



Blessings

The Community Parish Nurse Program
Sponsored by The Carle Foundation

April 2010

Coordinator's Corner

Twenty-two outstanding colleagues were dedicated in the ministry of parish nursing on Sunday March 14th in Mahomet. The Mahomet United Methodist Church provided a beautiful, serene environment for the group and both the Healing Service and Dedication ceremony were made richer by Pastor Glen's inspired teaching. We are forever indebted to the parish nurse from that church, Cindy Bell, for the hours and hours she put into making the three weekends a memorable experience for all of us. A particular note of gratitude to each one of you who came to greet, welcome, serve, pray, pack up boxes and support our class. It might not have seemed like much to you but by helping us you allowed me to BE with the group and not be caught up with details. THANK-YOU!

The 22 nurses are now praying for

30 days to work on discerning what their ministry efforts will be. Please hold them in your hearts during this time.

Healthcare reform has passed and now the work in faith based communities will be to determine what it will mean for our congregants. Regardless of our own personal feelings about this legislation we need to educate ourselves on what is included in this massive bill. As we learn more here at the parish nurse office we will be sending out updates on this topic. One thing is for certain there will be cuts in Medicare. This month Medicare recipients will receive checks to help "close the hole in the donut" but be aware that there will be more news to communicate in late 2010 as to what cuts will be mandated.

Closer to home for all of us is the continued decline of social services here

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in Illinois due to a bankrupt state budget. Services to women, infants, seniors, and children continue to be cut and many of our colleagues at county and state health departments are wondering if their agencies will survive. What we do know is that social services as we knew it will become a thing of the past. I continue to work as a board member for the East Central Illinois Area Agency on Aging and as I have info particularly related to services to seniors I will let you know.

Church families should be asking their older members if they are in need of transportation, if their meals on wheels are continuing (being cut in some of our counties) so that the church can step up as needed. Make sure Vial of Life is being done for the members of your congregation who can benefit and if you are in need of any of our 30 day pill boxes let Bev know. These are resources and as always we need people to support them. Ask for volunteers in your congregation—student nurses, pharmacists, nurses paramedics—who might assist you in a Vial of Life Sunday helping distribute new ones and updating ones given out to congregants previously. Again, see if any nurses would assist you in setting up church members pills for the month so that we can be assured the pill boxes are

being filled correctly.

Yes, you heard it right! Continuing education credits will be necessary to get our **2012** licenses renewed. Our program is committed to offering quarterly faith based education for those nurses interested. They will be offered in Champaign County and the dates will be in the next newsletter. The first one will be this summer on Forgiveness and taught by Faith Roberts. I think you might know her ☺! Jennifer Brackenhoff and Vera Duncanson have both agreed to teach also so we should have some good programming WITH excellent teachers for you to "***learn and earn***". Remember The Journal of Christian Nursing has CE offerings in each issue.

It is truly getting gorgeous out and oh, so green!! Please think about summer initiatives that encourage health—both in newsletters or bulletins: sunscreen, bee stings/ bug bites, healthy picnic foods, schedule Stuftee for your vacation bible school, and always...farm safety.

Call us if we can help.

Blessings

Faith



Happy Spring!

Prayer List - Please Pray for:

The Winter 2010 class now in their 30 days of prayer

Cindy Bell

Tracy Jackson—friend of a parish nurse

For the parish nurse who has decided to become active again in a ministry that has been inactive for over two years

For the area professionals who gave so generously of their time to teach at the Winter 2010 class

St. Mary's Catholic Church—Westville

Bob and Carolyn—the parents of a friend of parish nurses

Meg Karayiannis—daughter of Coletta Ackermann

Prayers of thanksgiving from a new grandma!

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

Darrell Sechrest and family

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



EDUCATIONAL RESOURCES

2010 Westberg Symposium

24th Annual Westberg Parish Nurse Symposium

Thriving in a Changing World

Saint Charles Convention Center

Saint Charles, MO

September 17-19, 2010

The Westberg Symposium is a professional meeting for the specialty practice and ministry of parish nursing. The focus of the conference is dedicated to promoting overall wellness including spiritual, physical and mental health. The attendees come to the conference with a vested interest to learn new practices and resources so they can better educate their congregations. The exhibit hall is the perfect environment for vendors to showcase their services and products to a targeted group of approximately 400 - 500 individuals that share the same platform.

