



# Blessings

The Community Parish Nurse Program  
Sponsored by The Carle Foundation

March 2009

## Coordinator's Corner

You can sure tell spring is coming when your inbox/mailbox fill with new ministry ideas to implement! We have purchased Jacob's Journey-A Journey of Healing and Wholeness for Men based on the story of Jacob. We have several of the program CD's available for loan if you would like to review this material.

ALSO we have purchased a copy of the latest text on parish nursing: Faith Community Nursing; Developing a Quality Practice by Carol J Smucker. This too is available for loan.

MAGNET CALLED!! The American Nurses Credentialing Center (ANCC) called us on March 18 and requested additional information. This is good news because it means we are not out of the running! However, it will take a great deal of our attention through mid-April. Please utilize Bev for any resource needs you may have @ 326 2683.

Health Fairs are in full swing and STUFFEE'S calendar is filling up! Make sure and call Dana @ 383-4810 if you would like to reserve STUFFEE. It is never too early to call!!

This week three of us head over to the Farm Bureau to do Vial of Life for the senior fair. I am looking forward to this time with the participants. I just know they will be bringing in some long med lists ☺!

Please make sure and notify our office if there are pastor changes at your congregation. There have been some moves and we want to make sure our database is current.

Take care and enjoy the sunshine!

Blessings,

Faith



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*Out best wishes go to Connie Spiering (Fall 1999) who has resigned as a Parish Nurse for Immanuel Lutheran Church in Danville. She served nearly 10 years and is looking forward to this next chapter in her life.*

## **Prayer List - Please Pray for:**

*Parents & sister of a parish nurse*

*Chloe—the daughter of a friend of Joyce Zschau*

*Chris Pinne who has been deployed to Afghanistan*

*Betsy & Ibulaimu Kakoma—prayers of THANKSGIVING that  
Ibulaimu is free of cancer*

*God's blessings on Judy Icenogle who will be moving to Pekin in  
June*

*as her husband retires as pastor of their church*

*Twila & Cliff Holstein*

*For the parish nurses facilitating walking/ exercise programs*

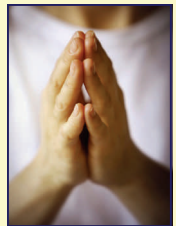
*Margaret Miller and her husband*

*For Cathy Faulstich and her family*

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

*Teri Pate*

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



## Bring Your Teddy Bears to Church

The Parish Nurses at Good Shepherd initiated "Bring your Teddy Bears to Church". For each Sunday in February the congregation was asked to bring in a Teddy Bear, leave it in the pews, and at the end of the month they are collected and sent to community agencies. This was a suggestion from Sandy Reifsteck some years ago. It was a poster presentation at the Westberg Symposium by Peggy Matteson, United Congregational Church in Rhode Island. Good Shepherd collected 197 bears! It has been great fun to see all of them sitting in the pew with kids and adults looking and interacting with them. On Sunday, March 1, we 'blessed' them and send them on their way to the community agencies. Some of these bears went to the adult day care center at Champaign County Nursing home. Many of the agencies have commented

that this is such a great idea, fun and easy to do.



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## National Healthcare Decision Day 2009

The second annual National Healthcare Decisions Day will be observed on **Thursday, April 16, 2009**.

On this day, all across the country, health care facilities, health care professionals, chaplains, the legal community and others will be participating in a collective effort to highlight the importance of making advance healthcare decisions and to provide tools for making these decisions.

It is estimated that only a small minority of people (roughly 25%) have executed an advance directive. Moreover, fewer than 50% of severely or terminally ill patients have an advance directive in their medical records.

National Health Care Decisions Day

seeks to address the public's misunderstandings about advance healthcare planning and advance directives (one of the myths is that it takes a lawyer to draft an advance directive) and to increase awareness of the benefits of advance care planning so that Americans will be familiar with how to obtain and complete a healthcare power of attorney and/or living will.

For more information, program ideas, and to confirm participation, please visit [www.nationalhealthcaredecisionsday.org](http://www.nationalhealthcaredecisionsday.org)



## **Parkland College Nursing—40th Anniversary**

### **You're Invited...**

Join us in celebrating the 40th anniversary of Parkland's Associate Degree Nursing Program

Coinciding with National Nurses Week 2009, Parkland College will honor its nursing graduates and faculty on Thursday, May 7th from 5-7 pm in the Gallery Lounge of the College.

Many individuals over the decades have made significant contributions to the continuing development of the program and the success of its graduates. These many graduates have been the key to providing high-quality care and compassion in meeting the healthcare needs of the residents of Parkland District 505 and beyond. The partnerships

between the College and clinical agencies have provided the platform for the development of knowledge and skills of these graduates—without their cooperation, the nursing program would not have attained its model-program status.

Thank you all for your role in making this celebratory occasion possible.

