



Blessings

The Community Parish Nurse Program
Sponsored by The Carle Foundation

September 2009

Coordinator's Corner

H1N1 continues to dominate discussions and new information comes out daily. www.flu.gov is a good source and also the CDC. Expectant mothers and young children are the most vulnerable. Work with your church members to get the seasonal flu vaccine that is available now as well as the H1N1 when it becomes available. Our local health departments have done an awesome job in getting the word out. Contact them for resources to have available at church.

It was with regret that we postponed our Basic Prep class until spring. We simply could not justify the time and resources the class takes for a small group. We are hopeful that the spring dates will work better for

more nurses. Of course the day after we notified the faculty of the cancellation we received several emails/phone calls from people who were interested :-0! Both Bev and I struggled with the decision but, in the end, we were humbled by the fact it will happen—in God's time.

Several of our nurses traveled to St. Louis for the annual Westberg Symposium in St. Louis. The keynoters were outstanding and we learned a great deal at the breakouts. In the next two newsletters we will print their Westberg experiences. I attended meetings with coordinators and educators from around the U.S. and Canada. H1N1 was definitely on the agenda. Several programs have

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posted info in congregational bulletins/newsletters dispelling the myths around H1N1 and flu in general. This is not the season for people to forego a shot based on erroneous information.

Take the time now to think about what Advent programs would be beneficial for your church family. Our office has copies of both **Unplug the Christmas Machine** and **Walk to Bethlehem**.

Plans continue for the November 15th afternoon retreat for all of our parish nurses. We are looking forward to seeing many of you—it feels like it has been forever.

On October 20th there is an open program of dessert and fellowship at Meadowbrook Community Church, 1902 S Duncan Road, Champaign. The event begins at 6:30 pm will feature Faith Roberts (I think you all know her!) speaking on "From Wedding Rings to Nose Rings...Generational Differences". Feel free to join us.

The November Acton series is a half-day event that will be repeated in the afternoon. The focus is on diabetes. I urge all of you to consider attending as you are aware this disease is now rampant in our community and the increase in children is startling. The treatments/medications for Diabetes have, thankfully, changed a great deal. Insulins are much different and glucose monitoring is the key to treatment protocols. Consider attending to update your personal knowledge and enhance your ability as a teacher to those in need. It is critical that faith community nurses be giving correct and current information. Details of class may be found in this newsletter.

Bev is filling in the appointment slots for annual meetings. Look for your letter if you were in the Winter 2007 or Winter 2008 class. I look forward to seeing and talking with you about your efforts in your congregation!

Blessings,

Faith



Prayer List - Please Pray for:

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

For the parish nurses whose congregations have been shattered by the violent murders near their community

For the pastor who has left his church and is in pain

Darrell Sechrest and family

Bonita Kopmann for continued healing

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

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

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

Chris Pinne who has been deployed to Afghanistan



Carle Clinic seasonal flu clinics

Carle Clinic will host its annual community seasonal flu clinics from October 3 through December 31, 2009. The Centers for Disease Control recommend flu vaccines for persons age 6 months and older, though some Carle Clinic locations specify minimum age requirements.

Seasonal flu shots cost \$30, Nasal Vaccine FluMist® \$35 and pneumovax vaccinations \$55. No appointment is necessary at the community flu clinics. Carle Clinic patients may choose direct billing and must bring their clinic number and insurance card to do so. Medicare patients must bring their Medicare cards for direct billing. Non-Medicare or non-Carle Clinic patients should be prepared to pay at the time of service.

Thomas Sutter, DO, MPH, division head of Carle Clinic Occupational Medicine, urges the public to get the seasonal flu vaccine annually to lessen the chance of contracting illness.

"The seasonal flu vaccine is highly effective in warding off illness in healthy people and preventing serious illness and hospitalization in senior citizens and those with compromised immune systems," said Dr. Sutter. "It is a good idea to get the vaccine in the fall considering the flu tends to peak in February."

