



Blessings

The Community Parish Nurse Program
Sponsored by The Carle Foundation

February 2010

Coordinator's Corner

Greetings from the parish nurse office! We wanted to get a newsletter out before this winter month was over.....and hopefully before any more snow arrives.

Our winter class started last weekend with 22 participants including nurses from Chicago, Bellflower, Danville, Mahomet, Champaign-Urbana and Lincoln. We are extremely grateful to all of you who are offering prayer support, meal and break help. Your willingness to serve the class frees me up to be with the nurses and I appreciate that

Lots of info included for CE sources. REMINDER when you renew your license in May the clock starts ticking for CE accrual through 2012. I have been working on a presentation

on Forgiveness for a parish nurse group in Baltimore. It is my plan to submit it for INA CE approval and offer it this summer to our group. Hopefully some of the CE you earn could be from the parish nurse area vs. acute topics.

Presentations from Teresa Pratt, Vera Duncanson, Jennifer Brackenhoff, Mark Holley and I were selected for the Westberg Conference in the fall. We are very proud to have our program represented so well at the national level.

The info in this newsletter re: heart month was sent to me yesterday from a parish nurse in Carbondale. I know it is too late for February bulletin boards but thought it

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would be useful for you to use in the future.

Bev returned rested and relaxed from her vacation to HAWAII...back to the grayness of Central Illinois in the winter ☺. Thanks for your patience while she was gone as I struggled to get you the resources you needed. PLEASE respond to your annual meeting letter so we can continue getting them scheduled. It has been a delight catching up with so many of

you and I look forward to more meetings this spring.

Please call our office if you are in need of any B/P cards, Vial of Life or other resources. We are here for YOU!

Blessings

Faith



Prayer List - Please Pray for:

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

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

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



EDUCATIONAL RESOURCES

PLEASE NOTE: Bereavement Conference

bereavement: *to be robbed*

A conference for all helping professionals, including but not limited to:

Chaplains, Nurses, Social Workers, Counselors, Psychologists, Physicians, Hospice, Clergy, Emergency Medical Services and Healthcare Techs

Formal brochure to follow with registration details. CEUs will be offered for Chaplains, Nurses & Social Workers.

A conference to help us help those who are bereaved

Friday, April 9, 2010

8:00am to 5:00pm

Pollard Auditorium at the Carle Forum

Hosted by the Carle Foundation Hospital Social Work and Pastoral Care Departments

New CE Requirements for license renewal

The 20 hour CE requirement will be needed in the 2012 renewal cycle.

The Illinois Center for Nursing Director has compiled a very nice grid with examples of where to get Nursing CE (pages 5-6 of newsletter). I think it will be a good resource to share with your staff and colleagues as the questions about Required CE continue to surface.

This grid should also help nurses target options to access CE as they *begin compiling their hours starting in June of this year.*

www.nursing.illinois.gov/PDF/02042010RNCERequireGrid.pdf

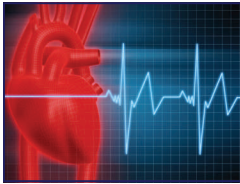
RESOURCES

National Health Observances

February

American Heart Month

American Heart Association
7272 Greenville Avenue
Dallas, TX 752-8721
(800) 242-8721
www.americanheart.org
Materials available



National Colorectal Cancer Awareness Month

Prevent Cancer Foundation
1600 Duke Street, Suite 500
Alexandria, VA 22314
(800) 227-2732
info@preventcancer.org
www.preventcancer.org/colorectal
Materials available

National Nutrition Month

American Dietetic Association
120 South Riverside Plaza, Suite 2000
Chicago IL 60606-6995
(800) 877-1600 X4771
nnm@eatright.org
www.eatright.org/nnm

March

National Brain Injury Awareness Month

Brain Injury Association of America
1608 Spring Hill Road, Suite 110
Vienna, VA 22182
(703) 761-0750
www.biausa.org/biam.htm
Materials available





Illinois Registered Professional Nurse Continuing Nursing Education Option Availability

The Nurse Practice Act requirement for registered nurses to achieve 20 hours of Continuing Education (CE) per two year renewal cycle will begin with the 2010-2012 RN licensure renewal cycle. This table is not meant to be an inclusive list of all CE opportunities, nor an endorsement of any of the options listed below. The Proposed NPA Rules, Section 1300.130, contains the specific language regarding Continuing Education. Up to three examples are listed in each section below.