To see the brochure online, click on this link

[www.macregistrations.com/westberg2010/
Brochures/2010_Brochure.pdf](http://www.macregistrations.com/westberg2010/Brochures/2010_Brochure.pdf)

Carle Foundation Hospital

**The Magnet Journey...
Traveling Together for Success**



**Wednesday
May 12, 2010**

7:15 a.m. – 12 p.m. or
12 p.m. – 5:15 p.m. (half day sessions)

**The Forum at
Carle Foundation Hospital**
611 West Park Street
Urbana, Illinois 61801

Presented by:
**THE RUSSELL D. ACTON
PROFESSIONAL PRACTICE SERIES**



**THE RUSSELL D. ACTON
PROFESSIONAL PRACTICE SERIES**

Details

Featured Presenter:

**Jeffrey N. Doucette,
MS, RN, CEN, NEA-BC, FACHE**

Jeff Doucette is an extraordinary healthcare executive, international presenter, and author. Jeff is the Vice President of Emergency Services at Bon Secours Health System in Suffolk, VA. As a Nurse executive, he has also served in the capacity of Chief Nursing Officer, Stafford Hospital Center, Associate Chief Operating Officer for Emergency Services at Duke University Hospital in Durham, North Carolina and Executive Director and Vice President of Patient Care Services for Lee Memorial Health System in Fort Myers, Florida. Jeff is known for his ability to ignite and empower teams, and has become a trusted mentor for numerous professionals in business and healthcare.

Mr. Doucette serves on the editorial advisory board for the Journal of Men in Nursing and contributes to a variety of respected nursing publications. Passion for his profession and the ability to ignite audiences make Mr. Doucette one of the most respected professional speakers and thought-leaders in nursing.

Objectives

- Join us as we explore how to create a culture that inspires.
- Identify necessary components to a superior work culture.
 - Identify at least three ways to promote a superior work culture.
 - Describe communication principles/methods that promote a collaborative culture.
 - Identify barriers to effective communication.
 - Examine the benefits of humor in work life.
 - Describe beneficial parameters for humor.

Target Audience

All healthcare workers.

Registration:

Registration will be open from April 1 –May 1. To be registered, all registrations and payments must be received by May 1. Registrations will not be accepted after May 1. Additionally, refunds will not be issued for cancellations after May 1.

Continuing Education

Nursing

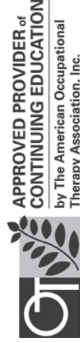
Carle Foundation Hospital is an approved provider of continuing nursing education by the Illinois Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Social Work

Carle Foundation Hospital is approved as a sponsor of continuing education credit for social workers by the Department of Professional Regulations of the State of Illinois (159-000491). This event has been approved for 3.0 continuing education units for social workers.

Physical and Occupational Therapy

The Carle Foundation is approved as a Sponsor of Continuing Education by the Department of Professional Regulation of the State of Illinois for Physical Therapists and Occupational Therapists (216000061). This program has been reviewed and meets criteria for 3.0 continuing education units. Carle Foundation Hospital is an approved provider for the American Occupational Therapy Association to provide continuing education in occupational therapy. This intermediate level program awards occupational therapy practitioners 3.0 contact hours. The assignment of AOTA CEU's does not imply endorsement of the specific content, products, or clinical procedures by AOTA.



THE RUSSELL D. ACTION
PROFESSIONAL PRACTICE SERIES

Pharmacy

Carle Foundation Hospital is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing education. This knowledge-based program is for pharmacists (0539-0000-10-002-L04-P) and pharmacy technicians (0539-0000-10-002-L04-T) and meets the criteria for 0.3 CEU's (3.0 contact hours), with a completion of a post course evaluation required.



