



Blessings

The Community Parish Nurse Program
Sponsored by The Carle Foundation

June 2009

Coordinator's Corner

It is HOT, HUMID and summer has certainly arrived!

The Magnet appraisers completed a three day site visit this past Friday afternoon. We are HAPPY and PROUD of how the nurses at Carle were able to articulate their story of how patient care is provided across the continuum. In the first meeting with myself and Pam Bigler the appraisers STARTED the meeting by stating: "We are very interested in hearing more about parish nursing—what is it, and why it is so predominant in this part of the country?" Once I picked myself off the floor you can imagine I had quite a lot to say about ALL OF YOU!!

One of the highlights were the community sessions where in three rooms business leaders, government officials, college administrators, clergy and parish nurses told of the impact Carle has in the community while also relaying personal stories of excellent care. What kept running through my mind was how cool it is that three rooms were packed with people talking

about nurses and nursing! That was incredible! In addition to the community sessions, they spoke with over 800 nurses, physicians and staff over the three days. They toured 27 departments/units including Champaign and Danville Home Services and Surgi-Centers. They held a videoconference with Mattoon Clinic nurses so that all were included.

Now we wait.....We anticipate hearing mid-Aug to mid-September...THANKS for your patience with us as we completed this work.

Westberg is on the horizon. PLEASE contact us immediately if you or your congregation are sending you to the conference. We will provide lodging and reimbursement for your mileage. We need to know though how many are making the trip this fall. More information on Westberg can be found at www.parishnurses.org/Home.aspx?ContentID=24.

The fall dates and location for the basic

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preparation class have been selected! Cindy Bell (Winter 2008) parish nurse and her pastor Rev. Glen Bocox will host the class at the United Methodist Church in Mahomet. We are hopeful that nurses from the Bloomington area will find this a bit easier to travel to and attend. We will be looking for parish nurses to help with the classes, meals, and prayer. A letter will be coming out about that late summer. If these dates do not work for nurses in your congregation please consider the Decatur fall class-dates in this newsletter.

Continue to offer support by prayer and education as our member struggle with the bleak economy—retirees are watching their nest eggs suffer, new college grads are caught in a job market that has little to offer and working folks are consumed with worry over when “the next shoe will drop”. Education needs are for stress management, building a better financial IQ and prayer support for everyone. Check with your denomination first to see what classes they

might already offer in these areas.

Consider a newsletter blurb on the strength of community that is found in churches. Point out how your church family is there for each other. Remind members that there is solace to be found in focusing on others.

Bev and I are working on the fall retreat and will have a date SOON-We were unable to hold one in 2008. We are all in need of a Sunday afternoon together for the prayer and the fellowship.

NOTE: The parish nurse office will be closed the week of June 29-July 5. Bev and I are both taking the week off to recover from Magnet ☺

We will be back on Monday July 6 and will be available to help you with your ministry needs.

REMEMBER TO DRINK PLENTY
of WATER

Blessings

Faith



Volunteers Needed— Champaign County Christian Health Center

I am contacting you about recruiting registered nurses for Champaign County Christian Health Center. We are a not for profit health clinic that serves the uninsured of Champaign County. We currently have a small group of registered nurses who volunteer at our clinic. We are looking to recruit more registered nurses by summertime. We have added additional clinic hours and need nurses for these hours. We hope to add even more hours by the end of summer, so finding more nurses to join our team is crucial. The need for more hours is no surprise as more and more people in Champaign County find themselves without health coverage. We want to be able to reach as many of those people as we can.

We are specifically looking for registered nurses, but if there are any CNAs that would be interested we would love to have them. If you know of any nurses at Carle that would be interested in being a part of our team please let me know. I look forward to speaking with you. Thank you for any and all assistance!

