



Coordinator's Corner

WOW!! Eighteen new parish nurses have joined us and they are a delightful group! Sincere thanks to everyone who helped with prayer support/meals/breaks and clean up. WE APPRECIATE YOU!! The nurses and their congregations are listed in this newsletter. Please hold them in your heart this month as they pray for 30 days before beginning their ministries.

Thanks to everyone who was able to make it to the annual retreat. A GIANT THANK-YOU to Jo Samara who facilitated the afternoon for me.

Several of you who attended the CNE program on Advanced Directives asked for a copy of the comparison slide that Kathy used. It is included in this newsletter.

THANKS to everyone who attended the program on adult immunizations. We all learned a great deal about how we can get this information out to our church families. We will have information on this in our newsletter as it becomes available.

New support group directories are due in January and we will send out to Champaign and Vermilion county nurses at that time.

Our next CNE program will be Saturday, **January 21st**. Kathy Jobin will be presenting on drugs/recovery. She

presented at St Patrick's of Urbana and was well received.

I hope your Thanksgiving was a time of renewal with family and friends. No newsletter in December-we intend to ENJOY this blessed time of the year ☺

Blessings
Faith



Inside this issue:

Fall 2011 Parish Nurse Class 2

Prayer list 2

Reflections from Westberg 3-4

EDUCATIONAL RESOURCES

Anti-Aging Science in an Aging Culture 5

Parish Nurse Education Series-Drug/Alcohol Abuse 5

RESOURCES

National Health Observances 6

Stop a Bully Materials 6

Posters/Flyers on Flu 7

Advanced Directives—Comparison Slide 8

All I need to know about life I learned from Santa 9

Extra Fabric 9

Fall 2011 Parish Nurse Class

LeeAnn Capace	St. Matthew Catholic Church, Champaign
Kay DeQuimpaul	The Rock Church, Danville
Mary Edwards	Oakland United Methodist, Oakland
Sharon Foley	New Covenant Fellowship, Champaign
Karen Hobler	Lincoln Christian Church, Lincoln
Deb Hoover	Jefferson Street Christian Church, Lincoln
Donna Lamb	Tuscola United Methodist Church, Tuscola
Penny McIntosh	Jefferson Street Christian Church, Lincoln
Teresa Montgomery	First Christian Church, Charleston
Diane Ortel	Friendship Lutheran Church of Joy, Champaign
Karen Perry	First Baptist Church, Savoy
Jamie Pierce	St. John's Lutheran Church, Onarga
Janette Reilly	First Baptist Church, Savoy
Rica Saligan	St. Patrick's Catholic Church, Urbana
Margie Sapp	Eminence Christian Church, Atlanta
Kim Seggebruch	St. John's Lutheran Church, Onarga
Marci Shinneman	First Baptist Church, Rantoul
Eileen Waters	Mahomet United Methodist Church, Mahomet



Prayer List—Please Pray for:

Mary Galyen (Fall 2003)

Lisa Barker's father—kidney cancer surgery 12/9

Parish nurse whose spouse is declining with Alzheimers

*Parish nurse whose church is reeling from the sudden
departure of their pastor*

Prayers for continuance recovery Twila Holstein (Fall 2004)

Prayers for love and comfort Chrystal Overby (Winter 2007)

The husband and family of Melva Solon (Fall 1998)

Bruce and Phyllis Rogers

Larrienne Jordan



Reflections from Westberg

I was fortunate to be able to attend the 2011 Westberg Symposium in St. Louis. The theme, celebrating out Past, Present & Future, was carried out by the speakers. I learned more than I ever wanted to know about Granger Westberg. His idea, however, has grown enormously since it originated in the early 1980's. The first symposium was held in 1986 with 78 people in attendance. This year there were hundreds at the conference. The session with the Rev. Deborah Patterson about strengthening our own spiritual life through Spiritual Disciplines, was my personal favorite. I also attended a session called "Spread the Word not the Germs." A group of nurses came up with a Family Health Promotion to encourage their congregations to adopt at least one healthy behavior and sustain it over a 6 month period.

It was an ambitious project but could be adapted for any congregation. I will have to think a little more about this. One of the worship services was conducted by a music therapist who played the harp. The music was beautiful and soothing. I was so impressed that I purchased a CD and have almost worn it out. Let's see: the meals were great and the table discussions were worth the price of admission. I made some new friends and got reacquainted with some others.

Next year, Westberg Symposium will be held in Memphis, Tennessee. The drive will be a little longer and I am sure there will be much more car pooling.

Something to think about: even though most of us are unpaid Parish Nurses, it does not mean we should be ignored by our congregations when budget time comes around. I reminded my congregation that in order to be a Parish Nurse, many hours of training and continuing education are required. Since I am no longer employed, I do not have a way to earn the continuing education hours except to pay for them. I suggested that they add an item to the yearly budget for me to use for continuing education and guess what happened? They did and I was privileged to attend Westberg. This is the time of year when budgets are coming up for review. Speak up and I will see you in Tennessee next year.