Registered Professional Nurse Continuing Nursing Education (CNE)* or Continuing Education (CE) Option Availability in Illinois – Based on Proposed NPA Rules	Accumulation Will the RN be able to accumulate enough CE hours in each 2 yr period?
<p>Accessibility What access will RNs have to Continuing Education (CE) courses?</p> <p>Magazine: publication: distribution</p> <ol style="list-style-type: none"> 1) Illinois Nurse: quarterly--mailed to all RNs, LPNs, APNs in IL 2) Nursing Spectrum: bi-weekly: Greater Chicagoland & Heartland RNs 3) Advance for Nurses: bi-weekly: Greater Chicago & Southern IL RNs <p>All also offer CE in other formats: on-line, web-based, live webinar, audio courses and podcasts</p> <p>Direct Mail: many options available</p> <ol style="list-style-type: none"> 1) Courses ordered through catalog, or on-line; audio tapes also available 2) Schools: courses ordered through catalog, or on-line; audio tapes also available 	<p>Affordability What is the cost range for obtaining CE credit hours?</p> <p>CE Cost per: hour, member/nonmember, annual fee</p> <ol style="list-style-type: none"> 1) IL Nurse: free, \$7.50/hr member, \$15.00/hr non-member, no current annual rate 2) Spectrum: free, \$10.00/hr, \$34.99/year, >500 offerings available on-line 3) Advance: free, \$8.00/hr, \$15.00/2hrs, \$26.99/year; >90 offerings available on-line <p>CE Cost per course</p> <p>Average cost 30 hour course: \$30.00-\$70.00/course;</p> <p>Deals include: 1 course, 2 exams (share cost of course with a friend); second course ½ price; not all courses eligible for reduced price deal. If exam is failed, may retake once for no additional cost.</p> <p>Membership cost/year; Cost of CE</p> <ol style="list-style-type: none"> 1) AACN: \$78.00/yr, if certified \$179.00/3 yr; CE free to members, >300 offerings 2) AACN: \$130.00/yr; average CE = free, \$15.00-\$20.00/hr, some cost more 3) Academy M-SN: \$84.00/yr; average CE= free, 2-9hrs or less is \$15.00, member discount rate is \$10.00/hr
<p>Specialty Professional Associations**: (*see clarification footnote-next page) in their member communications CE opportunity is offered</p> <ol style="list-style-type: none"> 1) AACN: American Association Critical Care Nurses: weekly e-newsletter, magazines: multiple versions publish monthly, bi-monthly, and on-line 2) American Academy of Ambulatory Care Nursing: bi-monthly magazine, monthly e-newsletter, also on-line 3) Academy of Med-Surg Nurses: bi-monthly magazines, weekly e-newsletter, also on-line 	<p>CEs, especially those that are web-based, will provide immediate verification of completion (often referred to as a CE Certificate); potentially 20 CE hours could be obtained in a weekend</p> <p>It is recommended that individual RNs keep track of CE credit hours accrued during each licensure renewal period should IDFPFR do an audit during the license renewal period beginning in 2012.</p> <p>Course: completed exams mailed or on-line return</p> <p>Complete courses (books, audio-tapes) mailed directly to a nurses house; upon successful passing of exam, verification is obtained; must finish within 12-24 month period</p> <p>CEs, especially those that are web-based, will provide immediate verification of completion (often referred to as a CE Certificate); potentially 20 CE hours could be obtained in a weekend</p> <p>Specialty Nurse Certification: this is recognition and validation of a nurse's skills, knowledge and abilities in a specific area of expertise.</p> <p>Nurses typically need continuing education to maintain specialty certification after the initial certification exam; these nurses are familiar with collecting CE hours & supporting documents</p> <p>Many employers pay an increased wage based on continued certification through a specialty nurses association, & provide a place for nurses to store written CE completion documentation</p>

Page 1 of 2 This IDFPFR/ Illinois Center for Nursing document is considered to be an informal survey of potential IL RN continuing education options and availability of options; examples on this document are not considered an endorsement of the option, nor are these examples intended to be an inclusive list of all that is available for IL RNs. Each RN, is required to complete his/her own research to maintain compliance with the current IL NPA and rules. January 25, 2010.