Sheri Williamson
Volunteer Coordinator

Champaign County Christian Health
Center
507 S. Second St., Suite 2E
Champaign, IL 61820
Office: 217-398-2914

Prayer List - Please Pray for:

Kim Busboom (in a car accident on her birthday!) for continued recovery and GRATITUDE that injuries were not life threatening

Betsy & Ibulaimu Kakomaf or his continued strength and fortitude and for the FAITH that their family demonstrates every day

Larry Rollings - for strength and healing as he faces the progression of his disease. We are THANKFUL that his zest for life and sense of humor are ever present-For his wife

Say a few prayers for me that God will allow me some more life extension—Melva Solon

Linda that God will surround her with peace and comfort

For those whose immediate family have been affected by the poor economy

For those who are seeing the role of caregiver shift from their home to a long term care facility caring for their parent/s

Parents & sister of a parish nurse

Chloe—the daughter of a friend of Joyce Zschau

Chris Pinne who has been deployed to Afghanistan

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



Announcing our Fall 2009 Parish Nurse Class Dates

The **Fall 2008** Community Parish Nurse Program Basic Preparation Course will be held in Mahomet on:

September 18 & 19
October 16 & 17
October 23, 24 & 25

Fridays 5:30—9:30 pm
Saturdays 8:00 am—5:00 pm

If you are interested in attending this course, call (217) 326-2583 for a registration form.

College credit is now available through the UIC College of Nursing. For further information, contact Faith Roberts at (217) 326-2683.



A Children's Summer Lunch Program

During the winter of 2008 I wanted to involve my congregation in an outreach mission in our community. I learned that a grade school near our church had an enrollment of 200 students with 89% from low income families. I discussed the possibility of a lunch program with my Pastor, who was very much in favor of the idea. St James Methodist Church across town had a children's lunch program in force and their program coordinator graciously shared helpful information with us.

After several meetings and approval by the church council, a committee was formed to embark on our children's lunch program. Eight very committed committee members work diligently to make this program so successful.

Monies were not available from the church budget, so we held a bake sale and asked Immanuel and Bethel Lutheran Churches to also conduct a bake sale. They not only had the bake sale but several of their members donated money in addition. We asked Thrivent Financial for Lutherans to match the funds we raised and they agreed. We also made up envelopes called "Non Bake – Bake Sale Donation" for those who didn't donate baked goods but would give a monetary donation. The monetary response for these endeavors was overwhelming. With this kind of generosity we knew God was in our midst.

I met with grocery wholesale dealers, meat market managers, and store managers to get their best price on items I needed. Items were also purchased from the Eastern Illinois Food Bank and Sams. I also went to some food companies to request free donations.

Our menu consists of bologna and cheese every Monday, Wednesday and Friday and peanut butter and jelly on Tuesday and Thursday. Each day they receive fruit in some form, mandarin oranges cup, fresh banana, mixed fruit cup, or fruit juice boxes. Twice a week they receive chocolate, butterscotch, or tapioca pudding. Every lunch is topped off with a Granola bar.

To make these lunches we need 4 to 5

volunteers a day. We posted a request for volunteers at the three churches also posting a calendar for sign up. The result was more volunteers signed up than we had jobs for, so we made a substitute list. It was so heartwarming to watch the men and women from congregations that are akin yet sometimes diverse, come together and form friendships and share laughter. Tears welled up as they met the children, heard about their struggles when the power or water had been turned off. They saw a young boy walk several blocks to arrive at 9:30 asking if we would give him the lunches for his brothers and sisters early because there was no food at home. The volunteers were so grateful to be a part of making a difference in a child's life. One volunteer said, "giving money is not enough, it is the 'hands on' that really gives meaning to giving".

This year we added another school with an enrollment of 400 students with a 92% low income families. This year we had 91 requests for lunches. Also this year the second graders in Danville Lutheran School wanted to participate in the lunch program so they decorated the lunch bags with Bible verses they had memorized during the year and drew religious pictures. One of the mothers told us that her children couldn't wait to see what verse and picture would be on the lunch for that day. I learned that this family does not go to church and was excited that I invited them to come to Sunday School and Church. What an opportunity, we got to feed not only the body but spiritually as well.

