



Coordinator's Corner

It has been too long since a newsletter came out and I apologize. This summer has gone by much too quickly for us!

MARK your calendars now for FREE CNE programs! We look forward to having you there—see dates inside newsletter

First up—August 13th Ann Garey RN MSN APN Diabetes- Ann will give us an update on diabetes, treatments, different insulin's, etc. Many of you have not been able to keep up with the changes in oral meds and insulin's and the treatment of diabetes is so different today. We need to increase our knowledge base so that we can answer our congregant's questions with confidence.

Topics for the next dates are being finalized but we have some GREAT speakers coming your way. Sessions will vary from 1.5 to 2.0 hours

Remember 20 CNE are required for license renewal no later than May 2012. Journals are a great source of inexpensive CNE that can be done from home. You are more than welcome to come to the Carle library if you want to work on this if it would be easier for you.

One of my favorite events of the year—the IPNRC faculty curriculum update and retreat occurred this past month. We were honored to have new faculty join us from HUNGARY and BRAZIL. It was refreshing and a great spiritual renewal for all of us. We will be exploring what is called a hybrid class where two weekends are face to face and one will be on line content. Many of the programs have gone to hybrid or completely on line. The more I heard the more I thought a hybrid might work for us. Will keep you up to date on that. That would be in 2012 not this

year.

FALL RETREAT date is Sunday, November 6th and our speaker will be Joyce Hutchison.

Our FALL CLASS dates are set and we hope you will STRONGLY ENCCOURAGE nurses in your churches to attend.

THANK-YOU to Mary Jane LaMontagne for representing Faith Community Nurses at a C-U Public Health Department seminar. Mary Jane reviewed what parish nurses do and how we address the needs of vulnerable populations.

Annual meetings—THANK-YOU for taking the time from your frantic schedules to meet with me and share ALL that you are doing. As always I

(Continued on page 2)

Inside this issue:

Thank you to Volunteers	2
Prayer List	3
Choose My Plate	4
EDUCATIONAL RESOURCES	
Diabetes Update for Parish Nurses	5
National Health Reform Law Info	5
Westberg Symposium - 25th Anniversary!	6
Integrated Care: Building Bridges	6
Fall 2011 Parish Nurse Class	7
Decatur Parish Nurse Program	7
Save the Date - Parish Nurse Retreat	8
RESOURCES	
National Health Observances	8
Champaign County Nursing Home	9
Exercise & Breast Cancer Study	9
Parish Nurse Annual Report	10
Stroke	11
Family Violence—helpful website	11

(Continued from page 1)

am BLOWN AWAY by your gifts of service to your faith family and your creativity

What you have shared:

- Mission trips to Haiti, Honduras, Kenya
- "Communion and Conversation" at assisted living facility. Church members who are residents meet as a group with parish nurse and then share communion. Conversation includes church updates
- Hearing bus from Lions club-seniors feel more comfortable having screenings from someone who is also not going to try to send them a hearing aid
- Blood Drive
- Summer Safety program-bicycles, helmets, sunscreen, insects, fireworks
- Shut ins do card ministry not parish nurse
- Shut in spa day
- Parish nurse email on church website
- Yarnettes-make prayer shawls, baby blankets, lap robes -LOVE that name
- Developing an Emergency Response Plan-the church who is doing this received CD from

pastors in Joplin MO on what is needed from a churches during a disaster. Also received info from Watseka as to what community needed during the flood

- AED
- Milestone Sunday=graduating seniors (high school, college) plus other seniors 80 85 90 etc all are given prayer shawls
- Communion on the Corner-outreach to campus population
- Subscription to Diabetes Forecast and have it available to congregants
- Reiki

This is the 25th anniversary of the Westberg conference Scholarships are available but will need to hear from you ASAP if interested in attending. Transportation is not provided but often we travel together .

Blessings,

Faith



Volunteers took Blood Pressures

Thank you to the parish nurses who took blood pressures at the Health Alliance Medicare's National Senior Health and Fitness event at Lincoln Square on May 25th. The event was well attended and we so appreciate their help.