<p>Accessibility What access will RNs have to Continuing Education (CE) courses?</p> <p>Presentations: attend in person/direct meetings</p> <p>1) National: AACN:NTI/National Teaching Institute: world's largest conference for critical care nurses, 6 day event; 6-8 hours CE offerings/day, average 30 CE/6 days, maximum 80 CE.</p> <p>2) State: Illinois Nurses Association: biennial meeting, 1-3 days, 6-8 hrs CE/day</p> <p>3) Local Chapters: Academy of Medical-Surgical Nurses; 4 local chapters episodic meetings</p> <p>AACN: 8 local chapters</p> <p>4) Employer educational sessions</p>	<p>Affordability What is the cost range for obtaining Continuing Education (CE) credit hours?</p> <p>1) AACN: approx \$500.00/6 days, not including hotels, meals, transportation</p> <p>2) Illinois Nurses Association: biennial meeting: \$175.00/2 days. Association also has local/district meetings with varying provision of CE at meetings</p> <p>3) Academy M-S Nurses: four local chapters: Chicago, Quincy, Rockford-Freeport and St. John, IL; meeting schedules vary, as does provision of CE @ meetings</p> <p>AACN: (American Association of Critical Care Nurses) eight local chapters: Arlington Heights, Belleville, Champaign, Chicago, Hanna City, Plainfield, Rockford, Springfield, IL; meeting schedules vary, as does provision of CE @ meetings</p> <p>4) provided on-site, the first time of traditional annual required classes awarding CE is allowed. Many employers are beginning to have specific classes that also offer CE; topics such as: disease status updates, new procedures, etc.</p> <p>Presentations can potentially occur on the job site, in the community, etc.</p> <p>Cost is based on credit hour: the cost of college credit education continues to be reimbursed, more in the urban areas than the rural areas</p> <p>Use of laptop computers and the internet facilitates the writing process.</p>	<p>Accumulation Will the RN be able to accumulate enough CE hours in each 2 yr period?</p> <p>Employer reimbursement: the cost of continuing education continues to be reimbursed, more in the urban areas than the rural areas.</p> <p>Attending local chapter or district meetings within a nearby geographic area, facilitates accumulation of CE hours.</p> <p>State or National meetings offer accumulation of CE hours or credits compacted into a day, or a few days.</p> <p>Employers: ambulatory care/community based clinics and office practices not attached to a hospital, nurses have access to magazine and on-line courses; local communities have places that offer classes with CE credit, many will be increasing their offerings, not wanting to take a chance that nurses will be ineligible to work.</p> <p>Many employers are becoming approved as providers of CE, so that some classes, such as nursing grand rounds which are routinely practice topic specific can offer CE credit. Some in-house annual classes such as fire drills, IV care, do not meet CE pre-determined criteria.</p> <p>Each individual, non-repetitive 60 minute lecture may be used for 5 CE hours. FT educators may not use presentations that are part of their job expectations, but may use guest lectures.</p> <p>Employers consistently accommodate shift rotation/scheduling around time off needed to attend class; many colleges offer classes at a worksite.</p> <p>The research project must be applicable to the practice area and must be completed during the pre-renewal period. A paper or an article may be used for 10 CE hours. A book chapter, dissertation or research project may be used for 20 CE hours.</p>
<p>Presenter/lecturer presentations made to other health professionals.</p>		
<p>College Credit: most community and university campuses offer education opportunities: on campus, in the workplace, on-line</p>		
<p>Authoring papers, publications, articles, dissertations, book chapters or research projects.</p>		

