



Coordinator's Corner

August went by in a blur as we kicked off the publicity for the fall class. 578 churches and individuals received mailers and flyers went up here at the hospital. PLEASE share the info on the class dates etc with your church family via bulletin or if you want flyers call Bev at 326-2583. It is critical that we have enough nurses to hold the class.

Ann Garey did a phenomenal job giving a diabetes update at our August CNE program. We had a great turnout and the evaluations were positive. We have our next sessions topics and dates set. Please join us.

REMEMBER our annual retreat will be November 6th at Savoy United Methodist Church. Our speaker is Joyce Hutchison. Looking forward to seeing all of you then.

I had the privilege of speaking for the parish nurses of the United Methodist Church at their retreat in Springfield a few weeks ago. Many of the participants were graduates of our program. It is always good to see familiar faces 😊.

The 25th Westberg is this month in St Louis . We have several nurses attending. Rev Deb Patterson has resigned from IPNRC and is now leading the Northwest Parish Nurse Ministries in Portland OR. This is a HUGE time of transition for IPNRC and they need your prayers as they decide what their next steps will be. Deb Patterson was our retreat speaker a few years back and her many

books/writings are familiar to all of us. While we wish Deb the best we are apprehensive what all of this will mean for the center and for our curriculum.

Since we have several CNE programs coming up we will be able to see each of the more often than usual. I enjoy the time we spend together and am grateful for all that you are doing for your church family.

Blessings,
Faith



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Prayer List—Please Pray for:

Stacey Larson

Prayers for family and neighbors for Bloomington tragedy

Bruce and Phyllis Rogers

Larrienne Jordan

The family of Nancy Bree

Bev Clark (Fall 2003)

Melva Solon (Fall 1998)

Chrystal Overby (Winter 2007)

Our Savior Lutheran Church, Normal



Caremark Rx Discount Program

Through a partnership between the National Association of Counties and CVS Caremark, a free prescription discount card program provides residents with cards that offer an average of 24 percent savings off the retail price of prescription drugs. The card is for people who do not have insurance or those who have prescriptions not covered by insurance. The card may be used regardless of age or income.

Cards are available at county government offices and may be printed from the website: www.caremark.com/naco.

Residents may locate the nearest pharmacy from the website or by calling: 1-877-321-2652.

The following is a list of participating counties in Illinois and their websites:

Illinois

Cook County	www.co.cook.il.us
Dekalb County	www.dekalbcounty.org
DuPage County	www.dupageco.org
Jersey County	618-498-5571 x101
Kankakee County	www.k3county.net
Kendall County	www.kendallhealth.org
Lake County	www.lakecountyil.gov
Livingston County	www.livingstoncountyil.gov
Logan County	www.co.logan.il.us
Madison County	www.co.madison.il.us
McHenry County	www.co.mchenry.il.us
McLean County	www.mcleancountyil.org
Peoria County	www.peoriacounty.org
Tazewell County	www.tazewell.com
Vermilion County	www.co.vermilion.il.us
Will County	www.willcountyillinois.com
Winnebago County	www.co.winnebago.il.us



What to Do When Casual Conversation Turns Nasty

Have you ever had someone ask you a question and after you answered, they asked it again? If you look at their face, you can usually tell they didn't understand your answer or need additional information. It's a component of conversation.

On the other hand, have you ever had someone ask you the same question multiple times as they escalate their attempts to sway your position and bring you to the answer they are expecting, even demanding? This is called bullying.

Unfortunately, some of our older family members and friends experience this tactic more often than you would expect. How often have we heard someone cap a conversational strong arming with the comment, "It's for you own good"? Bullying in the guise of caring: very disconcerting, if you think about it. Sadly, the threat of physical violence or withholding affection or financial support is a common component of elder abuse.

Scam artists deftly use bullying to guide their victims away from their own good sense. The threat of dire consequences can be a strong motivator. It's unlikely your neighbor or granddaughter has been imprisoned in a London jail, but this email scam is successful because it comes "cloaked" in the form of an email from your loved one.