Cindy Bell
Lilia Peters
Linda Brown
Dorothy Fitzsimmons



Prayer List—Please Pray for:

Larrienne Jordan

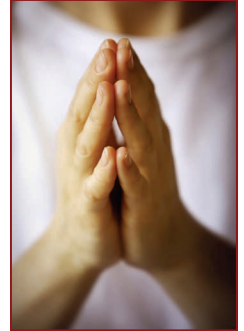
The family of Nancy Bree

Bev Clark (Fall 2003)

Melva Solon (Fall 1998)

Chrystal Overby (Winter 2007)

Our Savior Lutheran Church, Normal



Dear Lord,

Help me to release my need to control

Help me to let go and accept Your will

I now place this situation lovingly into your hands

I pray for the highest and the best for all concerned

Thank you

Amen

ChoseMyPlate.gov

Recently a new food icon, *MyPlate*, was unveiled to serve as a reminder to help consumers make healthier food choices. *MyPlate* is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to www.ChooseMyPlate.gov. The new *MyPlate* icon emphasizes the fruit, vegetable, grains, protein and dairy food groups.

The *MyPlate* icon is available to view and download in [PDF](#) and [JPG](#) formats.

Take action on the Dietary Guidelines by making changes in these three areas. Choose steps that work for you and start today.

Balance Calories

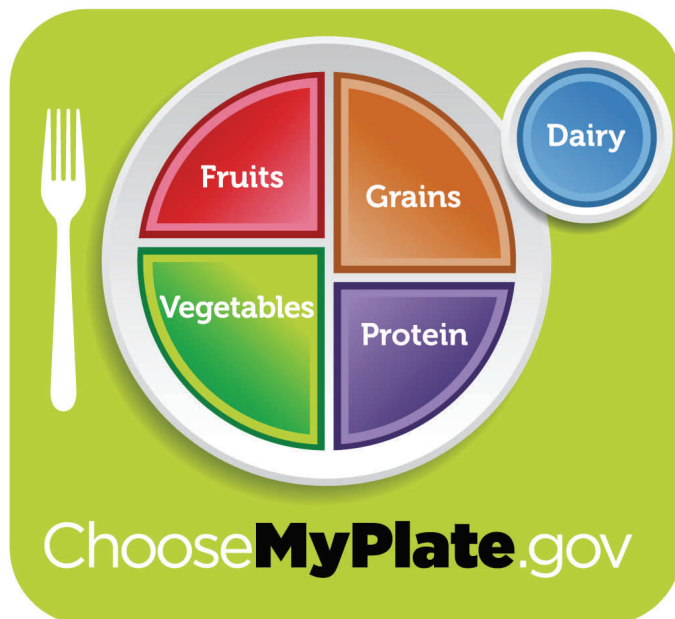
- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains

Foods to Reduce

- Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
- Drink water instead of sugary drinks.



EDUCATIONAL RESOURCES

Diabetes Update for Parish Nurses

August 13, 2011
8:30—10:30 am
Pollard Auditorium
The Forum at Carle

in which they would advise someone to call their doctor

RSVP to Bev Talbott at (217) 326-2583 or beverly.talbott@carle.com

Free contact hours will be awarded for this activity.

Future dates for continuing education:

September 17, 2011

October 29, 2011

Topics and presenters to be announced. All will be held on the Saturday morning in the Pollard Auditorium in the Forum at Carle.

An overview of diabetes treatments today will be presented by Ann Garey, MSN, FNP-BC, Nurse Practitioner at Carle.

1. Learner will be able to explain why IDDM is not an accurate Dx for DM
2. Learner will be able to correctly categorize an anti-diabetic agent by its action
3. Learner will be able to describe accurately the recommended treatment of hypoglycemia in the community
4. Learner will name two circumstances

National Health Reform Law Info

Want to know how the NATIONAL HEALTH REFORM LAW will affect you and the population you serve?

Join the Sargent Shriver National Center on Poverty Law for a Presentation on the Affordable Care Act .

When: **September 14, 2011**
 1:30-2:30pm
Where: **Land of Lincoln Legal Assistance Foundation**
 302 N. First St., Champaign

Key provisions in the law will be addressed including, but not limited to:

- Consumer protections
- Insurance industry reforms
- Medicaid expansion
- New state-based competitive health insurance marketplace

Questions?
 Contact: Rachel Gielau
rachelgielau@povertylaw.org
 312-368-1154

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.