**** Specialty Professional Association: there are at least 64 organizations that limit membership to nurses who provide a specific type of care, example: critical care, rehabilitation, medical-surgical, ambulatory care. Almost all of these nursing associations/organizations, through member communication, offer CE opportunity to members and nonmembers, lower fee/ members. The vast majority of these CE opportunities are ANCC (American Nurses Credentialing Center) approved. Continuing Education (CE) programs approved by the ANCC are accepted by most states for RN license renewal process.**

***American Nurses Credentialing Center refers to Continuing Education as Continuing Nursing Education; here both terms are used interchangeably.**

Page 2 of 2 This IDFPR/ Illinois Center for Nursing document is considered to be an informal survey of potential IL RN continuing education options and availability of options; examples on this document are not considered an endorsement of the option, nor are these examples intended to be an inclusive list of all that is available for IL RNs. Each RN, is required to complete his/her own research to maintain compliance with the current IL NPA and rules. January 25, 2010.



February is Heart Month
Bless Your Heart!

Do You Have High Blood Pressure?

High blood pressure is the single most significant risk factor for heart disease. It's sometimes called "the silent killer" because it has no symptoms.

What is High Blood Pressure?

High blood pressure, also known as **hypertension**, is an often misunderstood medical condition.

The blood running through your arteries flows with too much force and puts pressure on your arteries, stretching them past their healthy limit and causing microscopic tears. Our body then kicks into injury-healing mode to repair these tears with scar tissue. But unfortunately, the scar tissue traps plaque and white blood cells which can form into blockages, blood clots, and hardened, weakened arteries.

Blockages and blood clots mean less blood can get to our vital organs, and without blood, the tissue dies. That's why high blood pressure can lead to stroke, heart attack, kidney failure, and even heart failure.

By keeping your blood pressure in the healthy range, you are reducing the risk of your blood vessels becoming overstretched and injured, reducing the risk of your heart having to pump harder to compensate for blockages, and protecting your entire body so that it receives blood that is rich in oxygen.

American Heart Association Guidelines:

While there is no cure, high blood pressure is manageable. Your goal for normal blood pressure is less than 120 mm Hg systolic AND less than 80 mm Hg diastolic. Lifestyle changes provide a prescription for healthy living. These changes may reduce your blood pressure without the use of prescription medications: eating a heart-healthy diet, which may include reducing salt; enjoying regular physical activity; maintaining a healthy weight; managing stress; limiting alcohol; avoiding tobacco smoke.



Get Active

Finding time in our overscheduled lives for exercise is a challenge for all busy Americans. But the benefits far outweigh the sacrifices it takes to carve out that time. And anyone who has successfully managed to do so will tell you how happy they are to have found the time. They'll tell you how much more energy they have, and how they are actually able to do more than before they started getting regular exercise. So no more excuses! Take an active role in determining your future. You deserve to give yourself the gift of living well with good health.

Why is Getting Active So Important?

The facts are clear: By exercising for as little as 30 minutes each day you can reduce your risk of heart disease. Without regular physical activity, the body slowly loses its strength and ability to function well. Physical activity means living a longer, healthier life.

Regular Physical Activity Helps:

Lower blood pressure, increase HDL "good" cholesterol in your blood, control blood sugar, reduce feelings of stress, and control body weight. Feeling fit helps you feel good about yourself!

American Heart Association Guidelines

We suggest at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise. Physical activity is anything that makes you move your body and burns calories. Aerobic exercises such as walking, jogging, swimming or biking benefit your heart. Strength and stretching exercises are best for overall stamina and flexibility.

The simplest, positive change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. Check out the American Heart Association's **Start!** walking program at heart.org/Start to get going with expert advice.



February is Heart Month
Bless Your Heart!

Eat Better

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. However, there are a lot of mixed messages and myths out there regarding healthy eating. With all the differing opinions, it's best to get informed from credible sources, so you can make smart choices in your diet for long-term benefits to your heart and health. It's the overall pattern of your choices that counts most.

What's Most Important?

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have vitamins, minerals, fiber and other nutrients, but are lower in calories. To get the nutrients you need, choose foods like vegetables, fruits, whole-grain products and fat-free or low-fat dairy products most often.