The threat of the loss of Medicare benefits is an especially troubling technique phone and internet scam artists use. "Confirming" your Medicare number or other personal information gives the crooks the tools to steal your identity. Our Health Alliance Medicare members have reported instances of these types of scams to us, and I am guessing some of your family members have had similar experiences.

What can you do if you suspect someone has been a victim of bullying? A good start is having a kind yet curious conversation with your loved one. Then document and report to one of the agencies here. They can provide useful information to help the victim, and, I hope, put an end to the abuse.

Is there any excuse for elderly people being exposed to this kind of behavior? I leave the answer to you.

Contact Information

- Elder Abuse Hotline (available 24/7) 1-866-800-1409
- Illinois Long-Term Care Ombudsmen Senior HelpLine 1-800-252-8966
- Illinois Attorney General Senior Citizen Consumer Fraud Hotline 1-800-243-5377

As always, don't hesitate to contact local law enforcement or your area Senior Coordinated Point of Entry.

Patrick Harness is the community representative for Health Alliance Medicare, located at Lincoln Square Village in Urbana. For more information about community resources for seniors or to unsubscribe from The Long View, reach him at 1-800-965-4022 or patrick.harness@healthalliance.org. To learn more about Health Alliance Medicare, please visit HealthAllianceMedicare.org.

EDUCATIONAL RESOURCES**Parish Nurse Education Series****Listening 101****September 17, 2011**

Presented by Rev. Philip McGarvey,
M.Div., BCC, Pastoral Care Dept Manager/
Staff Chaplain at Carle

8:30-10:30 am

Pollard Auditorium at Carle

Adult Immunizations

November 19, 2011

Presented by Faith Roberts, RN, BSN, FCN,
Director Magnet/Parish Nursing/Children's
Services at Carle

8:30-10:00 am

Held in Parkview Conf Rooms

Follow signs to cafeteria on lower level
and as you go past vending machines,
keep going straight across dining area

**Free contact hours will be awarded
for these activities.**

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

All are welcome but
registration is requested.

Advance Directives

October 29, 2011

Presented by Rev. Kathy Otto, M.Div. BCC,
Staff Chaplain at Carle

8:30-10:30 am

Pollard Auditorium at Carle

Acton Conference

Save the date for the Acton Conference:

Saturday, November 19**“Telephone Triage Basics: Assuring Quality and Reducing Risks”**

8 a.m. – 5:15 p.m.

Pollard Auditorium, The Forum at Carle

Cost is \$20. Register by November 9 by contacting Susie Cole at (217) 383-3022
or foundation.education@carle.com.

Presented by the Russel D. Acton Professional Practice Series

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.

Silver Beat Senior Workshop—How to Protect Yourself from...

Senator Michael Frerichs' and Attorney General Lisa Madigan's Office invite you to:

Learn how to protect yourself from...

- Financial Exploitations
- Health Care Fraud
- New Credit Card Rules
- Fraudulent Businesses **and more!**

Date: September 16, 2011

Time: 9:00—11:00 a.m.

Where: Champaign Public Library
 200 W. Green St.
 Champaign, IL 61820

For more information, contact State Senator Mike Frerichs' office at (217) 355-5252

Leader Expectations

Family Service
of Champaign County



FROM THE
SENIOR RESOURCE
CENTER

405 S. State St.
Champaign, IL 61820

352-5100

Fax: 352-1910

src@familyservicecc.org
www.famservcc.org

**Take Charge of Your Health: Live Well, Be Well
Chronic Disease Self Management**

The *Take Charge of Your Health: Live Well, Be Well* program:

- ◆ Specifically targets seniors with ongoing health conditions and/or their caregivers; however the program is open to anyone, with or without a chronic condition, of any age.
- ◆ Is considered to be preventive and is focused on developing self-management skills. It is a class that anyone can take in order to learn how to live the healthiest lifestyle possible and to learn how to manage life with a chronic condition.
- ◆ Is designed to be led by 2 co-leaders, one or both of whom are not health professionals & one or both of whom have a chronic condition.
- ◆ Involves offering class sessions that meet once each week over a 6 week period, for 2 ½ hour class meetings each week.
- ◆ Provides class participants with a book and relaxation CD to use during the class on a loaner or purchase basis.
- ◆ Is provided in classes that pre-register a minimum of 6 participants and a maximum of 14.