The many things I learned in Parish Nursing classes and God's gentle guidance, gave me the courage and the insight to initiate and continue this program. Each day I am humbled by the many positive outcomes resulting from the simple idea to feed hungry children.

Rose Gates
Fall 1998
Trinity Lutheran Church,
Danville



EDUCATIONAL RESOURCES

Decatur Fall 2009 Parish Nurse Class

Decatur's Basic Parish Nurse Class 2009 course will be held over three weekends in the Fall beginning the weekend of September 11 & 12.

Contact information:

Carol Smith

crlsmth@aol.com

Decatur Memorial Hospital

Decatur, IL

(217) 876-4445

The dates are as follows:

September 11, 12

October 9, 10

November 6, 7 & a dedication



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
info@preventblindness.org
www.preventblindness.org
Materials available



August

National Immunization Awareness Month

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



Write to Heal

A Breast Cancer Support Group

Mills Breast Cancer Institute offers a therapeutic writing group for patients with breast cancer. Writing through the feelings, fears and anxiety associated with breast cancer has proven to promote both physical and emotional healing.

This complimentary group is open to patients with breast cancer who are newly diagnosed up to one year from diagnosis, regardless of where they receive clinical care. No writing ability is required, only the desire to put feelings into words on paper. The therapeutic writing group process allows for free expression of thought without judgment or analysis for those who choose to share.

Thursdays, June 25 – August 20

6:30-8:00 p.m.

Meets weekly

Houseworth Conference Room

Mills Breast Cancer Institute

For more information,
please call **Nia Klein**
(217) 383-4820



Carle Foundation Hospital • Carle Clinic Association



- H1N1 FLU ALERT -

ATTENTION: Asthma Sufferers



If you have **ASTHMA** and you get flu-like symptoms (**FEVER** with a Cough and/or Sore Throat) call your health care provider **IMMEDIATELY** to see if you require anti-virals.

ASTHMA has been linked with the most serious complications associated with H1N1. Anti-virals are most effective when used in the first 48 hours of becoming ill.

Do not wait to call your health care provider.

H1N1 Flu Information Line: 1.866.848.2094

Additional Informational Resources: www.c-uphd.org
www.stock2forflu.com
www.champcoprepares.com

"Champaign County Prepares" is on Facebook. Become a fan and get updates.



- H1N1 FLU ALERT -

ATTENTION: Pregnant Women



If you are **PREGNANT** and you get flu-like symptoms (**FEVER** with a Cough and/or Sore Throat) call your health care provider **IMMEDIATELY** to see if you require anti-virals.

PREGNANCY has been linked with the most serious complications associated with H1N1. Anti-virals are most effective when used in the first 48 hours of becoming ill.

Do not wait to call your health care provider.

H1N1 Flu Information Line: 1.866.848.2094

Additional Informational Resources: www.c-uphd.org
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- H1N1 FLU ALERT -

ATTENTION: Pregnant Women and/or Asthma Sufferers

If you are **PREGNANT** or have **ASTHMA** and you get flu-like symptoms (**FEVER** with a Cough and/or Sore Throat) call your health care provider **IMMEDIATELY** to see if you require anti-virals.

ASTHMA and **PREGNANCY** have been linked to many H1N1 flu hospitalizations and deaths. Anti-virals are most effective when used in the first 48 hours of becoming ill.

Do not wait to call your health care provider.

H1N1 Flu Information Line: 1.866.848.2094

Additional Informational Resources: www.c-uphd.org
www.stock2forflu.com
www.champcoprepares.com

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The Champaign County Health Department has created additional H1N1 Flu Alert flyers for Asthma Sufferers, Pregnant Women, and Pregnant Women and/or Asthma Sufferers. **Click on flyer to download and print the pdf.** If you would like a printed color copy, please email or call Bev at beverly.talbott@carle.com or 217-326-2583.

*Community Parish Nurse Program
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Urbana, IL 61801*