



## Coordinator's Corner

There have been some sad days for many in our program these past few months. Our hearts and prayers go out to the family of Dave Lammers (Winter 2010 ), parish nurse at St Patrick Catholic in Urbana who went home to God on February 15<sup>th</sup>. We share in the grief of Ruth Freeman (Winter 2005) on the loss of her beloved husband (3/11/11).

Unfortunately, our winter parish nurse class was not held due to a lack of participants. We had four interested nurses. For the resources necessary for a class we just could not rationalize that expense./effort for such a small group. Needless to say the four nurses were disappointed, as were we. I have heard from some of you that winter/spring doesn't work for nurses you think might be interested. My question to you is: Should we consider a fall class (Sep, Oct and Nov) vs. a winter class (Feb march April) I am anxious to hear what you think would work best. Please email or call with your thoughts.

They're baaaaaaaaack!! Annual meetings are being scheduled for many of you. Please watch your mail and respond promptly letting Bev know what will work for you. I can meet you at your church, home, where you work or here at Carle...

just let us know

PLEASE note! The speaker is booked and the date reserved. November 6<sup>th</sup> will be our ANNUAL retreat for parish nurses. PLEASE mark your calendars now. We were unable to do a retreat this past fall and we MISSED seeing everyone and taking some time to renew our spirits



We are proud that Carle has been named a top 100 hospital by Modern Healthcare. Bev and I are on

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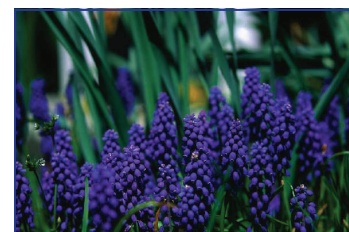
the 11<sup>th</sup> floor of the hospital and have been enjoying an amazing view of the construction being done to prepare for the new heart hospital.

I am headed to Casey next weekend to speak for a women's group at the White Oak Christian Church. It is the beginning of the Mother-daughter banquet "season" and I enjoy the opportunity to meet everyone.

As Spring Break draws to a close and Easter approaches I find myself full of anticipation for warmer weather and prettier days. For all of the gardeners among us I know you are "itching" to get out there and get started! Please know you are in my prayers.....ALWAYS!

Blessings,

Faith



### Save the Date

Joyce Hutchison will be the speaker for our Annual Parish Nurse Retreat on Sunday, November 6th. We hope you can attend and we look forward to seeing everyone again!



### Prayer List—Please Pray for:

*Judy Horn (Fall 2002)*

*Bev Clark (Fall 2003)*

*The family of Dave Lammers*

*The family of Gary Freeman*

*Terry Andrews—husband of Adrienne Andrews and the hospice nurse who cared for his mother and has liver cancer*

*Melva Solon (Fall 1998)*

*Chrystal Overby (Winter 2007)*



## Volunteers Needed

**We're looking for a few more volunteers to take blood pressures** at Health Alliance's National Senior Health & Fitness Day Fair at Lincoln Square Village (Urbana) on **Wednesday, May 25th**. Please let me know if you can help. The event runs 9-noon and they expect about 350 to visit the event.

Please call or email Bev at (217) 326-2583 or [beverly.talbott@carle.com](mailto:beverly.talbott@carle.com)



## Blood Drive

St. Mary's Catholic Church in Westville

St. Mary's nurses are sponsoring a Community Blood Service Drive on April 10th from 9AM to 1PM at the church gym. For information call 267-3334. Walk-ins are very welcome.



## Congratulations to the Parish Nurses of Vermilion County!

The Governor Bradford Chapter of the National Society of the Daughters of the American Revolution is honoring the Parish Nurses of Vermilion County for their community service. Congratulations on this recognition and for all you do for your congregations and community!

## EDUCATIONAL RESOURCES

### **An Advanced Faith Community Nurse Education Program: Identifying Strengths of Congregations and Spiritual Reflection (HPR804)**

This retreat day is designed to provide ongoing educational support for practicing faith community nurses. The morning session on Identifying Strengths of Congregations: Tapping into God's Power will be presented by Phillip Gully, MDiv, pastor of Fairfield Friends Meeting House in Danville, Indiana. Pastor Gully is an engaging speaker who has captured the strength and compassion of small-town American life through his many writings, including *Front Porch Tales*, *Hometown Tales*, and *For Everything a Season*. The afternoon, presented by Sister Kathy Bilskie from the Sisters of Saint Benedict in Ferdinand, Indiana, will introduce the process of discovery and thinking about God's presence and activity in the events of daily life and the connection that has with one's faith. Methods of theological reflection which can be used for both personal and pastoral decision making will be introduced. Co-provided with the Tri-State Health Ministry Organization.

**Saturday, April 30, 2011**

**9 am—3 pm**

**Saint Meinrad Archabbey Guest House  
Saint Meinrad, Indiana**

**Registration Fee:** \$50 when registering by April 15; thereafter \$60. Includes lunch and materials.

**Contact Hours:** Nurses and health facility administrators will receive 4.25 contact hours for completion of 90% of activity and evaluation tool.

University of Southern Indiana College of Nursing and Health Professions is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation

For the brochure, go to [http://health.usi.edu/cont\\_ed/Brochure%20%20Adv%20PN%20Day%20W11%203.pdf](http://health.usi.edu/cont_ed/Brochure%20%20Adv%20PN%20Day%20W11%203.pdf)

Or call (800) 467-8600 or (812) 464-1989

### **Decatur Parish Nurse Class**

The Fall 2011 Decatur Parish Nurse course will be held over three weekends. The dates are:

August 26 & 27  
September 23 & 24  
October 21 & 22

Contact information:

Carol Smith  
[crlsmth@aol.com](mailto:crlsmth@aol.com)  
Decatur Memorial Hospital  
Decatur, IL  
(217) 876-4445

## Westberg Symposium—25th Anniversary Celebration!

### THIS IS THE YEAR TO BE AT WESTBERG!!

Plan now to attend the 25th Anniversary Celebration of the Westberg Symposium, to be held September 16-18, 2011 at the Millennium Hotel in downtown St. Louis, on the theme: “Celebrating our Past, Present, and Future.”