Carle Clinic will offer the following flu clinics this year:

Vineyard Christian Fellowship Church, 1500 N. Lincoln, Urbana

October 5–9: 9 a.m. – 6 p.m.

October 10: 9 a.m.–12 p.m.

Drive-thru or walk-in

Ages 6 months to 4 years vaccinated inside the building

Carle Clinic – Urbana on Windsor, 1818 E. Windsor Road

October 19–23: 9 a.m.– 6 p.m.

October 24: 10 a.m.– 2 p.m.

October 26–November 6: Monday–Friday, 9 a.m.–4 p.m.

Carle Clinic – Champaign on Curtis, 1701 W. Curtis Road

October 12 – 16: 9 a.m.–6 p.m.

October 17: 10 a.m.–2 p.m.

October 19–November 6: Monday–Friday, 7 a.m. –5 p.m.

Breezeway at Carle Foundation Hospital, 611 W. Park Street, Urbana

October 26 – December 31: Monday – Friday, 9 a.m. – 6 p.m.

November 7: 10 a.m.– 2 p.m.

Carle Clinic – Danville on Fairchild, 311 W. Fairchild

October 3: 8 a.m. – 4:30 p.m.

Flu shot and pneumovax vaccines for ages 18 and older

Carle Clinic – Monticello, 4000 Green Apple Lane

October 14: 8 – 11:30 a.m.

Drive-thru or walk-in

Flu shot only for ages 18 years and older

October 22: 5 – 7 p.m.

November 5: 5 – 7 p.m.

Flu shot and pneumovax vaccines for ages 6 months and older

Carle Clinic – Mahomet, 1001 Heather Drive

October 24: 8 a.m. – 11 a.m.

Flu shot only for ages 9 years and older

Carle Clinic – Tuscola, 301 E. Southline Road

October 10: 8:30–10:30 a.m.

Flu shot only for ages 9 years and older

Carle Clinic – Rantoul, 1540 E. Grove St.

November 4, 1–5 p.m.

Flu shot only for ages 3 years and older

For more information, call the flu hotline at (217) 326-5000 or click [here](#).

Christie Clinic seasonal flu clinics

Christie Clinic has begun their flu clinics. **All flu clinics will be from 7 a.m.— 2 p.m.** No appointment is necessary and all ages are welcome. Here is a complete schedule:

October 17 & 18, November 7 & 8, December 5

- **Christie on Windsor (Champaign)**
- **Christie in Urbana**

October 24

- **Convenient Care in County Market on Kirby & Duncan**

November 21

- **Convenient Care in County Market at Glenn Park**

Center for Taiji Studies

The Center for Taiji Studies would like to share the art of Taiji with interested persons in the Champaign Urbana community. As faith communities interested in the care of mind, body and spirit of its members, we offer Taiji as complementary support in this effort.

Taiji is a movement activity that promotes health and well being in the lives of those who practice it. It is non-religious. It is also fun to do!

The Center for Taiji Studies offers a traditional, evidenced based, safe curriculum.

The Director of School, Dr. Yang Yang is a Taiji Master, having learned from Grand Masters in China and achieved numerous awards. He is also an academic, having earned his doctorate in kinesiology from the University of Illinois. Thus he combines both the excellence of his own art with the rigors of Western Science in the school's curriculum, teaching and practice.

The Center for Taiji Studies offers a new beginning level class five times throughout the year. Each of the class sessions is 9 weeks in length. There are two possibilities for enrollment:

- a daytime class that meets twice a week for an hour on Tuesday and Thursday
- an evening class that meets once a week for an hour and a half on Wednesday

The next Level 1 class will begin

Daytime class- **Tuesday, October 27, 2009**

Evening class – **Wednesday, October 28, 2009**

With this letter we extend an invitation for you share information about Taiji with your faith

community in any of several ways. Below are some suggestions of how you might do this. This information is available to you directly from this unpublished link at www.centerfortaiji.com/classes/faithcommunities