Specific Information for Leaders

- ◆ Co-leaders are trained by master trainers at a training which involves commitment of 2 days for 2 weeks (total of 4 days). Co-leader trainings are scheduled as needed at times best suited to the participants and leaders.
- ◆ Leaders are encouraged to co-lead 1 class session per semester, for a total of 2 per year, if possible. It is advised that these classes be held in a community setting in which participants will be comfortable and have easy, wheelchair-accessible access.
- ◆ All materials needed for teaching the class are simple, and not “high-tech”: flip-charts, markers, and an easel are used for the class which eliminates the need for computers and opens up the possibilities of locations in which the class can be held.
- ◆ Class is geared toward teaching participants to better self-manage their lives and “take charge of their health” as a whole. This includes managing their symptoms, communication with others (including physicians and other healthcare administration personnel), safe physical activity, medications, relaxation techniques, goal-setting, and more.
- ◆ Additional information and brochures are available upon request by calling Senior Resource Center 217-352-5100.

Take Charge of Your Health: Live Well, Be Well

*Thanks for signing up for Stanford University's
Chronic Disease Self-Management Program*

Leaders' Training

Tuesdays and Wednesdays
September 20-21 & 27-28, 2011
9:00 a.m. — 4:00 p.m.

Senior Resource Center at Family Service
405 S. State St.
Champaign, IL 61820

- ◆ We will begin and end promptly each day.
- ◆ Morning snacks and beverages will be provided each day.
- ◆ Participants will be asked to provide a sack lunch each day or pay \$9 for a purchased lunch that will be arranged by trainers.
- ◆ There is a fee of \$175 for training of individuals outside of PSA 05. This may be paid by check to Family Service on the first day of training. There is no fee for individuals being trained from the PSA 05 area.
- ◆ No prior teaching experience is required.

Complete the attached registration form and return it to finalize your registration.

Upon successful completion of all four days of training, you will be certified to co-lead the program in your community.

Contact Rosanna McLain at the Senior Resource Center with questions: (217) 352-5100

Directions: Rt. 57 to Rt. 72 University Ave. Exit. Take University Avenue to the light at State Street (2-3 miles), turn right. Go past the light at Springfield Avenue. Family Service will be the second building on your right. Parking is available on State Street, or in the lot behind the building which can be accessed by turning right on the next street which is Healey. Drive ½ block and turning right into the alley. Park in the first parking lot on your right behind the yellow brick building.

Live Well, Be Well

Leaders' Training Dates:

Tuesday, September 20, 2011	9 am – 4 pm
Wednesday, September 21, 2011	9 am – 4 pm
Tuesday, September 27, 2011	9 am – 4 pm
Wednesday, September 28, 2011	9 am – 4 pm

Name: _____

Organization you represent: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (W): _____ (H): _____ (C): _____

E-mail: _____

Have you participated in a Chronic Disease Self-Management group? _____

If yes, indicate where and when? _____

Please note any dietary restrictions? _____

Would you like us to provide your lunch on the first day? _____

Registration requested by Monday, September 12, 2011

Register by email, fax, or mail:

Rosanna McLain

Senior Resource Center at Family Service
405 South State St., Champaign, IL 61820
Tele. (217) 352-5100 or fax (217) 352-1910

rmmclain@familyservicecc.org



Senior Resource Center
at Family Service

Kidney Mobile

Carle is partnering with the National Kidney Foundation in a community event here at the Forum. Free screenings for kidney disease and diabetes will be offered to the community at no cost. This event will be held **Tuesday, October 4th, from 10:00am to 2:00 pm. Volunteers needed for 2 hour or 4 hour time periods.** Assistance at check in station and 7 other stations will be needed. Staff from the National Kidney Foundation will also be present. **Volunteers can include clerical/support staff, healthcare techs, phlebotomy, nurses, MD's and residents.** Nurses... this is a great opportunity to become involved in a community based event that will benefit your re-leveling process! Please contact Kim Busboom at kim.busboom@carle.com as soon as possible to join the team! (Contact Kim or Bev to get the flyer below)



National Kidney Foundation™
of Illinois

prevent. educate. empower.