Recommended Food Choice Guidelines

Vegetables and fruits are high in vitamins, minerals and fiber — and they're low in calories. Eating a variety of fruits and vegetables may help you control your weight and your blood pressure.

Unrefined whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight.

Eat fish at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids (salmon, trout, and herring) may help lower your risk of death from coronary artery disease. Choose lean meats and poultry without skin and prepare them without added saturated and trans fat. Select fat-free, 1 percent fat and low-fat dairy products.

Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet. Aim to eat less than 300 milligrams of cholesterol each day. Choose and prepare foods with little or no salt. Aim to eat less than 1500 milligrams of sodium per day.



Lose Weight

Among Americans age 20 and older, 145 million are overweight or obese (BMI of 25.0 kg/m² and higher). That's 76.9 million men and 68.1 million women. This is of great concern especially since obesity is now recognized as a major, independent risk factor for heart disease. If you have too much fat — especially if a lot of it is at your waist — you're at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes.

If you're overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. When coming up with a fitness and nutrition plan to lose weight, it's important to understand your recommended calorie intake and then the amount of food calories you're consuming, versus the energy calories you're burning off with different levels of physical activity. It's a matter of balancing healthy eating (caloric energy) with the (molecular) energy that leaves your body through a healthy level of exercise.

What is BMI?

Body mass index assesses your body weight relative to height. It's a useful, indirect measure of body composition because it correlates highly with body fat in most people. To calculate your exact BMI value, multiply your weight in pounds by 703, divide by your height in inches, then divide again by your height in inches. Or, to find out where you stand check out the "My Life Check—Life's Simple 7" resources at mylifecheck.heart.org

Control Cholesterol



Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all your body's cells. It's normal to have cholesterol. Cholesterol is an important part of a healthy body because it's used for producing cell membranes and some hormones, and serves other needed bodily functions. But too much cholesterol in the blood is a major risk for coronary heart disease (which leads to heart attack) and for stroke.

What is cholesterol?

Cholesterol comes from two sources: your body and food. Your liver and other cells in your body make about 75% of blood cholesterol. The other 25% comes from the foods you eat.

LDL cholesterol is the "bad" cholesterol. When too much of it circulates in the blood, it can clog arteries, increasing your risk of heart attack and stroke. LDL cholesterol is produced naturally by the body, but many people inherit genes that cause them to make too much. Eating saturated fat, trans fats and dietary cholesterol also increases how much you have.

American Heart Association Recommendations

It's important for all people to know their cholesterol level. Total blood cholesterol is the most common measurement of blood cholesterol. Cholesterol is measured in milligrams per deciliter of blood (mg/dL). A cholesterol level of 200 mg/dL or higher puts you in a high-risk category and is cause to take action.

How to Lower Cholesterol

The good news is, you can lower your cholesterol and reduce your risk of heart disease and stroke. Whether you've been prescribed medication or advised to make diet and lifestyle changes to help manage your cholesterol, carefully follow your doctor's recommendations. To keep your cholesterol under control The American Heart Association recommends that you: schedule a screening, eat foods low in cholesterol and saturated fat and free of trans fat, maintain a healthy weight, and stay physically active.



February is Heart Month

Bless Your Heart!

Stop Smoking

Impact of Smoking on Health

Smoking is the most important preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis — the buildup of fatty substances in the arteries — which can lead to coronary heart disease, heart attack (myocardial infarction) and stroke. Controlling or reversing atherosclerosis is an important part of preventing future heart attack or stroke.

Why It's Important to Quit

Smoking by itself increases the risk of coronary heart disease. When it acts with the other factors, it greatly increases your risk from those factors, too. Smoking decreases your tolerance for physical activity and increases the tendency for blood to clot. It decreases HDL (good) cholesterol. Your risks increase greatly if you smoke and have a family history of heart disease. Smoking also creates a higher risk for peripheral artery disease and aortic aneurysm. It increases the risk of recurrent coronary heart disease after bypass surgery, too.