Our Parkland Nurses: Building Health Communities

40th Anniversary Committee

Joanne Huff, RN, PhD

Parish Nurse, Class Spring 1998

Retired Professor, Parkland



## **Diversity and End-of-Care Life Living with Grief Teleconference**

Hospice Foundation of America's 2009 teleconference will examine how diversity influences end-of-life decision making and the impact that culture has at the time of death and during bereavement. One of the goals of the teleconference is to increase sensitivity by helping professionals acknowledge how their own cultural values and assumptions influence the delivery of care. The program will include a special examination of hospice care and diversity, including how hospices are reaching out to diverse groups and incorporating traditional practices and alternative therapies. The program will also discuss the challenges that may occur when culture considerations may cause ethical concerns or moral distress.

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. 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.

**Hosted in our Community by  
Carle Hospice  
Wednesday, April 29, 2009  
12:30-3:30 pm  
At  
Carle Foundation Hospital  
The Forum at the Pollard Auditorium**

To reserve a place or for more information, please call Carle Hospice—Peggy Deffenbaugh at 217-383-3151 or 1-800-239-3620

## Church newsletters—monthly update

Several of you are considering a monthly update for your church newsletters. Here is an example from Joyce Zschau (Winter 2005), St. John's Lutheran Church, Mattoon.

..... from your Parish Nurse

On the last weekend in February, my son Darrell and I had the opportunity to attend a workshop put on by the Illinois Emergency Management Agency (IEMA) and gain certification in the Community Emergency Response Team (CERT). Since 9-11, we are seeing more and more workshops and training dealing with emergency situations. At times, it can seem scary, but with everything happening in our world today, we have to be prepared for this. If anyone is interested in CERT, there are brochures outside pastor's office.

We had our first meeting of the Visiting Committee and had a good turnout of people interested in participating in this program. Some of the ideas brought up included offering vials of life to people living alone, particularly ones with a lot of medical problems, who are taking several types of medications. Something else to offer them are monthly medication planners that can be set up on a monthly basis and relieves these people of having to set up their medications. I would be willing to help people with this if asked.

Going along with this program, I was approached by our school's 3rd grade teacher, who stated that her class expressed an interest in making cards and bookmarks for our Visiting Committee to share with the people they visit. I always feel that something handmade expresses love and concern for the person who receives it, as well as satisfaction for the individual making it.

(Name of congregant) has taken an interest in the program by writing letters to four or five people on our visiting lists. Not everyone can get out to visit, but there are different ways they can participate. If someone knits or crochets, they can always share the result of their talents with other people. (Name of congregant), who is involved with the National Junior Honor Society stated that the

students in her group are interested in visiting with some of our people in the assisted living facilities.

There is really so much we can do in this area, keeping in mind how Our Lord was able to share the Good News with all people by giving His disciples the grace to carry this love and Good News to people throughout their world. Let's look into our hearts and see what we can offer other people in our congregation, as well as using this tool as an excellent outreach to our community. Something like this gives people the opportunity to show what St. John's is about and how much love and pride we have in our church and how we are guided by the Lord.

Someone I have always admired is Mother Theresa. To see what she was able to do with her life is humbling. One of her quotes seems to fit this month's newsletter.

"We have all been created for greater things. Works of love are always a means of becoming closer to God, so the more we help each other, the more we really love God. Love in action is what gives us grace."

April is a month where there are over 20 health observances. Look for information about alcohol awareness, autism, cancer control, organ donation, irritable bowel, child abuse prevention and much more at the parish nurse bulletin board. I have also made a list of the books I have available on a variety of health issues (10 pages long). If anyone is interested in this, let me know. I also have available a number of boxes of articles on a variety of health topics. If anyone would like information on any particular topic, please let me know.

Spring is on its way. Just looking out my window at the sun, the birds, the budding trees, I can't help but feel the love of Christ in the re-emergence of our world. How can anyone deny His existence and the role He plays in our world and our lives.

God bless,  
Joyce Zschau  
Parish Nurse  
jzschau@stjohns-  
mattoon.org



## EDUCATIONAL RESOURCES

### **Safe Sitter Classes—OPEN to your church families**

We had such an overwhelming response from Carle Employees and their children to the Safe Sitter Program for 2008 we once again wanted to make it known that we still have openings in our March 28<sup>th</sup> class.

We also have class openings for the April 25<sup>th</sup> and May 30<sup>th</sup> classes. This is a great time to get the older kids ready for watching smaller children during summer vacation. Whether to help out at home or just earn some extra money the skills learned in the Safe Sitter Program are invaluable. Breakfast, lunch and snacks are provided. Each student receives a Safe Sitter handbook and upon completion of the course will be awarded a completion card and t-shirt.

Class runs from 9 am to 4:30 p.m. Reservations are necessary to attend. There is no cost for the program thanks to all the wonderful donations made by Carle Employees to the Hands on Team (HOT).

To register or for additional questions please contact the All About Baby Program at Carle Hospital at 383-6962 or 383-3314.

