



## Coordinator's Corner

Congratulations to the parish nurses of Vermilion County! They received the Community Service Award presented by the Governor Bradford Chapter of the National Society of the Daughters of the American Revolution on May 1st. In a beautiful ceremony at the First Church of the Nazarene in Danville, parish nurses from each congregation were called to the front as the ministries they offered were read. Churches included those in Hoopston, Danville, Tilton. Thanks to Cheryl Towne (Fall 2002) who wrote the nomination including all the data from so many churches. Her nomination was reviewed first by the state and then at the national level. This marks the first time this award was given to a group. After the ceremony, the D.A.R. hosted a lovely reception for the nurse, their families and clergy. Each nurse received a hand calligraphied certificate and a personalized B/P cuff cover. Please see the [photo](#) of the group in this newsletter.

The ministries of these nurses included GriefShare, weight loss, baby visits, B/P's, home, hospital and nursing home visits. A lunch program for neighborhood children during summer months, mission trips to Honduras, mentoring young parents and involvement with Habitat! It also included newsletter and bulletin health articles, clothing for infants, food pantry work and counseling survivors of domestic violence.

It was incredibly impressive to be at this service and we are grateful to each and every parish nurse for the hours and hours they put into their health ministry.

**Fall Class.** Heard from several of you that a fall class would be good and/or you knew a

nurse/s that were interested. Look in this newsletter for the dates and help us get the word out. We are not able to hold a class for less than 10 so please "talk it up" ☺! We will increase marketing for this class so get ready to share the info with others!

**WOW!!** The annual meetings are going incredibly well and Bev has been a magician in getting so many scheduled. Last week went to Bloomington, Danville, Champaign and Urbana to see several of you. This week I head to Rantoul, Danville and Arcola. It is good to spend time with you and hear all about your gifts to your congregational families.

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Our program is reeling from the loss of one of our own—Nancy Bree (Fall 2004), parish nurse at San Jose United Methodist Church. Nancy had waged a courageous battle and we will hold her and her family in our prayers. Parish nurses who were able to attend her visitation were touched to see photos of Nancy as a parish nurse included in the family photo boards.

We also were saddened by the death of Rosemary Mathy from our original class in the fall of 1997 (St. Patrick's Catholic Church, Urbana). Rosemary had been fighting breast cancer and will be missed by all who knew and loved her.

We know that Nancy and Rosemary are at peace and we will all join in prayer for their loved ones.

In our June newsletter we will post the dates of our next two CE programs. Please note—you are welcome to have your pastors and church members attend any of our educational programs.

I know for many, your May was filled with graduations and celebrations. Hope you will take some time now to enjoy the Spring!

Blessings,

Faith



## Vermilion County Parish Nurses receive Community Service Award



Danville Commercial-News /Susan Joy McKinney—used with permission

*Rosemary Mathy (Fall 1997 class, St. Patrick's Catholic Church, Urbana) passed away on Sunday, April 10th.  
Please keep her family in your prayers.*



*Nancy Bree (Fall 2004 class, San Jose United Methodist Church, San Jose) passed away on Monday, May 2nd.  
Please keep her family in your prayers.*



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### **Prayer List—Please Pray for:**

The family of Nancy Bree  
The family of Rosemary Mathy  
Bev Clark (Fall 2003)  
The family of Dave Lammers  
The family of Gary Freeman  
Melva Solon (Fall 1998)  
Chrystal Overby (Winter 2007)



## County Health Rankings

Dear Parish Nurse Colleagues,

I wanted to let you know that the 2011 County Health Rankings were released on March 30, 2011. This is the second year that these findings were published. This was a project that the Wisconsin Population Health Institute released in collaboration with the Robert Wood Johnson Foundation.

This effort, which ranks the health of over 3,000 counties in all 50 states, shows us that where we live matters to our health. The health of a community depends on many different factors – ranging from individual health behaviors, education and jobs, to quality of health care, to the environment. This collection helps community leaders see that where we live, learn, work, and play influences how healthy we are and how long we live.

I urge all of you to visit the County Health Rankings website at [www.countyhealthrankings.org](http://www.countyhealthrankings.org) if you are not familiar with this information. In our general area you will find that Champaign & McLean County fared far better than in Vermilion County where I reside. (Unfortunately Vermilion County found itself in the bottom quartile again for the second year.) The Rankings summary was a reminder to me that what we do as Parish Nurses DOES matter to our congregation and to our community. I applaud all of the efforts that Parish Nurses are currently undertaking. I encourage you to evaluate in what other areas you might be able to make a difference for your church & community.

Federal and State budget crises are

currently creating a climate where funding and resources are diminishing at a time when people's needs appear to be at their greatest. I think that this poises our churches and especially those churches with Parish Nurse Programs, to step up and fill in some of the gaps created by these resource losses. We can influence the health of our congregants and our community.

It is easy to feel overwhelmed and become paralyzed to start any new project. My current motto is: "How do you eat an elephant? (or if you're concerned about being politically correct insert "hippopotamus")"

The answer is: One bite at a time!

I encourage you to review the County Health Rankings and take this time to consider launching a new project(s). Remember, that every blood pressure you take, every walking program that you facilitate, and every individual counseling you provide makes a difference! Keep up the good work!

Jenny Trimmell RN BSN Parish Nurse  
Spring 2000  
Central Christian Church, Danville  
(currently Director of Community Health Services at the Vermilion County Health Department)



## EDUCATIONAL RESOURCES

### 2011 Bloomington Family Forum

**Saturday, June 11, 2011**

**8:00 am—12:00 pm**

**Holiday Inn**

3202 East Empire Street

Bloomington, IL

**Cost:**

\$25.00 / per person, per date

\$50.00 for a family (up to 4 people), per event

*\*Special Rates available for those who qualify.*

**Registration:**

Two ways to register

**1. PHONE (309) 662-8392** accepted

**2. ONLINE at [www.alz.org/illinois](http://www.alz.org/illinois)**

Learn about memory loss and Alzheimer's disease from experts in the field of aging, as well as connect with other caregivers and professionals eager to help. The resource fair will provide an excellent opportunity for additional information about products and services available to you.