Other

Participants must be present for the entire program to obtain a certificate of attendance for the allocated number of contact hours. Partial credit may be authorized by the program coordinators if late arrival or early departure is accurately documented. All persons attending must sign-in and complete the applicable portions of the program evaluation form before the certificate of attendance is issued.

This educational activity is being presented without the provision of commercial support and without bias or conflict of interest from the planners and presenters.

Morning Agenda

- 7:15 a.m.-8 a.m.**
Registration & Breakfast – available in Forum foyer
- 8 a.m.-8:15 a.m.**
Welcome/Magnet Update
- 8:15 a.m.-9:30 a.m.**
Creating a Culture That Inspires
- 9:30 a.m.-9:45 a.m.**
Break
- 9:45 a.m.-10:45 a.m.**
Listen Up! Making Communication Work for You
- 10:45 a.m.-11 a.m.**
Break
- 11 a.m.-12 p.m.**
Inhale Some Helium: It's Time to Lighten Up!
- 12 p.m.-12:30 p.m.**
Evaluation & Presentation of Practice Awards (Clinic & Hospital)

Afternoon Agenda

- 12 p.m.-12:30 p.m.**
Presentation of Practice Awards (Clinic & Hospital)
- 12:30 p.m.-1 p.m.**
Registration & Lunch available in Forum foyer
- 1 p.m.-1:15 p.m.**
Welcome/Magnet Update
- 1:15 p.m.-2:30 p.m.**
Creating a Culture That Inspires
- 2:30 p.m.-2:45 p.m.**
Break
- 2:45 p.m.-3:45 p.m.**
Listen Up! Making Communication Work for You
- 3:45 p.m.-4 p.m.**
Break
- 4 p.m.-5 p.m.**
Inhale Some Helium: It's Time to Lighten Up!
- 5 p.m.-5:15 p.m.**
Evaluation

Registration Form

Name (please print): _____
 Carle Badge ID # (if applicable): _____
 Credentials: _____
 Organization: _____
 Address: _____
 City: _____
 State: _____
 ZIP Code: _____
 Phone: _____
 E-mail: _____

I will be attending (select only one):

- Morning Session
- Afternoon Session

To pay by check:

Checks payable to Carle Foundation Hospital and send to:

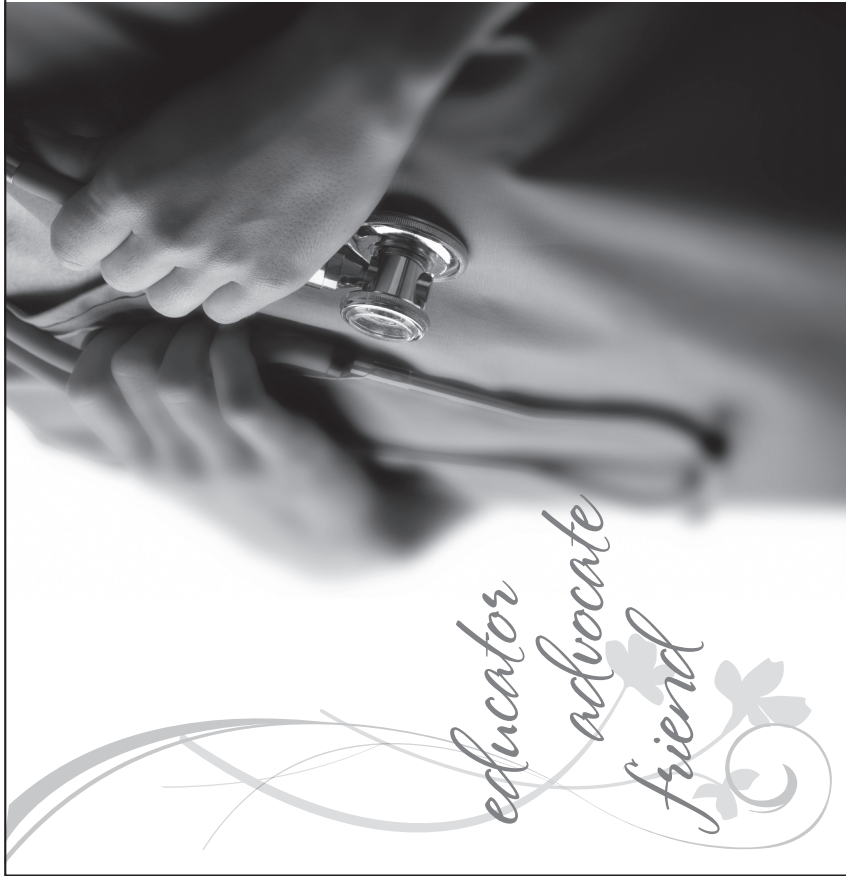
Carle Foundation Hospital
 Attention: Denise Hannagan
 Nursing Education - The Forum at Carle
 611 W. Park Street
 Urbana, Illinois 61801
 (217) 383-4641