Gerry Decker
Our Savior Lutheran Church, Normal
Fall 2003 class



My name is Barb Boltz. I am a Faith Community Nurse from Quincy, IL. I received my FCN certificate through Blessing Reiman College of Nursing in 2009. I attended the retreat in Springfield in 2010 and 2011. I had a strong desire to go to the Westburg Symposium but I did not have the financial resources. When I learned there was a possible scholarship, I understood there was a budget cut and it would not be possible for me to attend. I was indeed disappointed, but was optimistic that maybe I could go next year. I received a call asking if I was still interested in going. I was so excited about getting to go; I

arrived in St. Louis a day early. I have to tell you, God had his hand in my going. God allowed me to be able to go on scholarship, but not only that, I received by being the next person to inquire about a meal ticket for Saturday night, I received it. Oh, how good is God! One more, "it had to be God", I was in an area of a vendor when she was putting away the books she had on display. She told me I could take as many as I wanted because she could not sell them. I took a box of about 15 books. I have learned that the organization, IPNRC, is one of the best kept secrets. I met people from all over

(Continued on page 4)

(Continued from page 3)

the world and even from my own back yard, so to speak. I learned we are so fortunate in the U.S. to be able to pray at all, not to mention being able to pray out loud. I now have a better understanding of how the faith community can be put into practice at my own church. We will be learning who has what talent and where they too can fit into the unpaid numbers that are helping God's people. I have learned there are lots and lots of resources to use from little ones to the senior ones.

As a result of seeing how God is making big things happen with faith community nursing, one of the biggest challenges I would like to be involved in, with the guidance of God, and with

help from area FCN's, is to see Blessing Hospital be involved in faith community nursing. Blessing has been named one of the top 100 hospitals for care and the number one employer of Quincy. It makes sense to offer spirituality during discharge planning. We have standards of behavior as an employee during a patients stay. Why not include a standard of practice for patients being discharged which includes services from a faith community nurse.

Barb Boltz
Quincy Parish Nurse



25th Annual Westberg Parish Nurse Symposium Sept 16-18, 2011

This year through the Community Parish Nurse Scholarship I had the opportunity to attend the Westberg Symposium. I was blessed to attend for many reasons. The drive down was a great opportunity to get to know other local parish nurses and the conference, itself allowed me to hear parish nurses from all over the world talk about their practice. Some were presenters and some were attendees, just like me. It is hard to condense my thoughts, but I will give it a try. One of the major highlights, for me, was to hear, meet, and shake the hand of Deborah Patterson. When I first began my parish nurse journey, her book, The Essential Parish Nurse helped me explain my role to my pastor and the leadership team at my church. This is one of the books we received during the certification class. My pastor even used it to develop a sermon series around health of body, mind, and spirit to help the congregation understand more about what a

parish nurse is all about. It meant so much to me to see and hear her speak and afterwards to shake her hand and introduce myself.

The keynote sessions included a historical look at parish nursing, storytelling as a part of ministry, and the connection between religion, spirituality, and health. The breakout sessions covered many additional topics and the exhibits contained many interesting items and resources. There were meaningful worship and prayer sessions every day.

I would strongly encourage you to attend the Westberg Symposium if you ever have an opportunity. I am certain you will come away refreshed, renewed and with at least one idea (or probably many) you want to "try at home".

Mary Jane LaMontagne RN
Winter 2010
Savoy United Methodist
Church



EDUCATIONAL RESOURCES

Anti-Aging Science in an Aging Culture: Scientific & Religious Perspectives on Life Extension

A one-day conference exploring the meaning of human aging and biomedical attempts to overcome it from medical and religious perspectives. This conference is ideal for those in the health care industry, pastors and philosophers, students and anyone wrestling with issues concerning aging.

Come hear various professionals explore the meaning of human aging and biomedical attempts to overcome it from medical and religious perspectives. Topics include the science of longevity, anti-aging from a theological perspective, and reflections on several case studies.

Saturday, December 10, 2011

9:00 am to 3:00 pm

Seminar Fee: \$18 (includes lunch)

The Forum at Carle in Urbana , IL

Register online at www.urbanaseminary.org or by calling Urbana Seminary at 217.365.9005

Featuring:

Dr. S. Jay O'Shansky
Professor in the School of Public Health
University of Illinois in Chicago

Dr. Todd T.W. Daly
Assistant Professor of Theology & Ethics
Urbana Theological Seminary

Dr. Robert Cranston
Medical Director, Neurology and Ethics
Carle Foundation Hospital

Parish Nurse Educations Series... Drug/Alcohol Abuse

Saturday, January 21st

8:30—10:30 a.m.

Pollard Auditorium—Forum at Carle

Kathy Jobin, Youth Prevention Specialist from the Illinois Church Action on Alcohol Addiction Problems will be presenting.