### 2011 Bloomington Family Forum Agenda

**8:00 a.m. - 8:30 a.m. Registration, Resource Fair, Breakfast**

**8:30 a.m. - 9:30 a.m. Opening Remarks—Applying Research to Enhance Quality of Life**

Dr. Chris Wellin

*Description: People don't typically think of research as being applicable to day-to-day caregiving. In this session, Dr. Wellin will review first-hand research as well as current literature in a way that will enable attendees to apply these insights to help manage the everyday challenges of cognitive illness.*

**9:30 a.m. - 10:00 a.m. Resource Fair, Break**

**10:00 a.m. - 10:45 a.m. 'Ask the Experts'**

Rebecca Wheat, LPN- **Activities**

Bryan Burris- **Elder Abuse**

Stacey Tutt- **Elder Law**

Robin Bagwell - **Nutrition**

Sarah Harmon- **Pharmacy**

**10:45 a.m. - 11:00 a.m. Resource Fair, Break**

**11:00 a.m. - 12:00 p.m. Closing Session**

**—“I'd Like to Tell You Something, But I Can't Remember What”**

Faith Roberts, RN

*Description: A look at how a family copes with Alzheimer's.*

## 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.



## Child Passenger Safety—Technician Training Course

July 12, 13, 14, and 15  
8:00—5:15 pm

Champaign-Urbana Public Health District  
201 W Kenyon Road, Champaign

Who should enroll? Anyone, especially:

- ◆ Hospital pediatric staff
- ◆ Nurses
- ◆ Newborn nursery staff
- ◆ Childcare providers
- ◆ Fire department
- ◆ Law enforcement
- ◆ EMT's
- ◆ Health educators

After successfully completing the 4-day training, you will be nationally certified to inspect child safety seats, provide

educational services to parents/caregivers and serve as a community resource.

Questions: Contact Kerri at 309-828-1892 #214 or email [kerisa@crrn.com](mailto:kerisa@crrn.com)

Register online:

1. <http://cert.safekids.org>
2. Select: Find course and search by course ID IL20110428442

Cost: \$75 per person  
Min 10/Max 20

Must have a valid email address. Class information will be distributed via email.

## **Fall 2011 Parish Nurse Class**

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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](mailto:beverly.talbott@carle.com) for a registration form or visit our website—[www.parishnurse.org/calendar.html](http://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.

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## **Decatur Parish Nurse Class**

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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

### 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

#### June

##### Home Safety Month

Home Safety Council  
1250 I Street NW, Suite 1000  
Washington, DC 20005  
(202) 330-4900

[www.homesafetycouncil.org/aboutus/hsm/au\\_hsm\\_w001.asp](http://www.homesafetycouncil.org/aboutus/hsm/au_hsm_w001.asp)

Materials available



##### Men's Health Month

Men's Health Network  
PO Box 75972  
Washington, DC 20013  
(202) 543-6461 x101  
[info@menshealthweek.org](mailto:info@menshealthweek.org)  
[www.menshealthmonth.org](http://www.menshealthmonth.org)  
Materials available



#### June 1 thru July 4

##### Fireworks Safety Awareness Month

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(312) 363-6001

[www.preventblindness.org](http://www.preventblindness.org)  
Materials available

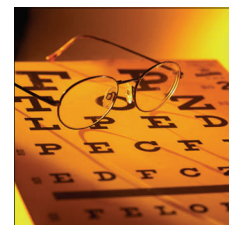


#### August

##### Children's Eye Health & Safety Month

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(312) 363-6001

[www.preventblindness.org](http://www.preventblindness.org)  
Materials available



## Healthways SilverSneakers Fitness Program

Healthways SilverSneakers Fitness Program is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

Unlock the door to greater independence and a healthier life with SilverSneakers. Health plans around the country offer our award-winning program to people who are eligible for Medicare or to group retirees.

SilverSneakers provides a fitness center membership to any participating location across the country. This great benefit includes:

- ◆ access to conditioning classes, exercise equipment, pool, sauna and other available amenities
- ◆ customized SilverSneakers classes designed exclusively for older adults who want to improve their strength, flexibility, balance

and endurance

- ◆ health education seminars and other events that promote the benefits of a healthy lifestyle
- ◆ a specially trained Senior Advisor<sup>SM</sup> at the fitness center to introduce you to SilverSneakers and help you get started
- ◆ member-only access to online support that can help you lose weight, quit smoking or reduce your stress
- ◆ SilverSneakers Steps for members without convenient access to a location

[www.silversneakers.com](http://www.silversneakers.com)



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## Carle Food Allergy Education Program

With generous financial support through The Carle Development Foundation, Carle Allergy and Pediatrics are excited to introduce the Food Allergy Education Program.

The Carle Food Allergy Education Program offers research-based food allergy education to help create a safer environment for children, adolescents and adults. We currently provide families with one-on-one education about common issues related to food allergies, including:

- ◆ Signs and symptoms of an allergic reaction
- ◆ Prevention and treatment of accidental

exposure

- ◆ Instructions on medications and EpiPens<sup>®</sup>
- ◆ Daily management of food allergy challenges such as cooking, shopping, traveling and dining out.

**For more information** about a referral to our program, contact your primary care provider, or call Carle Pediatrics at (217) 255-9700.



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