**When registering, please state that you heard about the program through parish nursing.**



### **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  
crismth@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

### 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](http://www.organdonor.gov)

Materials available

#### **National Child Abuse Prevention Month**

Child Welfare Information Gateway  
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](http://www.childwelfare.gov/preventing)

Materials available

#### **April 26-May 3**

#### **National SAFE KIDS Week**

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

[www.usa.safekids.org](http://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/presenter.jhtml?identifier=3026377](http://www.americanheart.org/presenter.jhtml?identifier=3026377)

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](http://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

[www.nhlbi.nih.gov/](http://www.nhlbi.nih.gov/)

#### **May 10-16**

#### **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](http://www.womenshealth.gov/whw)

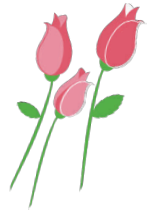
Materials available

## May is Older Americans Month

Each year the Administration on Aging (AoA) issues a theme for Older Americans Month to assist our National Aging Services Network of state, tribal, area agencies on aging, and community services providers plan for activities that might take place in May or throughout the year. This year's theme "**Living Today for a Better Tomorrow**"

reflects AoA's continued focus on prevention efforts and programs throughout the country that are helping older adults have better health as they age and avoid the risks of chronic disease, disability and injury.

[www.aoa.gov/PRESS/Observances/oam/oam.aspx](http://www.aoa.gov/PRESS/Observances/oam/oam.aspx)



## Older Americans Mental Health Week

May 24-30, 2009

### 10 Facts about Mental Health & Aging:

#### 1. Mental health problems are not a normal part of aging.

- ◆ While older adults may experience many losses, deep sadness that lingers may signal clinical depression. Similarly, an anxiety disorder is different from normal worries.
- ◆ One in four American adults have a diagnosable mental disorder during any one year.
- ◆ About 6% of older adults have a diagnosable depressive illness.

#### 2. Mental health is as important as physical health.

- ◆ Good mental health contributes greatly to an overall feeling of well-being.
- ◆ Untreated mental health disorders in older adults can lead to diminished functioning, substance abuse, poor quality of life, and increased mortality.
- ◆ Research shows mental illness can slow healing from physical illnesses.

#### 3. Healthy older adults can continue to thrive, grow and enjoy life!

- ◆ Reading, walking and socializing are just a few of the activities that many individuals enjoy at any age. Exercising your mind and body and maintaining social connections are good for your mental health, too!

#### 4. Mental health problems are a risk for older adults, regardless of history.

- ◆ While some adults go through life managing a chronic mental illness, mental health problems also can appear late in life.
- ◆ Sometimes mental health deteriorates in response to a stroke, Parkinson's, cancer, arthritis or diabetes, and even some medications.
- ◆ Older adults without a history of substance abuse may abuse medications, alcohol or drugs.

(Continued on page 9)

## 10 Facts about Mental Health & Aging:

(Continued from page 8)

### 5. **Suicide is a risk among older adults.**

- ◆ Older adults have the highest suicide rate in the country. Those aged 85 and over have the highest suicide rate; those aged 75-84 have second highest.
- ◆ Older adults' suicide attempts are more lethal. For those 65 and older, there is one suicide for every four attempts compared to one suicide for every 20 attempts for all other age groups.

### 6. **These symptoms call for consultation with a healthcare professional:**

- ◆ Sadness that has lasted longer than two weeks
- ◆ Consistent worries about issues such as money, family and health
- ◆ Consistent trouble sleeping or concentrating
- ◆ Frequent trouble remembering things or feeling confused in familiar places
- ◆ Have more than one alcoholic drink a day or take more medication than prescribed

### 7. **Older adults can be helped with the same success as younger people.**

- ◆ 80% of older adults recovered from depression after receiving treatment that included both psychotherapy and anti-depressant medication.

### 8. **Our healthcare system is not adequately helping older adults with mental disorders.**

- ◆ Medicare covers 80% of a physical health problem but only 50% of a

mental health problem. This is a barrier to treatment for many people.

- ◆ Researchers estimate that up to 63% of older adults with a mental disorder do not receive the services they need.
- ◆ 75% of those who commit suicide have visited a primary care physician within month of their suicide.

### 9. **Misdiagnosis and avoidance are common.**

- ◆ Primary care physicians fail to diagnose depression 50% of the time.
- ◆ Only half of older adults who discuss specific mental health problems with a physician receive any treatment.

### 10. **Older adults have specific mental health care needs.**

- ◆ Changing bodies and chemistry, changes in family and friendships and changes in living situations can all impact mental health and need to be considered in treatment.
- ◆ Sometimes helping solve basic problems, like transportation, can lower stress, improve community connections, and improve outlook and mood.
- ◆ If older adults take many medications for illnesses, drug interactions and side effects can change mood and behavior.

[www.mentalhealthweek.org/  
Ten Facts about Mental Health.html](http://www.mentalhealthweek.org/TenFactsaboutMentalHealth.html)

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