

FAITH & HEALTH

(your link to wholistic health)



November 2005

A Walk of Peace

*How beautiful upon the mountains
Are the feet of him who brings good news,
Who proclaims peace,
Who brings glad tidings of good things.*

Isaiah 52:7

What is it like to proclaim peace? We are in the season that speaks much about peace. We worship the Prince of Peace. We extend peace to each other during many of our worship services, and yet so much of our world and those we touch in our world are not at peace. In spite of circumstances, however, we can proclaim peace. We can give words of encouragement to the discouraged, the sick, the depressed, the lonely and the forgotten. We can offer hope to the hopeless, help to the helpless and comfort to the distressed.

There are many ways we can touch our world and influence it in a positive and peaceful way. In doing this, we can contribute to the health of body, mind and spirit. A peaceful spirit can help lower blood pressure and cholesterol, increase the immune response and add zeal and energy for life. One of the programs we have found to be an excellent way of addressing all aspects of health and well-being is the Walk to Jerusalem. We are presently launching a community wide Walk to Jerusalem in January 2006 and invite all congregations to participate.

Participants will become healthier physically, spiritually and emotionally through this walk. Participants also learn about other countries and cultures through this walk and are encouraged to pray for those countries and cultures. Who knows? Maybe by taking this imaginary walk to Jerusalem with real prayer, we will bring peace to our world!



The walk begins in January with the goal of collectively reaching Jerusalem for the Easter celebrations. There will be a friendly competition between the churches and help along the way. If this sounds like something you are interested in and would like more information about how you can be a part of this, please direct your emails to walktojerusalem@stjohn.org. **RM**

WELCOME:

Please join us in extending a warm welcome to our newest Parish Nurse Partnership churches, Our Lady Star of the Sea, in Grosse Pointe Woods, along with their parish nurse, *Sandi Kerrigan* and Cross of Glory Lutheran Church in Washington Twp. Please add Sandi, her health team and these churches to your prayer list as they begin to develop their health ministries. **RM**

December Health Observances

Drunk/Drugged Driving Prevention Month	www.3dmonth.org
.....	www.nhtsa.com
.....	www.stopimpaireddriving.org
Forgiveness/Gratitude	www.forgiving.org
.....	www.onecaringplace.com
Peace Ministry	www.sojo.net
.....	www.pathways-to-peace.com
.....	

FORGIVENESS: A path to freedom and better health

Forgiveness is a healthy choice. Holding onto anger wears you down physically and emotionally. Forgiveness starts the forgiver on a path that reintegrates their body, mind and spirit. People who forgive have better overall health and improved self-esteem and hope.

In contrast, when we withhold forgiveness, we expose ourselves to health risks and interfere with our ability to heal. When we harbor resentment, it increases our stress and compromises our physical health by interfering with our immune system. Hostility has been linked to coronary heart disease. Deep, passive anger has a causative effect on hypertension. Anger, bitterness, anxiety, depression and fear are often the outcome of “unforgiveness”.

To better understand this relationship and be clear as to what forgiveness is:

- Forgiveness is not condoning.
- Forgiveness is not minimizing.
- Forgiveness is not justifying.
- Forgiveness is not trusting.
- Forgiveness is not excusing.
- Forgiveness is not forgetting.
- Forgiveness is not pardoning.
- Forgiveness is not reconciling.

Forgiveness requires giving up hope for a better past. Forgiveness is a spiritual choice through which the hurt person takes steps that free them from people and past events. The one who practices forgiveness:

- Refuses to be controlled by the injury inflicted on them.
- Is freed from the person who wronged them.
- Is released from the burden of anger, bitterness and resentment.
- Demonstrates self-respect and a desire to walk into the future with a forgiving God.

Remember-You can forgive a person only for what has been done to you. You can't forgive someone on behalf of someone else.