Take charge of your health & attend a *free* screening through the KidneyMobile® program!

blood pressure · blood sugar · body mass index (BMI) · waist circumference ·
urinalysis · blood draw · private consultation with medical professional ·
Visit the KidneyMobile® for an educational tour!

FREE KIDNEY & DIABETES SCREENING!

No appointment needed!

Location: Carle

611 West Park St. Urbana, IL

Date: Tuesday, October 4, 2011

Time: 10:00 a.m. – 2:00 p.m.

For more information, please contact us at:
National Kidney Foundation of Illinois, Inc.
215 W. Illinois Street, Suite 1C
Chicago, Illinois 60654
312.321.1500 phone 312.321.1505 fax
www.kidneymobile.org

Carle



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

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 Sundown Road

Peosta, IA 52068

(888) 844-6322

halversc@nicc.edu

www.nsc.org/necas/

Materials Available



October

National Breast Cancer Awareness Month

National Breast Cancer Awareness Month

Board of Sponsors

C1C-315

1800 Concord Pike

Wilmington, DE 19850-5437

nbcamquestions@yahoo.com

www.nbcam.org

Materials available



Sudden Infant Death Syndrome Awareness Month

First Candle/SIDS Alliance

1314 Bedford Avenue, Suite 210

Baltimore, MD 21208

(800) 221-7437

www.firstcandle.org

Materials available



Two Horses

Just up the road from my home is a field with two horses in it. From a distance, each horse looks like any other horse.



But if you stop your car or are walking by, you will notice something quite amazing....

Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down but has made a good home for him.

This alone is amazing. If you stand nearby and listen, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field.



Attached to the horse's halter is a small bell. It lets the blind friend know where the other horse is so he can follow.

As you stand and watch these two friends, you'll see that the horse with the bell is always checking on the blind horse, and that the blind horse will listen for the bell and then slowly walk to where the other horse is, trusting that he will not be led astray.

When the horse with the bell returns to the shelter of the barn each evening, it

stops occasionally and looks back, making sure that the blind friend isn't too far behind to hear the bell.

Like the owners of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges.

He watches over us and even brings others into our lives to help us when we are in need.

Sometimes we are the blind horse being guided by the little ringing bell of those who God places in our lives.

Other times we are the guide horse, helping others to find their way. Good friends are like that. You may not always see them, but you know they are always there.

Please listen for my bell and I'll listen for yours, and remember...

***Be kinder than necessary--
Everyone you meet is fighting
Some kind of battle.***

***Live simply,
Love generously,
Care deeply,
Speak kindly...***

And leave the rest to God

Author Unknown

A New Lenten Project for Parish Nurses

Our church, First Presbyterian, Urbana developed this for our 2011 Lenten season.

History

Our church, as many of yours, has implemented Lenten-time projects dedicated to improving health in our congregations. Ours are sponsored by our Wellness Committee. We have collected oral care items for Head Start families, out-of-date medications and disposed of them safely, walked to Jerusalem and to Malawi, a mission project of the congregation. Last fall, scratching our heads over something new and different to plan for Lent, 2011, which combines health promotion with the season, we came across an effort used in spring 2010 by an office staff of the Lutheran Church in St. Louis. The administrator wished to encourage his staff to exercise more. (See *Better Health*, Summer, 2010) He devised a Marathon of sorts.

Plan

We were intrigued as this project was an individual challenge involving goal setting and follow through. Further, the Illinois Marathon was being held locally the day before Easter so there was a lot of excitement locally. But marathons, as you know, are achieved by running 26.2 miles. The competition springs from oneself of besting previous times or others in a group (i.e. a race) in improving the time it takes to complete the run. This, of course, needed to be modified to exercises that would accumulate a total of 26 miles over the Lenten period.

