

FAITH & HEALTH

(your link to wholistic health)



MAY 2006

Time

Time is your most precious gift because you only have a set amount of it. You can make more money, but you can't make more time. When you give someone your time, you are giving them a portion of your life that you'll never get back. Your time is your life. That is why the greatest gift you can give someone is your time.

It is not enough just to say relationships are important; we must prove it by investing time in them. Words alone are worthless. *"My children, our love should not be just words and talk; it must be true love, which shows itself in actions."* (1 John 3:18) Relationships take time and effort, and the best way to spell love is "T-I-M-E."

The essence of love is not what we think or do or provide for others, but how much we give of ourselves. Many have said, "I don't understand my spouse and kids. I provided everything they need. What more could they want?" They want you! Your eyes, your ears, your time, your attention, your presence, your focus- your time. Nothing can take the place of that. **RM**

(From The Purpose Driven Life by Rick Warren.)

Remember

- Remember that your presence is a present to the world.
- Remember that you are a unique and unrepeatabe creation.
- Remember that your life can be what you want it to be.
- Remember to take the days just one at time.
- Remember to count your blessings, not your troubles.
- Remember that you'll make it through whatever comes along.
- Remember that most of the answers you need are within you.
- Remember those dreams waiting to be realized.
- Remember that decisions are too important to leave to chance.
- Remember to always reach for the best that is within you.
- Remember that nothing wastes more energy than worry.
- Remember that not getting what you want is sometimes a wonderful stroke of luck.
- Remember that the longer you carry a grudge, the heavier it gets.
- Remember not to take things too seriously.
- Remember to laugh.
- Remember that a little love goes a long way.
- Remember that happiness is more often found in giving than getting.
- Remember that life's treasures are people not things.
- Remember that miracles can still happen. **RM**

Source: Unknown

June Health Observances

Fireworks Safety Month www.preventblindness.org
 Eye Safety Awareness Week - June 27- July 5
 Home Safety Month www.homesafetycouncil.org
 National Headache Awareness Week - June 4 - 10 www.headaches.org
 National Men's Health Week - June 12 - 18 www.menshealthweek.org
 Helen Keller Deaf - Blind Awareness Week - June 25 - July 1 ... www.hknc.org
 National HIV Testing Day - June 27 www.napwa.org

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Men-Take Control of your lives!

The 10 leading killers of American men are:

- 1-heart disease
- 2-cancer
- 3-accidental injuries
- 4-stroke
- 5-chronic obstructive pulmonary disease (COPD)
- 6-diabetes
- 7-influenza and pneumonia
- 8-suicide
- 9-kidney disease and
- 10-chronic liver disease

All but stroke claim more men's lives than women's lives at all ages. The good news is you don't have to become a statistic. By recognizing the leading threats to your life, you can take steps to reduce your risks:

- Don't smoke and avoid secondhand smoke.
- Don't drink or limit alcohol consumption.
- Eat a varied diet, rich in fruits, vegetables, and low-fat foods.
- Maintain a healthy weight.
- Get at least 30 minutes of exercise 5 to 7 day a week.
- Keep your cholesterol levels in normal ranges.
- Control your blood pressure.
- Control your blood sugar if you have diabetes.
- Use sunscreen. Have regular preventive health screenings.
- Know your family medical history and review it with your doctor.
- Use your seat belt and keep your speed down. Don't drive while sleepy or under the influence.
- If you find yourself avoiding others, feeling hostile and worthless, thinking about death and using alcohol and drugs to numb your pain, talk with your doctor. In an urgent situation, an emergency room or crisis center can help. Friends or family members may be the first to notice your uncharacteristic behavior. Take their advice and seek help. **RM**