Forgiving intolerable acts does not make them tolerable. But it does say that what was done was wrong, should not have been done, and will not be tolerated in the future. **RM**

December is National Drunk and Drugged (3D) Prevention Month...

...a time when communities join with the National 3D Prevention Month Coalition to conduct public awareness campaigns to prevent impaired driving.

Help educate your community! Impaired driving is an American tragedy. Last year 15,935 people were killed as a result of impaired driving. More than 300,000 were injured. That's one person dead every 33 minutes and one person injured every two minutes. An estimated 1.5 million people were arrested. The average American has a 30% chance of being killed or injured by an impaired driver during their lifetime. And while the number of alcohol-related fatalities are at an all-time low, impaired driving is still a leading cause of death for people under the age of 30.

You Drink you Drive. You Lose—America's Impaired Driving Campaign

The purpose of 'You Drink & Drive. You Lose.' is to help support the hard work already being done nationwide by law enforcement and community leaders to prevent impaired driving. The 'You Drink & Drive. You Lose.' goal is to enhance national awareness about the deadly toll impaired driving exacts on America's communities and to generate a greater national urgency to stop the senseless killing and injury on our nation's highways.

What is Impaired Driving and Who is at Risk?

All drivers risk impairment when consuming alcohol or drugs-whether legal over-the-counter and

continued on back page...

January Health Observances

Healthy Weight Week-January 16-22.....
 www.healthyweightnetwork.com
 National Volunteer Blood Donor Mo. ... www.aabb.org
 www.semredcross.org

Living well, staying well—big health rewards from small lifestyle changes

Simple Goal: You want to stay healthy and avoid illness. Evaluate your lifestyle. Look for small areas to change. By making a few positive changes in your lifestyle, you can feel and look better today and increase the chance that you will avoid the two most common obstacles to a long and healthy life: **heart disease and cancer.**

Review your risks: What is your family history for certain disease? If you had a parent who died of cancer, a heart attack or another illness at a relatively young age, don't feel that you are destined to repeat his or her medical history. Your genes can put you in a high-risk group for certain diseases, but those genes only rarely seal your fate. Certain lifestyle factors come into play before the diseases occur.

You have the ability to make wise choices that will affect your health in a positive way. Prevention is the key!

Small changes you can make for optimal heart health and cancer prevention:

- Limit salt. Stay away from salty, cured or processed meats.
- Eat foods that are low in fat and cholesterol.
- Eat at least 5 fruits and vegetables daily.
 - ♦ Cruciferous vegetables (produce enzymes that help protect against cancer) – broccoli, brussel sprouts, cabbage, cauliflower, dark green vegetables
 - ♦ High in Vitamin A (reduces cancer risk) – broccoli, carrots, pumpkin, sweet potato, cantaloupe, peaches, prunes, dark green and yellow fruits and veggies
 - ♦ High in Vitamin C (prevents formation of some cancer causing substances) – oranges, cantaloupes, berries, greens, tomatoes, potatoes
- Eat more high-fiber foods.

- ♦ High soluble fiber (reduces cholesterol)—oatmeal, oat bran, peas, brown rice, barley, citrus fruits, strawberries, apples
- ♦ Insoluble fiber (helps the bowels work well)—whole wheat bread, wheat cereal, wheat bran, cabbage, beets, carrots, brussel sprouts, turnips, cauliflower, apple skin
- Limit alcohol consumption. Don't consume more than an ounce of alcohol a day. Above that level, the health risks mounts, with disrupted social lives, more accidents, more liver disease, high blood pressure, heart disease and cancer
- Don't smoke.
- Exercise at least three times per week.
- See a physician regularly. Have a physical once a year.
- Maintain a positive attitude. Laughter releases endorphins. Endorphins build up immunity. A positive outlook reduces bad stress.
- Get the rest you need. Sleep deprivation can lead to irritability, short temper and lower immune system. **RM**

