



Coordinator's Corner

Thanks to Kim Brown, Teresa Pratt and the members of New Horizon United Methodist Church for offering us space for our fall program Fit-2-Serve. Together with Jennifer Brackenhoff from Provena Health Ministries, we were excited to offer this event together. It was wonderful to see all of you! Bill gave a great overview of Fit-2-Serve and I loved the pedometers! I have gone through the scripture study this past week and it is an excellent one.

Congratulations to our two newest parish nurses who completed the course in Decatur—Lisa Watson and Laurice Molina. Welcome to our group! Lisa joins the group at St. Patrick's and Laurice is with the Vineyard congregation, both churches are in Urbana.

I know you won't believe it but it's true—we have moved our offices AGAIN! We are now on Tower 11 in the hospital. As only happens in healthcare—we are now located in the Breastfeeding Clinic ☺!

Thanksgiving weekend is my last weekend as Director of OB. We have hired an excellent colleague to lead this unit and I am glad she is here. I will continue to have NICU and Pediatrics but my hours will definitely decrease. I am looking forward to having more time to devote to each of you and our specialty practice.

Remember there is no newsletter in December so that Bev and I can decrease

our workload and enjoy this special time of the year.

I wish all of you a holy and sacred season.

Blessings,
Faith



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Prayer List—Please Pray for:

Prayers of continued healing for
Norma Stuckey

Tony Rein—husband of Gerrie Rein

Darrell Sechrest’s wife

Meg Karayiannis—daughter of Coletta
Ackermann

Chrystal Overby (Winter 2007)

Prayers of thanksgiving for Mary Galyen’s
granddaughter and her continued healing

For our beloved colleague Nancy Bree who is
facing continued health
challenges

For the parish nurse whose family
is undergoing an extremely
stressful time right now



Thank you!

THANK YOU to Lisa Malinowski and Dave Lammers who helped with the Vial of Life display at the annual Mental Health and Aging Conference which was held at the Holiday Inn in Urbana on Wednesday, October 27th.

A THANK YOU also to Linda Nicholls and Patsy Simpson who did the Vial of Life at the Hoopeston Area Health Fair on Saturday, November 20th.



Fit-2-Serve Event—November 13, 2010





Winter 2011

The Winter 2011 Community Parish Nurse Program Basic Preparation Course will be held in Urbana on:

February 11 & 12

March 4 & 5

April 1, 2 & 3

Fridays 5:30 pm—9:30 pm

Saturdays 8:00 am—5:00 pm

Sunday 12:00 pm—4:00 pm

If you are interested in attending this course, call (217) 326-2583 for a registration form.

College credit is now available through the UIC College of Nursing. For further information, contact Faith Roberts at (217) 326-2683.

"Carle Foundation Hospital – Nursing Education and Professional Development 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."

Contact hours will be awarded for this activity.

**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 & 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.

Planners and presenters have indicated they have no bias, conflict of interest or relevant financial interest.

A Thank-you for the Westberg Experience

In last month's newsletter, there were numerous notes from Parish Nurses who attended the Westberg Conference. Since, I did not submit my thanks in such a timely fashion; I wondered what I could add to all the accolades of the others. Not much, I decided.

Westberg Parish Nurse Symposium is a wonderful experience for all parish nurses. You become recharged by talking with others from all over the country and sharing common goals and problems. You meet such interesting people, like a new Parish nurse from Southern Illinois—an 80 year old male, who wants to do something for others, has the skill and the drive most of us wish we had.

I attended a session on "Aging Gracefully" led by a 75 year old retired (49 years) Methodist Minister. What a delight this lady was and aging does not mean stopping or even slowing down to a crawl. I was inspired by a

paraplegic speaker who talked about the need for grieving in the healing process, and changing your life goals when life interferes. Another speaker talked about burn-out and how to identify the symptoms and I realized even volunteer positions can come with burn-out. And last, but not least, was the session on Forgiveness, led by our own Faith Roberts. I hope she will present that topic at one of our retreats.

Westberg means connecting with other Parish Nurses, both local and those far away. It was a weekend that nurtured Body, Mind and Spirit. I hope all of you have an opportunity to attend.

Gerry Decker
Fall 2003
Our Saviour Lutheran Church, Normal

EDUCATIONAL RESOURCES

Parish Nurse Education Series

January 8, 2011

From Wedding Rings to Nose Rings...
Generational Differences in the Pews
Presented by Faith Roberts

9:00-10:30 a.m.
Forum at Carle

Open to anyone. Invite your pastor or members from your health ministry team.



To register, please call Bev at 217-326-2583 or email beverly.talbott@carle.com

RESOURCES

National Health Observances

December

Safe Toys & Gifts Month

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



December 5-11

National Handwashing Awareness Week

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



January

National Glaucoma Month

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



Get the whole year of National Health Observances—
www.healthfinder.gov/nho/nho.asp?year=2011#m1



Free Exercise Program for Breast Cancer Survivors

Did you know that exercise may improve the overall well-being of breast cancer patients and reduce the fatigue that some breast cancer patients have during and after treatment?

Women who have had breast cancer are being recruited by University of Illinois at Urbana-Champaign for a study to determine the benefits of a program to encourage breast cancer patients to exercise.

Women, age 18 to 70, who have been diagnosed with breast cancer, do not exercise regularly, and are able to start an exercise program, are being sought. This study will measure the benefits of a three-month program (which will involve 12 supervised exercise sessions, home exercise sessions and six group meetings) to the benefits of usual care. Women will be in the study for 12 months with about half being assigned to the three-month exercise program. There is no charge to the participants for the program and tests related to the study, which is currently sponsored by the National Cancer Institute. If you are interested in participating in the study please contact Ruth Franklin- phone: 217-33-3180 or Email: BEATcancer@illinois.edu

Free Exercise Program for Breast Cancer Survivors

Have you been diagnosed with breast cancer and would you like to participate in an exercise research study?



If so, ask your oncologist about the BEAT Cancer Study.

Or contact Ruth Franklin:

Call: 217/333-3180
E-mail: BEATcancer@illinois.edu

Currently enrolling women 18 - 70 years old, who have no restriction for mild or moderate exercise, and are NOT currently exercising.



Stroke—Think FAST

Stroke is the 3rd leading cause of death, and the leading cause of serious long term disability in the United States. Nearly three quarters of all strokes occur in people over the age of 65, but the rates of young people having strokes have dramatically increased in recent years. In the past, the best hope for stroke patients was that they might be able to return to their own home one day, if they survived the initial insult. Thankfully, recent advances in stroke research have shown us that we can not only help people return home, but in many cases either reverse or minimize the extent of their disability. Research has shown that stroke care is time sensitive, in the same way that treating a heart attack is time sensitive. “Time is Brain”, similar to the highly successful “Time is Muscle” campaign, is a concept that communities need to be educated on in order to urge people to seek

treatment immediately after the onset of symptoms.

At Carle, we have been teaching our staff, as well as the community, “Think **FAST**”:

Face: Sudden weakness or numbness in the face, sudden severe headache

Arms: Sudden weakness or numbness in one arm or leg

Speech: Sudden trouble speaking, seeing, or understanding

Time: to ACT FAST! Call 911 and ask them to take you to the nearest Primary Stroke Center

Jenni Kinzinger Casey MS, RN
Stroke Program Coordinator
Carle Foundation Hospital

Just a note...

Dr. Tom Scaggs wrote the “Stroke-Act fast” article for the October Blessings.



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