Since a variety of ages were expected to be involved, we anticipated that a variety of exercises would be represented as well. We gave credit for one mile of walking/running as one mile toward the total. Most other activities (i.e. water aerobics) were 1/2 hour equaled one mile. A few (i.e. bike riding) needed adjustment but basically, this was our equivalence rate.

Participants were asked to keep a journal of their activities and total miles to be handed in on Easter Sunday. Some preferred to keep track on a large, bright yellow poster board in the hallway outside the nursing office.

Implementation

One of our trustees is an amateur photographer.

We were able, through his efforts, to get photos of most of our elderly members in the workout rooms of assisted living facilities or in swimming pools. Many members brought in their own photos so we began quite a display of hearts and lungs hard at work with smiles all around. The photos, of course, weren't necessary but a nice addition.

We placed notes in our congregational every-house newsletter, reminders in weekly bulletins and, of course, all the activity in the hallway across from the nursing office helped to keep interest and enthusiasm high.

Our pastor joined our effort by preparing a booklet of short, daily Lenten Meditations. Members were encouraged to meditate upon these while exercising. She also began a Sunday afternoon walking group for each week of Lent.

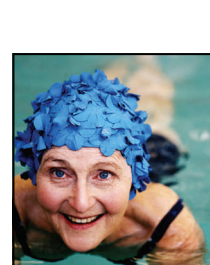
Our Results

On Easter Sunday as the total miles were handed in, we had the privilege of awarding blue ribbons honoring the First Presbyterian (Urbana) Marathoners who completed their challenge. (Only four enrollees failed to complete. Many completed it many times over.) The cost of the printed ribbons was modest, \$35.00/100 ribbons. Most are now proudly displayed on refrigerators across the community.

Follow-up

Following Easter, one article in our newsletter gave statistics on the number of entrees, miles, and our thanks for their cooperation. We encouraged members to continue these new health habits as part of their daily routine.

If you have questions, please feel free to call us: Mary Connors or Shirley Walker, Parish Nurses, First Presbyterian Church of Urbana, IL.



Poison Education Tools

For those of you doing education outreach (or are asked to do presentations in schools, churches, etc), thought you might find this PowerPoint and websites good tools for poison education... created and sent by California poison control center.

This is a great slide show to make a point about medicines vs candy when trying to determine visually. The interactive website is very good as well—gives kids the answers to their options immediately.

It's a great and interactive online game that has been very successful with children. It is called Choose Your Poison and asks the player

to distinguish between candy and medicines that look alike. It is available in both English and Spanish and can be found on these California poison control websites: www.pillsvscandy.com or www.medicinasvsdulces.com (Spanish)
Patricia Metzler, RN, TNS, SANE-A, SANE-P, CPN
Carle Foundation Hospital, ED
ED Pediatric Coordinator
Interpersonal Violence & Safety Education Coord
Carle

Contact Bev to get the PowerPoint at (217) 326-2583 or beverly.talbott@carle.com



IPNRC Seeks to Transfer Assets

The Board of Managers of Deaconess Parish Nurse Ministries (DPNM) has announced a decision affecting the future of the International Parish Nurse Resource Center (IPNRC) which will phase out its work as a part of the DPNM. The Board is in discussion with organizations about the transfer of assets, including the curriculum, resources and sponsorship of the Westberg Symposium. The goal is to find an appropriate organization to provide oversight and management of the IPNRC assets by the end of 2011. The work of the Deaconess Parish Nurse Ministry Network will continue unaffected.

These discussions will not impact the 2011 Westberg Symposium, scheduled to be in St Louis September 16 through the 18th. The event will run as planned.

If no organization steps forward to assume the assets of the IPNRC, the IPNRC will cease operations December 31, 2011.

This announcement has been precipitated due to the significant challenges many funding organizations face, including the Deaconess Foundation, in today's economy due to slow recovery from the recession in the U.S. and the continued weakened financial performance abroad. The Deaconess Foundation has provided significant support to the IPNRC since its assets were transferred from Advocate Health Care in Chicago in 2002.

Organizations interested in discussing IPNRC assets should contact the Rev. Jerry Paul, President and CEO of the Deaconess Foundation at 314-436-8001 or via email at jerry.p@deaconess.org.

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