The Havoc Of Headaches

One in eight Americans, or about 13%, suffers from migraine headaches. In fact, the World Health Organization recently listed migraine in the top 20 causes of disability in the world. The most common triggers include certain foods (like yogurt, soybeans, chocolate, hot dogs, bacon, some Chinese food, and frozen food), as well as alcohol and caffeine. Certain environments and habits that can trigger headaches are bright lights, getting too little sleep, breathing smoke, anxiety, stress, and overusing over-the-counter medications. Even certain health conditions put you at risk for headaches, such as high blood pressure, eating disorders, allergies, thyroid problems and diabetes. Headaches can become debilitating and can eventually lead to depression and problems with work or social life. In order to get relief, many over-the-counter drugs are available, such as Aspirin, Tylenol, Advil, or Aleve. However, a healthy, balanced lifestyle can help reduce some of the causes of headaches. Relaxation, anger management, meditation, psychological treatment, massage therapy, and pet therapy can be useful. Also, exercising, eating a healthy diet, and quitting smoking are crucial in the fight against headaches. For more information on headaches go to the National Headache Foundation at www.headache.org or call St. John Chronic Headache and Migraine Institute at 248-967-7988. Located adjacent to the St. John Oakland Hospital Campus at 11 Mile and Dequindre in Madison Heights, the Institute is committed to providing comprehensive, coordinated treatment for the chronic headache and migraine sufferer. **RM**

By: Jaclyn Matesowicz, Oakland University Student Nurse

July Health Observances

- UV Safety Month www.aao.org
- Hemochromatosis Screening Awareness Month
..... www.americanhs.org
- www.nlm.nih.gov
- Lead Poison Control Week www.aap.org
- www.Lead411.org
- www.nlm.nih.gov
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What you need to know about UV safety

During July, UV Safety Month, the American Academy of Ophthalmology and eye doctors around the country encourage everyone to protect their eyes



from ultraviolet-related damage. The same rays that can damage your skin can harm your eyes as well. When you protect yourself from the sun, don't just think sunscreen – think sunglasses and a wide-brimmed hat. Excessive prolonged UV

exposure may be linked to the development of eye conditions such as cataracts and age-related macular degeneration.

To protect your eyes, wear a brimmed hat and the right kind of sunglasses when you are going to be exposed to UV light. Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays. Don't forget the kids. Protect their eyes with hats and sunglasses. In addition, try to keep children out of the sun between 10 a.m. and 2 p.m. when the sun's rays are the strongest.

Generally, UV light is at the greatest level at midday, but you need to protect your eyes whenever you're outside for a prolonged period, even when it's gray and overcast. Reflected sunlight off water, snow and pavement can be the most dangerous type of UV light because it is intensified. Your eyes can be harmed by UV light sources other than the sun, such as welding lamps or tanning lights. So remember to wear eye protection when using these sources of invisible, high energy UV rays.

Have fun in the sun, but remember to protect your eyes!

Summer Safety Tips

School's out, pools are open and people across the country are looking for fun ways to cool down as summer temperatures heat up. As you head to the beach, to the pool, or to the mountains for a camping vacation, the American Red Cross encourages you and your family to keep safety in mind!

Water Safety

The most basic water safety tip: Learn to swim! Take some lessons at your local pool. Always swim with a buddy; never swim alone.

- Swim in supervised areas only.
- Obey all rules and posted signs
- Don't mix alcohol and swimming.
- Stop swimming at the first indication of bad weather

Sun Safety

Summer means fun in the sun! But be safe -don't let heat-related illness ruin your day. Always drink plenty of water and take frequent breaks when working or playing in the hot weather.

Boating Safety

Whether you're the captain of a schooner or a passenger on a ski boat, following safety guidelines ensures your safety and that of other seafarers.