To pay with cash:

Bring to Foundation Education office at:
 221 N. Broadway in Urbana

To pay with credit card:

Contact Denise Hannagan (217) 383-4641.



Parish nurses answer to many names.
We simply call them *special*.

In honor of National Nurses Week, we salute the hundreds of nurses who have shared their talents over the years to serve the physical and spiritual needs of area families. For 13 years, the Community Parish Nursing Program — the largest of its kind in the nation — has grown to serve faith communities in 31 Illinois counties and 83 towns.

What are parish nurses? They are a compassionate, uniquely trained group that cares for our bodies, minds and spirits — and integrates people and congregations every day to build healthier communities.



Community Parish Nurse Program
Sponsored by Carle Development Foundation

Check this out!
Vermilion and Champaign county newspapers will run an ad celebrating parish nurses for Nurses Week on Sunday May 9th.

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
(888)275-4772
[www.organdonor.gov/
get_involved/donatelifemonth.htm](http://www.organdonor.gov/get_involved/donatelifemonth.htm)
Materials available

May

American Stroke Month

American Heart Association
7272 Greenville Avenue
Dallas, TX 75231
(800) 242-8721
inquiries@heart.org
www.americanheart.org
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
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/
Materials available

May 9-15

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) 690-7650
www.womenshealth.gov/whw
Materials available

National Start Walking Day—April 7

National Start! Walking Day will be held **Wednesday, April 7!** This annual event, held every year on the first Wednesday in April, celebrates physical activity and encourages all Americans to wear their sneakers to work and take a 30-minute walk.

The American Heart Association will offer a National Start! Walking Day Online Toolkit

All organizations should register for National Start! Walking Day at www.startwalkingnow.org/startwalkingday. Once you complete the registration form, you will receive an email with a link to our downloadable toolkit (be sure to check your SPAM folders, as sometimes the return email gets stuck in your organizations SPAM filter)

What's in the Toolkit?

It contains:

- A simple how-to guide
- An idea guide, filled with fun tips for making the day more special
- E-mail and voicemail templates
- Brown-bag lunch presentation

- A 6-week summer walking countdown – with sample walking plans, one recipe per week, one article per week, one tip per day and other tools that the coordinator can use after NS!WD to extend the messaging and help their employees get healthy for summer!

So get out those walking shoes to enjoy a nice walk! Please feel free to share this resource with other who might be interested. Thank you.

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American Heart Association, Midwest Affiliate

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E-mail: heather.gavras@heart.org

www.americanheart.org

www.heart.org/missionlifelineillinois

Illinois Obesity Prevention Initiative

Illinois is trying to address the issue of obesity amongst its citizens. If you go to the website listed below there is an "*Illinois Obesity Fact Sheet*" with some interesting statistics. Parish nurses certainly can address many of the issues that relate to obesity, such as nutrition, exercise, etc.

Here is the website information:

www.iphionline.org

When this website opens to its homepage: Click on "*Obesity Prevention Initiative*"

At the bottom of the page on *Obesity Prevention Initiative* there are several documents including *Illinois Obesity Facts*.

Interesting and scary!

Jenny Trimmell RN BSN
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Spring 2000

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Urbana, IL 61801*