Top ten reasons for people to give blood

10. You will receive juice and cookies
9. It's easy and convenient—it takes about an hour and you can make the donation at a donor center, or at any of the Red Cross mobile blood drives.
8. You will weigh less—one pint less when you leave than when you came in!
7. It's something you can spare—most people have blood to spare...and yet there is still not enough to go around.
6. Nobody can ask you to do heavy lifting as long as you have the bandage on. You can wear it as long as you like. It's a badge of honor!
5. You will walk a little taller afterwards—you will feel good about yourself.
4. You will be helping to ensure that blood is there when you or someone close to you may need it. One donation can yield up to three blood products.
3. It's something you can do on equal footing with the rich and famous—blood is something money can't buy—only something one person can give to another.
2. You will be someone's hero. In fact, you may help save up to three lives with just one donation.
1. It's the **RIGHT** thing to **DO!** **RM**

Courtesy American Red Cross 3/05

Dates to remember

“Substance Abuse and Dependence: A Faith-Based Health Concern”, for Clergy & Parish Nurses-Friday, Feb. 3, 2006, 9 a.m.-3 p.m., Providence Hospital, Fisher Center Auditorium, and March 10, 2006 at St. John Oakland Hospital Education Center. For more information, call Marian Bjerke, 248-849-2763.

Fall Parish Nurse Support Group-“Centering Prayer”, “Medicare Part D”, “World Medical Relief”, Thursday, Nov. 10, 2005 at St. John Oakland Hospital, Education Center, located on Dequindre, North of Eleven Mile, Madison Heights. Continental breakfast and fellowship at 8 a.m., followed by program from 8:30 a.m. until noon.

West Side Parish Nurse Network, *God Teaches Us*, Wednesday, Nov. 9, noon-2 p.m. “Medication Options: Type 2 Diabetes”, 1 CEU. Nardin Park Methodist Church, 29887 W. 11 Mile (east of Orchard Lake), sponsored by SEMDON. Bring your nursing license number.

Detroit Parish Nurse Network of Southeast Michigan, *God With Us*, Monday, Dec. 5, 2005, noon-2 p.m., “Ancient Chanting Practices in Jewish Tradition,” HCP 18000 W. 9 Mile, Southfield. Call 248-569-9600 for directions. **RM**

STAFF NEWS:

Congratulations to *Renee Heileman*, parish nurse at St. Isidore in Macomb Twp., *Charmagne Johnson*, parish nurse at New Calvary Baptist in Detroit and *Marie Herbon*, parish nurse at Cross of Glory Lutheran Church, Washington Twp. Please keep Renee, Charmagne, and Marie in your prayers as they incorporate their new parishes into their health ministries. **RM**

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What’s new? A SEA of positive change

St. John Health Service Excellence Initiative... Is a three-year collaborative effort between leadership and associates to provide service excellence that will benefit all of our customers, whether they are patients, community members or co-workers, by creating associates who’ll go the extra mile to meet their needs. Associates throughout SJH were selected by their managers to participate in a yearlong commitment. These associates will be supported, coached and empowered by management groups called OASIS teams. Among the strategic processes associates will engage in over the year:

- Participating as Service Excellence Advisor (SEA) and training colleagues directly
- Participating in training classes and partnering with teams to develop best practice initiatives

The SEA selected for Parish nursing is *Charmagne Johnson*. We are excited to have such an outstanding role model to mentor us. *Mary Ann Martin* has been selected to be an OASIS Super Coach who will work with management and Charmagne to oversee and assist in implementation of training and initiatives. Stay tuned for exciting news! **RM**

National drunk & drugged...cont.

prescription medications or illegal substances such as marijuana, cocaine or other illicit drugs. The campaign’s message is simple. Make the right choice-don’t drink and drive.

There are three high-risk populations:

- 21-to-34-year-olds
- underage drinkers between 16 and 20 of age
- those with high blood alcohol concentration and repeat offenders **RM**

WHO’S RESPONSIBLE?

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