- Be weather wise
- Bring extra gear you may need such as a flashlight, extra batteries, first aid kit and sun tan lotion
- Tell someone where you are, who is with you and how long you will be away
- Check your boat, equipment, boat balance, engine and fuel supply before leaving. **RM**

Source: www.redcross.org/services/hss/sunsafety/

Avian Flu Update

"The collaboration of Faith-Based and Community Organizations with public health agencies will be essential in protecting the public's health and safety if and when an influenza pandemic occurs," according to the Center for Disease Control. For a downloadable Faith-Based & Community Organizations Pandemic Influenza Preparedness Checklist, visit www.pandemicflu.gov Updates to Avian Flu activity can be obtained from www.cdc.gov **RM**

DATES TO REMEMBER:

Spring Parish Nurse Partnership Support Group, St. John Oakland Hospital, Education Center. May 11, 2006. St. John Oakland is located on Dequindre, North of Eleven Mile Road in Madison Heights. Fellowship with light dinner at 5p.m., followed by program from 5:30 p.m. until 8:30 p.m. (Note later time to accommodate our volunteer Parish Nurses that work during the day!) **Save the date:** Summer Partnership Meeting-Aug. 17, 2006, 8:30 a.m.-noon.

West Side Parish Nurse Network/Detroit Parish Nurse Network-“God Teaches Us”, Wednesday, May 10, Noon until 2 p.m., “Faith Community Nursing Standards of Practice,” Sr. Judith Mouch, U of D. Mercy. Nardin Park Methodist Church, 29887 W. 11 Mile Rd. (just east of Orchard Lake Rd.) Bring your nursing license number. Brown Bag Lunch-Coffee/Tea Provided.

“God With Us”, Monday, August 21, 2006, “Janism”, Noon until 2 p.m. “Expanding Interfaithness” will be the focus of “God With Us” gatherings in 2006, embracing our local diversities by engaging faith teachers who will deliver snapshots of their distinctive sets of beliefs, rituals, doctrines, institutions and/or practices”. Health Care Partners, 18000 W. 9 Mile Road, Southfield. Central location-easy access from I-696. Plentiful safe, free parking! Lunch provided, \$4, R.S.V.P, Kathleen Ruth, 313-510-2614 or e-mail DPNN2005@ameritech.net. 1 CEU through U of D Mercy.

Health Ministries Association 17th Annual Conference & Exhibition, June 22-25, 2006. Washington Duke Inn & Golf Club, Durham, NC www.hmassoc.org

20th Westberg Parish Nurse Symposium, October 6-8, 2006. Hyatt Regency, Union Station, St. Louis, MO www.parishnurses.org **RM**

Congratulations:

Mirandi Raines, RN, Parish Nurse Coordinator, Providence Hospital, received a State of Michigan Special Tribute from the 93rd Legislature, as well as a City of Detroit Certificate of Recognition from Mayor Kilpatrick for all of her hard work and wonderful outcomes as Parish Nurse Coordinator in the City of Detroit. We all join in these accolades to a wonderful example of parish nursing in the community. *Way to go, Mirandi!* **RM**

WHO’S RESPONSIBLE?

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Welcome

Please join us in extending a warm welcome to our newest Parish Nurse Partnership church, Church of Our Father Missionary Baptist Church, Parish Nurse LaVerne Cox.

Please add LaVerne and her church to your prayer list as they come together to develop their health ministries. **RM**

Free safety training

Neo 3 Circles Training is a two-hour class that teaches men, women and children over the age of 10 how to appropriately handle unfamiliar, threatening or dangerous situations with actions which are always moral and ethical. Dr. Tom Karas of St. Clair Shores, a graduate of St. Jude grade school, Notre Dame High School, U of D Mercy and the U of D School of Dentistry provides internationally recognized NEO 3 Circles Training classes to all interested parishioners at no cost. For information on scheduled classes or to host classes in your congregation, please contact Ms. Maureen Calvisi or Ms. Evelyn Victor at Dr. Karas’ office 586-775-0023. **RM**

News from IPNRC

Recently, 60 nurses went through Parish Nurse Basic Preparation in South Africa in the Dioceses of Witbank and Durban, taught by Thandiwe Diamini, International Parish Nurse Resource Center’s (IPNRC) Educational Partner in Swaziland, along with the recently retired Executive Director of Northwest Parish Nurse Ministries, Annette Stixrud. They are bringing the cool breezes of healing and hope through congregational health ministries to a new part of the world. Blessings to all the new parish nurses in South Africa, and elsewhere! **RM**

From IPNRC eNotes
www.parishnurses.org