Free contact hours will be awarded at this event.

RSVP requested (but latecomers are welcome) to Bev at (217) 326-2583 or 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 4-10

National Handwashing



Awareness Week

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



The 2012 National Health Observances calendar should be available soon on this site—<http://healthfinder.gov/nho/default.aspx>

Stop a Bully Materials

We received some information on bullying that was sent to the elementary principals in the Champaign/Urbana area and are passing that info out to our parish nurses.

This is the website that has information and posters.

www.principalsessentials.com/benefit_bullystop.html

It sells posters but also provides a lot of good information that you might be able to use in your churches or on bulletin boards.

Simple ways to stay healthy

Follow these simple steps to stop the spread of germs and help keep you and others from getting sick:

1. Keep your hands clean

by washing them often with soap and warm water.



2. Cover your mouth and nose with a tissue when coughing or sneezing.

3. Avoid touching your eyes, nose, or mouth and spreading germs to them.



4. Stay home when you are sick.

5. Don't share things that go into the mouth, such as straws and drinking cups.

6. Stay Healthy!

Get plenty of **sleep, exercise, drink lots of water, and eat healthy foods.**



Visit our Website: kanehealth.com



409

Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.



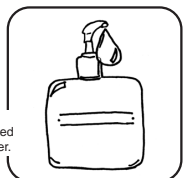
Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water

or clean with alcohol-based hand cleaner.



Posters/Flyers on Flu

Posters and flyers from local health departments and the CDC available for free download—www.illinoispanemicflu.org/tools-of-the-trade/posters Listed are a few samples.

Know what to do about the flu!

Worried About Seasonal and H1N1 Flu?

If you are...	And you have...	You should...
* Not at High Risk	Fever greater than 100° plus cough, sore throat, headache, chills, body aches and fatigue	Stay home until you are fever-free and have felt completely well for a day.
* High Risk	Fever greater than 100° plus cough, sore throat, headache, chills, body aches and fatigue	Call your doctor or visit a walk-in clinic to determine if you need additional treatment.
* Anybody with severe illness like difficulty breathing	Fever greater than 100° plus cough or sore throat	Visit a walk-in clinic or emergency department right away.
* People at higher risk of flu complications include:		
<ul style="list-style-type: none"> • Children under 5 • Pregnant women • People with underlying health conditions such as diabetes or other conditions affecting the heart, lungs, blood, liver or kidneys • People with weakened immune systems 		
Do you have a fever? A reading of 100 or higher is a fever.		

For more information, go to wchd.org

- Winnebago County Health Department
- OSF Saint Anthony Medical Center
- Rockford Health System
- SwedishAmerican Health System
- Van Matre Healthsouth Rehabilitation Hospital



Advanced Directives—Comparison Slide

	Living Will	Medical Power of Attorney
Description	Expresses wishes about medical treatment at end of life; it takes effect only in situations of terminal illness or permanent unconsciousness	Appoints someone to make healthcare decisions if a person becomes unable to make decisions and is unable to communicate his or her wishes. Provides instructions that describe the kind of care a person would want or not want under particular circumstances
How wishes are expressed	Written statements about medical treatment and preferences	Through the designated healthcare partner and written statement about medical treatment preferences
Legally Binding	Depends on statute	Yes
Healthcare Partner	No	Yes
When advance directives take effect	Only when patient is terminal or permanently unconscious and unable to make medical decisions for themselves	In the event an individual is unable to make medical decisions for themselves
Duration	Indefinite	Indefinite
Changeable	Yes	Yes
Witness	Two required	One required
Notary	No	Optional
Attorney	Not needed	Not needed

Thought: All I need to know about life I learned from Santa Claus

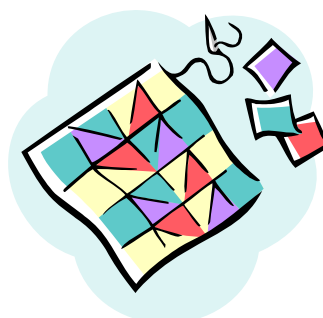
- ☞ Encourage people to believe in you.
- ☞ Always remember who's naughty and who's nice.
- ☞ It's as much fun to give as it is to receive.
- ☞ Some days it's OK to feel a little chubby.
- ☞ Don't pout.
- ☞ Make your presents known.
- ☞ Always ask for a little bit more than what you really want.
- ☞ Bright red can make anyone look good.
- ☞ Wear a wide belt and no-one will notice how many pounds you've gained.
- ☞ If you only show up once a year, everyone will think you're very important.
- ☞ Whenever you're at a loss for words, say "HO, HO, HO!"



Extra Fabric

We are cleaning out our cupboards and have a box of fabric to give out. It's about 8' lengths with some solids and some patterns. We had used it as tablecloths but it might be good for a quilting or other sewing group. Let us know if you're interested in it.

Call or email Bev at (217) 326-2583 or beverly.talbott@carle.com



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