Dr. Harold Koenig, MD, MHSc; Director of the Center for Spirituality, Theology, and Health at Duke University, will be a featured keynoter, along with other outstanding keynoters and presenters. Dr.

Koenig, authored two books with Dr. Verna Benner Carson on parish nursing narratives, is internationally recognized as one of the foremost researchers and educators on the relationship between faith and health. You won’t want to miss his cutting edge presentation, as we look to the future of this profession.

Scholarships available.  
Lodging provided.  
Please join us!

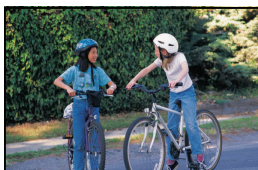


## RESOURCES

### IPNRC Resources

#### NO CHILD LEFT INSIDE

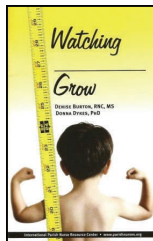
If you watch this outstanding program (free to watch on-line) from Kentucky Educational Television, entitled, “More than Child’s Play” about childhood obesity in Kentucky (which is similar to most places in the US and Canada), you will learn about many great program ideas, including, “No Child Left Inside,” which was implemented by King’s Center, a faith-based organization in that state (minutes 33:07-39:16).



[www.ket.org/health/morethanchildsplay/](http://www.ket.org/health/morethanchildsplay/)

#### SPEAKING OF CHILDREN’S HEALTH...

Check out the IPNRC publication, “Watching Your Baby Grow,” by Denise Burton, RNC and Donna Dykes, PhD. This unique book is both a health resource and a baby book. It provides information on both the physical and spiritual development of a child. Features include: cover to be personalized with the child’s name, developmental traits for various age stages, tips for encouraging spiritual growth, space for instructions from the doctor visits, questions that capture the child’s behaviors, charts for physical growth patterns & immunizations, and a phone list for doctors, dentist, church, etc. [Click here](#) for more information.



[www.parishnurses.org/](http://www.parishnurses.org/)

[CurriculumEducationalMaterial\\_202.aspx](http://www.parishnurses.org/CurriculumEducationalMaterial_202.aspx)

## National Health Observances

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### **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/  
materialsNtlevents.asp](http://www.organdonor.gov/materialsNtlevents.asp)

Materials available

### **May**

#### **American Stroke Month**

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

[www.americanheart.org/presenter.jhtml?  
identifier=3073787](http://www.americanheart.org/presenter.jhtml?identifier=3073787)

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.melanomamonday.org](http://www.melanomamonday.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/new/press/  
mayhbpmo.htm](http://www.nhlbi.nih.gov/new/press/mayhbpmo.htm)

#### **May 8-14**

#### **National Women's Health Week**

Office on Women's Health  
200 Independence Ave SW

Room 712E

Washington, DC 20201

(202) 205-1952

[www.womenshealth.gov/whw](http://www.womenshealth.gov/whw)

Materials available



## 3D Your Whole Life

We have a new resource available!  
The new 3D

### Eat right—Live Well—Love God

#### A 12-week Journey to Wholeness

Back in 1972, Carol Showalter started the first 3D group out of her own need as an over-stressed church leader, wife and mother (“3D” stood for “diet, discipline, and discipleship”). Before long, the program had spread to thousands of churches, helping over one million people to gain balance in their lives and a deeper relationship with God.

Today, the 3D Plan is inspired by the words of Jesus, “Your faith has made you whole.” (Mark 5:34) Co-authored by Carol Showalter and Maggie Davis, Your Whole Life: The 3D Plan for Eating Right, Living Well, and Loving God is the essential book that provides 12 weeks of nutritional goals, tips for living well, and daily devotional readings.

You don’t “go on a diet” in the 3D Plan. Instead, you are guided in making gradual changes in your life that are positive, practical, and proven to become permanent. The 3D Plan considers the whole person – physical, emotional, and spiritual – and not just the body.

We encourage you to do the 3D Plan with other people – whether you ask one close friend to join you, or start a group in your church, or take advantage of the online support Community. Through 3D, many women have found close friendship, deep connection, support, and encouragement on the journey, and in many cases, these relationships last well beyond the 3D sessions.

We’re all in this together. We hope you join us on the journey to wholeness!

To check out the materials, contact Bev at (217) 326-2583 or [beverly.talbott@carle.com](mailto:beverly.talbott@carle.com)

## Cleaning for a Reason

If you know any woman currently undergoing chemotherapy, please pass the word to her that there is a cleaning service that provides FREE housecleaning - once per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. This organization serves the entire USA and currently has 547 partners to

help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information a. Be a blessing to someone and pass this information along.

Participating local service:

Bloomington/Normal – Merry Maids Bloomington

Community Parish Nurse Program  
611 West Park Street  
Urbana, IL 61801



Anita Renfroe ( Christian comedian) and Mandisa (Christian singer) are coming to Palmer Arena in Danville They are performing Thursday evening, May 5th, at 7:00 pm. Tickets are on sale now.

[tix.cnptix.com/tix/SilverStream/Pages/pgIndex.html?siteID=1821](http://tix.cnptix.com/tix/SilverStream/Pages/pgIndex.html?siteID=1821)