child is putting on too much weight, take her or him to the doctor. There are some important measurements, such as body mass index, that a doctor can take to tell whether kids are overweight. But don't wait until there's a problem to think about the national epidemic of childhood obesity. There are a lot of things parents and caregivers can do to encourage healthy weights for children.

### Model good behavior

A parent's or caregiver's job is to demonstrate — not dictate — good eating habits, so listen up!

Munching on potato chips while you're waiting for dinner to come out of the oven doesn't model good behavior, but munching on a carrot or celery stick does. If you eat a variety of foods that are high in fiber and low in fat and sugar, your kids will learn to like those foods too. So don't just offer them nutritious foods — let them see you eating them!

Jacobson says there are three key ways to model good behavior: "One, know your body mass index. Two, be sure you have regular physical activity yourself. And three, eat right, meaning decrease the frequency of fast foods, increase fruits and vegetables, and decrease soda and other sweetened beverages."

Being a good role model extends into every area of your life. If your kids see that you are physically active and having fun, they'll be more likely to be active throughout their lives. And practice what you preach: If you take the TV out of your child's bedroom, get rid of the one in your bedroom, too.



### Encourage healthy habits

Parents and caregivers play a huge role in shaping kids' eating habits. Serve fruits and vegetables with every meal and limit your family's consumption of sugar and saturated fat.

Always serve a variety of healthy foods, cook with less fat and choose and prepare foods with less salt. By the way, the salt shaker doesn't belong at the dinner table, but your family does. Studies show that families that gather at the table for a shared meal tend to consume more nutritious meals and fewer fried foods and sodas. Serve reasonably-sized portions and help your children recognize the fullness signals that tell them to stop eating.

### The lunch bunch

Making a healthy home-packed lunch starts in the grocery store. Most cheeses contain saturated fat, so use them sparingly. The best choices for

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protein-packed lunches are chicken, turkey, lean ham, low-fat lunch meats and tuna packed in water. Make sandwiches with whole-grain bread instead of white bread. Breads that list whole wheat as the first ingredient are loaded with fiber, B vitamins and iron.

Include at least one serving of fruit in your child's lunch, and be creative with vegetables. Garnish sandwiches with grated carrots or cucumber instead of just lettuce.

**Facts on snacks**

Poor snack choices can pack on pounds, so steer clear of sugary snacks or sodas. Some healthy, easy snacks are dried fruit, granola, trail mix, celery and carrot sticks, whole-grain crackers, apple slices, whole-wheat pretzels, low-fat yogurt, whole-wheat fig bars, rice cakes and air-popped popcorn. Instead of ice cream, try serving fat-free frozen yogurt or sorbet.

While everything can be enjoyed in moderation, limiting intake of snacks that are high in fat, sugar or salt can help your children develop healthy habits. Allow your kids to eat those items sometimes, so that they truly will be treats.



**Make playtime family time**

As you look for ways to get your kids away from the computer and outside to play, be sure to include the rest of the family. For example, consider getting a family membership to the gym.

Most children need at least 60 minutes of moderate physical activity every day. Involve the whole family in activities like biking, rollerskating, hiking or basketball. And make a list of creative ways to incorporate activity, such as playing miniature golf or walking to the library together.



**Health tip**

Be a role model! Kids learn from their parents' behaviors, so make healthy choices in your own everyday life. For more tips, visit [www.aap.org/obesity](http://www.aap.org/obesity) and [www.cdc.gov/overweight](http://www.cdc.gov/overweight).

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