



Blessings

The Community Parish Nurse Program
Sponsored by The Carle Foundation

November 2009

Coordinator's Corner

What a wonderful time we had last Sunday! It was a joy to see someone from EVERY class attend the retreat! It is always fun to display the class pictures and watch your faces as you see friends that are dear to your heart. I know each of you join Bev and I with a GIANT THANK-YOU to Teresa Pratt (Fall 2002) and Kim Brown (Winter 2007) parish nurses at New Horizon United Methodist Church! These nurses and all of the great people in their faith family gave us a warm welcome and showed such gracious hospitality! It was fun to see each of you and to see you leave with a smile and hopefully a

sense of being renewed. Kim Busboom did a great job with her opening and closing devotions and we have included her closing (Did You Know?) in the newsletter as it is a fascinating piece that would translate well in any congregation.

Several from our group have suffered significant losses since our last newsletter. Please review the prayer page carefully and hold them in your hearts.

Bev continues to schedule the annual meetings and we are hopeful to have them caught up by mid January. PLEASE respond to the letters/emails she is sending out.

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Once this group is complete we will move to the next one.

Cindy Bell has been kind enough to open her church in Mahomet this winter for our class. PLEASE promote it in your churches so that we will have enough participants.

I am praying for safe travels for you and your "special someones" this holiday season. Enjoy your turkey this week...I know I will ☺!

Blessings,

Faith



Did You Know?...

If we could shrink the Earth's population to a village of precisely 100 people, with all the existing human ratios remaining the same, it would look something like the following. There would be: 57 Asians; 21 Europeans; 14 from the Western Hemisphere; 8 Africans; 52 would be female; 48 would be male; 70 would be non-white; 30 would be white; 70 would be non-Christian; 30 would be Christian; 6 would possess 59% of the entire world's wealth and all 6 would be from the USA; 80 would live in substandard housing; 70 would be unable to read; 50 would suffer from malnutrition; 1 would be near death; 1 would be near birth; 1 (yes, only 1) would have a college education; and only 1 would own a computer.

The following is also something to ponder...If you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week. If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation...you are ahead of 500 million people in the world. If you can attend a church meeting without fear of harassment, arrest, torture or death...you are more blessed than three billion people in the world. If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world. If you have money in the bank, in your wallet, and spare change in a dish someplace... you are among the top 8% of the worlds wealthy.

So Count your Blessings!!!



Prayer List - Please Pray for:

My little 4 year old nephew Louie was just diagnosed with leukemia (ALL)—Leticia Montesdeoca

Peggy Swisher family—loss of brother-in-law

Meg Karayiannis—daughter of Coletta Ackermann

Prayers of thanksgiving from a new grandma!

Prayers of thanksgiving from one of our own who has just been told she and her husband have moved up to the #3 slot on the adoption list for a much prayed for child!

Our brothers and sisters of the ELCA denomination that are struggling over what path to take

For the parish nurse who is overwhelmed and needs to set boundaries

Darrell Sechrest and family

Bonita Kopmann for continued healing

Joyce Zschau, her pastor, and all of her church family

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



Please keep these families in your prayers:

*Betsy Kakoma (Winter 2007) who lost her
husband, Dr. Ibulaimu Kakoma,
on October 28th.*



*Connie Reynolds (Spring 1998) who lost her
mother, Marybell Killion, on October 13th.*

*Pat Benson (Fall 2004) who lost her husband,
Bernie Benson, on October 15th.*



Reflections from Westberg

I attended the Westberg Parish Nurse Conference this year in Saint Louis. It proved to be an experience way beyond my expectations. I have heard a lot of good things from people that have attended before me and now I know what they were talking about. I am so thankful for our benefactor, Carle Hospital, for giving me the opportunity to attend. Thank you to Faith and the others that chose me. I had a great roommate, someone that I hadn't met before. We were very compatible roommates and I hope we can keep in touch. The accommodations were very comfortable and the food and snacks were outstanding. I also enjoyed all of the vendors and the door prizes.

The best things were the breakout sessions and the main speakers. The worship times were times of tears and laughter. I was also thankful for the ear plugs that were given out for the Saturday night entertainment!! The group was SO

good. I appreciated the way the band was formed and the lives that were changed to become more fulfilled because of music.