Motivation and Support

During the quitting process, people often slip and have a cigarette. It's important not to feel like you failed at quitting; just give it another chance. If you need more support, look for quit-smoking programs through hospitals, health departments and hotlines with trained staff to help you. **Call the Illinois Tobacco Quitline at 1-866-784-8937.**

Talk to kids about cigarette smoking. Once cigarette smoking is initiated, it can be difficult to stop, even during adolescence.



February is Heart Month

Bless your Heart!

Reduce Blood Sugar

The American Heart Association considers diabetes one of the six major controllable risk factors for cardiovascular disease. Adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes. Diabetes is treatable, but even when glucose levels are under control it greatly increases the risk of heart disease and stroke.

What Does this Mean?

Diabetes can cause your blood sugar to rise to dangerous levels. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ near the stomach, makes a hormone called insulin to help glucose get into our bodies' cells.

Why is Reducing Blood Sugar So Important?

Pre-diabetes and subsequent type 2 diabetes usually results from insulin resistance. When insulin resistance or diabetes occur with other CVD risk factors (such as obesity, high blood pressure, abnormal cholesterol and high triglycerides), the risk of heart disease and stroke rises even more.

Controlling glucose can slow the progression of long-term complications. Often, many small changes add up to surprising improvements in diabetes control, including less need for medication.

American Heart Association Guidelines

When diabetes is detected, a doctor may prescribe changes in eating habits, weight control, exercise programs and medication to keep it in check. It's critical for people with diabetes to have regular check-ups. Work closely with your healthcare provider to manage your diabetes and control any other risk factors.

American Heart Association
Learn and Live

Get Healthy – Start Now

No matter what day it is, it's never too late for all of us to make better choices for health. All you need is a goal, a plan and the desire to live better. The American Heart Association has created a simple way for you to know where you stand on the road to good health through seven steps all of us need to follow in order to live a healthy life.

Live Better with the Simple 7

To find out where you stand with these "simple seven", take the **My Life Check Assessment** at mylifecheck.heart.org. In a few minutes you will have your own personal heart score and life plan. Your results will include seven recommended areas of focus and an action plan that is customized to your lifestyle and health outlook. Your last step is a promise: a resolution to make healthy positive changes step-by step, for a long healthy future.

My Life Check was designed by the American Heart Association with the goal of helping you live a long, productive life. These measures have three things in common: any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference.

You can stop heart disease before it even starts. Start small and keep it simple. Make one change today and then you are ready to make another. Before you know it you have stopped making poor choices, and started making **LIFE** choices!

**Get Active Eat Better Lose Weight Control Cholesterol
Manage Blood Pressure Reduce Blood Sugar Stop Smoking**

Heart Month Info

I want to share some little weekly program inserts for your faith community, that we designed in honor of Heart Month. Please feel free to use them, share them or adapt them any way you would like to.

These are based on the AHA's "Life's Simple 7" program which you can find on their website as a part of their "My Life Check" program. The AHA has created this simple way for everyone to know where they stand on the road to good health through seven steps all of us need to follow in order to live a healthy life. Go to mylifecheck.heart.org to "check" it out!

We used the AHA's info to make these inserts, with their permission. . . . in fact they want you to help them spread the word about heart health and this wonderful interactive website.

We designed 8 different topics and put them on 1/2 sheets, sized so they should fit in your weekly programs/ bulletins/church newsletters.

There are 2, 1/2 sheets to a page. You can run 2 different topics off, front to back and then cut each page in half. That way, each handout has 2 topics, one on the front and

one on the back, which delivers 8 topics over 4 weeks (and takes less paper!) They have a little color, if you have a color copier they look nice but they will work in just black and white too.

Week One	"Do You Have High Blood Pressure" and "Get Active"
Week Two	"Eat Better" and "Lose Weight"
Week Three	"Stop Smoking" and "Control Cholesterol"
Week Four	"Reduce Blood Sugar" and "Get Healthy-Start Now" (which summarizes and sends them to the website to work on their personal plan)

Please let me know if I can answer questions. Blessings!