Integrated Care: Building Bridges to Successful Partnerships

October 25, 2011

8:30-4:00

Holiday Inn

1001 Killarney Street, Urbana

Keynote Speaker: Dr. Martin Repetto, MD, Psychiatry, Neuropsychiatry, The Pavilion, Champaign

Conference Topics:

- ◆ Medication management
- ◆ Suicide in older adults
- ◆ Laws covering PoA's
- ◆ Engagement of the older adult
- ◆ Funding resources and resources available
- ◆ Town hall panel Q&A

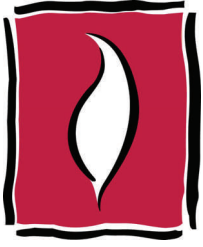
Registration includes access to exhibitor booths, lunch and snacks

CUS's available for Nurses, Social Workers and Counselors

Presented by East Central Illinois Mental Health and Aging Coalition



Fall 2011 Parish Nurse Class



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

October 21, 22
November 4, 5
November 11, 12, 13

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 or email beverly.talbott@carle.com for a registration form or visit our website—www.parishnurse.org/calendar.html to download one.

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

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
Decatur Memorial Hospital
Decatur, IL
(217) 876-4445

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!



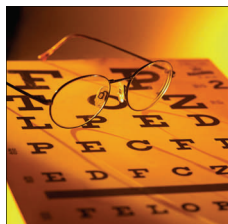
RESOURCES

National Health Observances

August

Children's Eye Health & Safety Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(312) 363-6001
www.preventblindness.org
Materials available



National Immunization Awareness Month

National Center for Immunization and
Respiratory Diseases
Centers for Disease Control and Prevention
1600 Clifton Road NE, MS E-05
Atlanta, GA 30333
(800) CDC-INFO (232-4636) English/Spanish
(877) 394-8747 International Travel Info
www.healthfinder.gov/nho/augtoolkit.aspx
Materials Available

September

Prostate Cancer Awareness Month

ZERO - The Project to End Prostate Cancer
10 G Street NE, Suite 601
Washington, DC 20002
(888) 245-9455
linwood@zerocancer.org
www.zerocancer.org
Materials Available

September 18 - 24

National Farm Safety & Health Week

National Education Center for Agricultural
Safety
10250



Champaign County Nursing Home Info

Champaign County Nursing Home has been taking care of our community's elders since 1953. Our 190+ residents live here because their medical needs are unable to be met at home. The median age of our residents is 87 (oldest – 104) thus we generally serve the “old-old” population. We provide intermediate and skilled care with a separate neighborhood for individuals with moderate to severe memory loss. We offer skilled therapies (occupational, physical and speech) along with a full-time dental hygienist. Our 2-person beauty salon is open five days a week. There are organized daily activities and a computer lab.

Parish Nurses are welcome to come to CCNH to add to the quality of life of our residents. We can provide a ‘target list’ of those residents who have a special need for

non-family visitors. Alternatively, you might consider helping with organized activities as we help maintain good social skills and encourage mental health.

Dementia training classes (4 hours) are offered on a regular basis if you would like become more knowledgeable about this group of diseases.

There are no set time requirements; you come here as your schedule permits. Please contact me if you would like to become part of the CCNH family of volunteers. I can email information.

Jim Hronek, Volunteer Coordinator
Champaign County Nursing Home
500 Art Bartell Rd, Urbana
217-693-5016 or jhronek@co.champaign.il.us

Exercise and Breast Cancer Study Seeking Participants

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:

Sofia Anastasopoulos
University of Illinois at Urbana-Champaign
217.333.3180 or
BEATcancer@illinois.edu.



Parish Nurse Annual Report 2010-2011

Overheard when passing a small group one day ... "Parish Nurses? Oh, they take Blood Pressures." I wanted to say "but we do so much more that is not as visible." In formulating my report this year, I went back to the Role of the Parish Nurse and assessed the number of ways that a Parish Nurse executes her performance here at Southside Church of the Nazarene.

Parish nurses, by coming alongside the pastor, integrates faith and health. Prayer can be offered in a congregants home or hospital. This year Midge Van Cleave made ~ hospital calls and 42 home visits. She is not only praying and spreading cheer among our shut-ins but is monitoring Safety and Environmental issues as well.