- Post flyer on an a bulletin board (available for download from website)
- Put a notice in your church newsletter (sample suggestion on website)
- Request more information from us about Taiji and its benefits (356-4191)
- Ask for a presentation /demonstration to a group within your faith community (356-4191)
- Refer to our Website for questions and information (www.centerfortaiji.com)
- Interested persons may register for the next class directly on line at:
http://www.chentaiji.com/classes/LC_registration.html

Cordially yours,
Ruth Gilbert
217-356-4191

Qiu Zhen Yi
Center for Taiji Studies
1408 Mayfair · Champaign, IL 61821
(217) 351-9388 · www.centerfortaiji.com

EDUCATIONAL RESOURCES

Fall Workshop—Self-Help Center

Facilitation Skills for Self-Help/ Support Group Leaders

**Saturday, October 31st
9am – 4 pm**

Topics: Facilitation Roles, Leadership Style and Shared Leadership, Group Membership Issues, Listening Skills, Dealing with Group Conflict and Difficult Behaviors and more...

Workshop Facilitator: Sharon Monday-Dorsey, Self-Help Center Coordinator

Workshop Location: Doris Kelley Christopher Hall, University of Illinois, 904 W Nevada Street (corner of Nevada & Lincoln Avenue), Urbana, Studio Conference Room, Main Floor

Registration Fee: \$35.00 includes lunch and resource packet; \$10 additional fee for 7.5 hours of CEU credit for licensed social workers or counselors

Information/to register: Self-Help Center 352-0099

Register Early! Workshop Size is Limited!



Winter 2010 Parish Nurse Class Dates

Winter 2010 Community
Parish Nurse Program
Basic Preparation Course
Dates

Classes will be held in
Champaign County

February 12 & 13
March 5 & 6
March 12, 13, 14



Acton: Current Perspectives in Diabetes Care

SAVE THE DATE!

Title: The Russel D. Acton
Professional Practice Series presents:
“*Current Perspectives in Diabetes
Care*”

Objective: Participants will be
able to identify best practices in
Diabetes management across the
continuum of care.

When: Monday, November 9th
2009

Time: 8am – 12pm **OR** 1pm – 5pm

Where: The Pollard Auditorium at
Carle Foundation Hospital

Cost: \$20.00

Registration Information:

Click for Registration form or
contact Bev at

beverly.talbott@carle.com of (217)
326-2583

“Carle Foundation Hospital is an approved
provider of continuing nursing education by the
Illinois Nurses Association, an accredited approver
by the American Nurses Credentialing Center's
Commission on Accreditation.”

ACPE & ADA continuing education units have
been applied for.


Carle Foundation Hospital

RESOURCES

National Health Observances

October

National Breast Cancer Awareness Month



National Breast Cancer Awareness
Month Board of Sponsors
1800 Concord Pike
Wilmington, DE 19850-5437
nbcamquestions@yahoo.com
www.nbcam.org

Sudden Infant Death Syndrome Awareness Month

First Candle/SIDS Alliance
1314 Bedford Avenue, Suite 210
Baltimore, MD 21208
(800) 221-7437
www.firstcandle.org
Materials available



October 4-10 Fire Prevention Week

National Fire Protection
Association
1 Battermarch Park
Quincy, MA 02169-7471
(800) 344-3555
www.firepreventionweek.org
Materials available



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>



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 Lavalier \$18.00 ea

Stained Glass Pin w/
Congregational Nurse Lavalier \$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.



Parish Nurses featured in new ELCA Video

God's work. Our hands.

Visit the website of the Evangelical Lutheran Church in America to view the video which highlights the work of the parish nurses at the Prince of Peace Lutheran Church in LaCrescent, Minnesota.

www.elca.org/ELCA/Video-Contest.aspx

This video was awarded first place in the congregational category from among 224 submitted in a

video contest. This award was announced and the video shown during the August 22 national assembly of members of the ELCA by their Presiding Bishop, Mark S. Hanson. Congratulations to Linnea Jackson, Parish Nurse Coordinator at Prince of Peace Lutheran Church, and blessings to all the health ministers there!