I will be retiring from full time nursing in 2010 and plan on volunteering at my church in the "expanded" role of a Parish Nurse. I learned so many new things and reinforced many things that I already knew. I know of several educational opportunities that I am going to be introducing to my congregation. One of which is medication education for the elderly. I feel there is a lot of opportunity in that area. Another area that I learned about is caring for the caregiver. As I have a lot of elderly people in my congregation, I am certain I have a lot of people that are caregivers. I could keep on going. Mostly I want to say THANK YOU, THANK YOU, THANK YOU.

Bev Branning, Fall 2003
Trinity Lutheran Church

"Is this your first Westberg?" I was asked this question several times before and during the conference in St. Louis.

"Yes" was my answer. "You are going to love it!" was always the reply. And I did love it. Parish Nurses, over 300 of them sharing, caring and raring to go.

My first break out session dealt with creativity in parish nursing. Ideas were shared on providing accessible health information. Who would have ever thought of putting a plastic sleeve on the back of the bathroom door to provide health advice for men?

Dr. Low Dog shared information on healthy diets, emphasizing the Mediterranean diet.

Evidence of caring was present everywhere you looked.

And Sheltered Reality had us raring to go with their drums and music.

Yes it was my first Westberg but I hope it won't be my last.

Nancy Keith, Fall 2003
Carlock Mennonite Church

Reflections from Westberg cont....

Thank you to Carle Foundation for making it possible for me to attend the Westberg Symposium, **Opening Doors to Wholeness**. There are many advantages to attending the Westberg – getting acquainted with other parish nurses from our Central Illinois area, across the United States, and around the world; hearing from top-notch speakers from across the country and around the world; learning about programs and activities other parish nurses are involved in to improve the health and wellness of people in their congregations and communities; enjoying the surroundings of a world-class hotel and the wonderful food provided; and being uplifted in worship and praise times.

The keynote speakers this year were superb! Julie Russell, RN, MA, from Kansas Health Ethics, Inc., made all of us really “think” about the plight of the most vulnerable in our society through the medium of drama. As part of her repertoire of characters, she “became”, through minor on-stage wardrobe changes and voice inflections, an elderly woman and a low-income, Latino, single mother of preschoolers to point up the challenges each of them face and how society in general tends to treat them as a result of their situations.

Dr. Tieroana Low Dog, MD, from the University of Arizona, Tucson, spoke on “*Living in the Balance: Strategies for Optimal Well-Being*”. Dr. Low Dog is very knowledgeable about nutrition and how the many nutrients work together to keep us healthy, when they are present in the correct forms and amounts. She said that people pay more attention to what they put in their cars than what they put in their bodies! I came home and immediately read carefully the ingredients of the supplements I take! Not only did she

discuss food and exercise, she also talked about mental health issues. She quoted Dr. Rachel Naomi Remen, MD: “People are healed; diseases are not. Healing may not be so much about getting better, as about letting go of everything that isn't you, all of the expectations, all of the beliefs, and becoming who you are.”

A group of percussionists entertained and inspired us on Saturday evening – Sheltered Reality. Please see their website to experience just a bit of what we did: <http://www.sheltered-reality.org/>. Steve Schlosser founded the organization in 1996; there are groups all across the United States now. “Sheltered Reality seeks to motivate audiences to improve their everyday lives, and then in turn encourages them to empower others to succeed. ... by teaching [their] signature ‘Steps of Success’ while having fun with ... upbeat percussive music and choreography.” If you know any venues where especially young people will be gathered, this group would be an ideal one to inspire them! Contact information is on the website.

Rev. Philip Gulley, Quaker pastor and author, spoke about “*A Quaker Pastor's Adventures in Hypochondria*” for the final worship service on Sunday. His dry sense of humor and skillful use of words made stories come alive from his past, weaving how both nursing and pastoral care have been involved in his life story.

Each of the attendees was privileged to attend at least three, and sometimes four, workshops during the weekend as well. I would be happy to discuss in more detail the ones I attended if requested to do so.

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Reflections from Westberg cont....

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I would encourage each parish nurse to prayerfully consider attending the Westberg next year. The dates and location are already set. Each year is

different, but each year is always a blessing!

Judy Horn, Fall 2002
Lincoln Christian Church

Thank you very much for the opportunity to attend the Westberg Symposium. This was the first one that I have attended and I enjoyed it very much. I learned something from all of the work shops and the main sessions.

#4: Lead. RX #5: Connect the people to the Creator. RX #14: Be a shepherd. RX #18: Anticipate a large harvest. RX #20: Appreciate that God is in charge of the Harvest, we are not. RX #21: Yoke yourself with Jesus.