Parish nurses are Health Educators. They can answer questions for a specific disease entity or research the best possible solution to a health question or topic. This parish nurse has aided those with Gastric Reflux, cancer treatment options, "hot flashes" and many other health issues that have occurred.

Parish nurses develop Support Groups. Our grief recovery program, GriefShare, is an ongoing entity developed back in 2003. It is our community outreach component as usually our participants come from outside the confines of Southside. Midge continues as Coordinator of this group with assistance from Jack Conrad and Phyllis Powell. Also, this year we introduced 3D-Your Whole Life. It presents to us a weight-loss regimen incorporating Eating Right, Living Well, and Loving God. This nurse is the Coordinator of a group of eight female participants. Dawn Belt has come alongside to monitor and encourage the group.

Parish nurses act as Referral Agents. While praying and anointing a 5 year old one Sunday morning, after a display of aggression towards another child, and parents weeping not knowing what to do, this nurse referred them to another

Health Care Provider. It was discovered that this child was being "overmedicated" causing the aggressive action. A senior adult was having headaches so severe that they couldn't rest their head at night on a pillow or sleep. A referral to another Health Care Provider and some relief was realized. Midge has followed up with the Health Department for situations in which we could find no other solution.

A Parish nurse is actively involved in personal training as well. Midge and I attended Continuing Education programs entitled "Stewardship of ---Not Obsession of Health" in November 2010 and "Wedding Rings to Nose Rings" in January 2011.

We remain committed by volunteering 342 hours to this congregation over the past 12 months. We are available in acute situations here on the premises. The number of contacts on a one to one basis totals 256 individuals. And .. "YES, we do Blood Pressures" regularly one Sunday each month (except December). We totaled 114 and add to this number other situations we call PRN (whenever necessary.)

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your Soul is getting along well. " 3 John 2 (NIV)

Respectfully submitted,

Connie Reynolds, RN, BSN, Parish Nurse
Midge Van Cleave, RN, Parish Nurse
Southside Church of the Nazarene, Tilton



Stroke

May was stroke awareness month, and in light of this the stroke program staff has attended quite a few health fairs and educational events. We have targeted most age groups - from 5th and 6th graders, to senior citizens. One thing that all groups have had in common is misconceptions about the signs and symptoms of stroke. It might amaze you to know how many times we have heard, “chest pain” or “shortness of breath” given as symptoms of stroke. We, as health care providers, have done a great job explaining the emergent needs of the patient having a heart attack; we need to put forth this same effort to educate the public about the warning signs of a stroke, a disease process that statistically has even more debilitating consequences. The Primary Stroke Center at Carle is educating

the public during the upcoming year on “Give Me 5”:

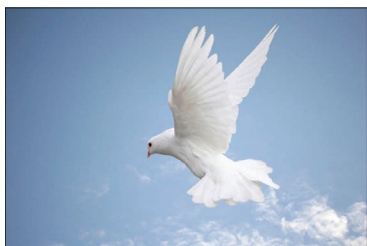
- Walk Is their balance off?
- Talk Is there speech slurred or face droopy?
- Reach Is one side weak or numb?
- See Is their vision all or partly lost?
- Feel Is their headache severe?

Please let me know how I can partner with you to provide this vital information to your church and community.

Jenni Kinzinger Casey MS, RN
Stroke Program Coordinator, Carle Hospital
Jenni.Kinzinger-Casey@Carle.org

Family Violence—helpful website

The Rave Project: There is a new web site on family violence. The group received a grant from the Lilly Foundation to develop this comprehensive site. You can access locations in your area that identify the nearest shelter for battered women by clicking on “Resources” on the banner, and selecting “Immediate Help”. They also have the latest statistics on abuse . You will want to read the “Stained Glass Story of Domestic Violence” – it is powerful.



From their website:

www.theraveproject.com

RAVE is an initiative that seeks to bring knowledge and social action together to assist families of faith impacted by abuse.

Our logo, featuring the white dove whose wings are outstretched, is meant to represent the centrality of...

- compassion
- spiritual strength
- renewal
- new beginnings

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