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**Click on sheets to download the individual pdf
(pages 7-8) or click here to download all**

Or email Bev at beverly.talbott@carle.com & to have them mailed or emailed to you.



New Diabetes Guideline—Did you know???

ADA will publish a new Guideline this month. It will include, for the first time, using A1c for the diagnosis of Diabetes and Pre-Diabetes:

Diabetes: A1c \geq 6.5 percent

Pre-diabetes: A1C 5.7 to 6.4 percent

Note: Fasting is not required for A1c blood test.

John Stoll, MD
Senior Medical Director/VP of Quality
Carle Clinic

Secretary of State's Emergency Contact Database

This database allows Illinois instruction permit, driver's license and identification card holders to enter their emergency contact information into a voluntary, secure database. Starting in August 2009, in the event of a motor vehicle crash or other emergency situation where a person is unable to communicate directly, law enforcement may access this database to help them reach the person's designated emergency contacts.

If a person holds both an Illinois driver's license or permit and an Illinois identification card, the emergency contact information can be entered for both cards in one transaction. The information will only be associated with the record(s) selected by the participant.

Participants can add, modify, or delete their emergency contact information at any time by visiting this web page. Any modifications or deletions will overwrite all previously entered information. Previously entered emergency contact information will not be displayed, in order to ensure the privacy and security of the information. Participants can print the page

containing their emergency contact information upon completion for their records.

Participants may select one or two persons as their emergency contacts, and are encouraged to share their participation with the emergency contacts they have chosen.

It is the responsibility of the holder of the driver's license, instruction permit, temporary visitor's driver's license and/or identification card to enter accurate data into the required fields, as well as to update contact data should any data change after initial enrollment in the emergency contact database. The Secretary of State assumes no responsibility for the accuracy of the data entered by the holder of a driver's license (including commercial driver's license), instruction permit, temporary visitor's driver's license and/or identification card and disclaims any liability for damages, costs, and/or expenses, including, without limitation, consequential damages, arising or resulting from any inaccurate data or failure to update contact data

www.cyberdriveillinois.com/departments/drivers/e.cd/home.html

Eastern Illinois Foodbank

It's been quite a year for the Eastern Illinois Foodbank. We're wrapping up a record year for demand—in fact, the number of individuals needing food assistance rose from 33,000 to 44,000 *each month* since last year. Luckily, we've found some unique new sources of support (trust me, some of them would surprise you) that have helped us keep up so far.

Of course, we're going to have to keep the momentum going well into the next several years—hunger is not going to go away when the recession does. Enter the Pound for Pound Challenge. For the second consecutive year, the Eastern Illinois Foodbank and Feeding America will partner with General Mills, *The Biggest Loser* and other national partners to encourage Americans to lose weight and fight hunger at the same time. It's a simultaneous attack on two paradoxical (yet very related) American problems—obesity and hunger. Built around the success of NBC's *The Biggest Loser*, the program allows anyone to shed pounds along with the contestants by pledging their weight-loss goals at www.pfpchallenge.com. And the best part is: you don't have to donate a cent. For every pound pledged in our area, General Mills will donate 14 cents—the cash equivalent of a pound of food—to the Eastern Illinois Foodbank on your behalf.

The Pound for Pound Challenge

kicks off in early January and runs through May, and there are lots of ways to be involved. The easiest way to help is just to sign up and pledge to lose weight—just visit www.pfpchallenge.com, and click “pledge now.” Then, you'll enter some very basic information (your name, age, zip code, and weight loss goals), and voila! just like that, you're helping fight hunger. For every pound you pledge to lose, the Pound for Pound Challenge Partners will donate 14 cents to the Foodbank.

The more participants we get, the more money we can raise, so we encourage you to sign up today. But if you'd like to take your commitment to fighting hunger one step further, consider also becoming a team leader and recruiting some friends. We have toolkits and tips to help you on your way. For more information, please contact Cheryl Middaugh, Director of Marketing & Development, at cmiddaugh@eifoodbank.org or 328-3663. (I'll personally be working on shaving off 6 pounds—so I can use the extra motivation!)

Thanks for any support you can give! Let's make this the best challenge yet.

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