The one that I learned the most from was entitled, "Teach, Preach and Heal," presented by Michael Augustson, M. D. He presented twenty one prescriptions for the church on Health and Healing from Matthew 9:35-38. I will mention only a few of them here: RX #1: Bring Health Care to where the people are. RX

Perhaps I enjoyed this workshop so much because we conducted a healing service at my church.

Thanks again for the opportunity to attend this symposium.

Carol Vogel, Winter 2007
Lincoln Christian Church



EDUCATIONAL RESOURCES

New CE Requirements for license renewal

CE requirement will be **20 hours** for LPNs and RNs renewal
(stays 50 hours for the APNs).

It appears it will not be taking effect until the 2012 renewal period. (RULES just went out to 1st Public Notice even though the ACT was signed 2 yrs ago!!! They are printed as the **CE attestation becoming reality in May 2012.**)

Winter 2010 Parish Nurse Class Dates

Winter 2010 *Community Parish Nurse Program
Basic Preparation Course Dates
Classes will be held in Mahomet*

February 12 & 13

March 5 & 6

March 12, 13, 14



Parish Nurse Trip to England

Dear Fellow Coordinators,

Many of you I have met and share time with throughout the years. As always I am grateful for our friendships and our connection. And for those of you I have not met, I am looking forward to that possibility.

I am asking you to share the attached educational program with your colleagues. It has been approved for 20 contact hours. This will be our third trip to the UK and each time is very unique and special.

Thanks so much and have a wonderful Thanksgiving.

Serving Him with you,
Helen

**Rekindle the Spirit of Nursing
June 8-18, 2010
London and Salisbury, England**

\$3,995 per person

based upon double occupancy; single supplement: add \$518

Includes: Land portion (see flyer) / daily breakfast & dinner / air out of Chicago ORD*, fuel surcharges, estimated air taxes** / travel insurance / hotel to/from airport transfers in Britain / guide and motor coach driver gratuities. *Note: *other air arrangements possible; **air taxes have been estimated, however subject to change until final payment*

Not included in Tour price: excess baggage / mid-day meal / all items of a personal nature laundry, cleaning, telephone/telex/fax expenses, food and

beverage not included in meals provided.

Who Should Attend?

Nurses interested in the relationship of health and spiritual care and sustaining the balance.

This continuing nursing education activity has been approved for 20 contact hours by the Illinois Nurses Association, an accredited approved by the American Nurses Credentialing Center's Commission on Accreditation

Sign up early to lock in your space

\$1,000 Down payment due December 11, 2009 -- balance due March 19, 2010

Parish Nurse Network of the Kankakee River Valley
Helen Chigaros
555 South May Ave.
Kankakee, IL 60901

815 933-5914
Fax 815 933-7967
wchigaros@comcast.net

Tour code: BIAO 00609

Please make checks payable to:
Parish Nurse Network of the Kankakee River Valley

Deposit Due: \$1,000

Contact Bev Talbott at (217) 326-2583 for additional information and reservation form.

RESOURCES

National Health Observances

November

American Diabetes Month

American Diabetes Association
1701 North Beauregard Street
Alexandria, VA 22311
(800)DIABETES
www.diabetes.org
Materials available



November 19

Great American Smokeout

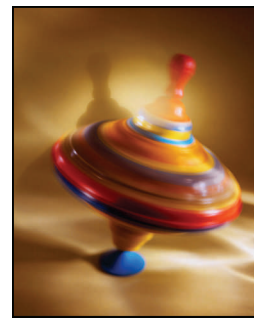
American Cancer Society
250 Williams Street NW
Atlanta, GA 30303
(800)ACS-2345
<http://acsf2f.com/gaso>



December

Safe Toys and Gifts Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
www.preventblindness.org
Materials available



December 6-12

National Handwashing Awareness Week

Henry the Hand Foundation
11714 US Route 42
Cincinnati, OH 45241
(513) 769-3660
www.henrythehand.com
Materials available



Parish Nurse pins from IPNRC—available for purchase

Educational Partners may order the IPNRC stained glass pins for graduates of their classes.

Stained Glass Pin w/Parish Nurse Lavalierie \$18.00 ea

Stained Glass Pin w/
Congregational Nurse Lavalierie
\$18.00 ea

We can order pins for you. Just email Bev with your request to beverly.talbott@carle.com or call her at (217) 326-2583.



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