

Happy New Year and Happy New YOU!

The new year offers time to develop the gifts of Presence, Peace and Gratitude

By Jane Cheyne, R.N., Faith Community Coordinator

As we continue to celebrate the birth of Christ, we are reminded that Christmas can last more than one day – that the spirit and magic of the season can thrive all the time. Peace, joy and goodwill are not seasonal; they are life-sustaining, life-enhancing, hopeful words that should be spoken, sung, and practiced all the months of the year.

Yesterday is the past, tomorrow is the future and today is a gift – that is why they call it the present!

Our lives are filled with “to do” lists. In our hectic society, we tend to totally miss the moment we are in. When Jesus was traveling and we cried out to Him, the disciples always wanted to move him along, but Jesus stopped and listened to the people. He never let the business of the day, or worry of tomorrow, interfere with the present moment. Jesus is in the present and if we aren’t mindful of this, we will pass Him by. A lot of anxiety is experienced when we tend to be prisoners of the past or worry about the future. Be mindful of God’s grace unfolding with every breath you take. This year, take some quiet time at the end of each day and ask yourself – where did I see God today? Perhaps it was in the design of a snowflake or through the kindness of a stranger. This year, give the present of your presence. Try really listening, and being present to your clients, your family and your neighbor. Be awake to the present moment – it is really all we have.

Try developing a sense of inner peace this year. Peace begins one person at a time. Take some quiet time this month, to assess the status of your inner peace. Do a life review. Are there people you need to forgive...living or deceased? Do you hold any grudges or prejudices? Do you need to forgive yourself or extend an apology to another? Forgiveness is the key to inner peace and freedom.

Medical research now validates a correlation between positive attitudes and the healthy impact it has on life. Studies are indicating that our brain chemistry releases endorphins and boosts our immune system when we laugh, exercise and maintain a positive outlook on life. I worked with a doctor who used to tell his patients, “You may not be able to control your feelings BUT every feeling is preceded by a thought and you can, to a certain extent, control your thoughts.” It is our thoughts that color our feelings and outlook on life. This year, take some time to listen to your internal voices. Is your self-talk positive or negative? Do I have a “poor me” attitude? Do I always feel that I am a “victim” of life’s unfairness? Do I see the cup of life as half-full or half-empty? Tell God your desire to have an attitude of gratitude. Feed your inner spirit with good things – the joy of music, art, dance, and nature. Be aware of God’s daily grace in your life.



God of this New Year, we are walking into mystery.

We face the future, not knowing what the days and months will bring to us or how we will respond.

Be with us as we journey.

May we welcome all who come our way.

Deepen our faith to see all of life through your eyes.

Fill us with hope and an abiding trust that you dwell in us amidst all our joys and sorrows.

Thank you for the treasure of our faith life.

Thank you for the gift of being able to rise each day with the assurance of your presence through the day with us.

God of this New Year, we praise you.

Author Unknown

January Health Observances

Cervical Health Awareness Month
..... www.nccc-online.org/awareness.php

National Blood Donor Month www.aabb.org

National Birth Defects Prevention Month.....
..... www.marchofdimes.com

Access to Care



One of the public's biggest frustrations is navigating the health care system. As faith community nurses, we are frequently called upon to assist in this endeavor. To facilitate your role, we plan to include an article each month which we hope will improve knowledge and understanding of access to care. This issue we are featuring 2-1-1, the health and human service equivalent of 9-1-1 to give or get help spearheaded by United Way.

2-1-1 is currently active in all counties we service, except for St. Clair County. 80% of Michigan's population and 80% of the nation's total population currently has 2-1-1- service. 2-1-1 can be reached via landline, wireless or voice over internet protocol (VoIP). Staff is extensively trained and nationally certified. Calls are free to the user, answered 24/7/365 by professional information and referral specialists with translation service available for non-English speaking callers. The 2-1-1 database is comprehensive and up-to-date, currently maintaining information on over 8,000 agencies with more than 50,000 public, non-profit and faith based health and human service programs.

For more information, go to www.uwmich.org or call 517-371-4360.

Happy, Healthy New Year!

Do you have your resolutions set? Is one of them to lose weight? If so, join the crowd! Weight loss is on the minds of many people, particularly following the holiday marathon of parties, celebrations and large meals! Obesity has become the leading health risk and the most serious disease epidemic in this country. Approximately 70 per cent of Americans are overweight and 16 million are morbidly obese. Obesity has become the leading cause of preventable death in the United States.

Obesity is a disease characterized by excessive body fat. It is defined as a condition where a person has a body mass index (BMI) over 30. A normal BMI is less than 25. Morbid obesity is a BMI greater than 35. As a person's BMI increases, so does the risk for developing obesity-related conditions and premature death. People who are medically obese usually are affected by behavior, genetic and environmental factors that are difficult to control with dieting. Obesity increases the likelihood of more than 40 diseases and other related health problems such as hypertension, heart disease, cancer, type II diabetes, degenerative arthritis and sleep apnea.

St. John Weight Loss Center was named a Bariatric Center of Excellence (COE) in August following an extensive site survey by the Surgical Review Board. Designation as a COE means St. John Health System's bariatric surgical weight loss program meets the highest standards for quality and outcomes and produces the lowest rates of complications. To qualify for bariatric surgery, you must be 100 pounds or more overweight, have a BMI over 40, have a BMI of 35-40 with obesity-related health conditions, and have made multiple attempts to lose weight by non-surgical means. Since 2005, St. John Health System has helped more than 400 morbidly obese patients through successful gastric bypass surgery.

Another option for all overweight persons is medical weight-loss. The medically-supervised weight loss program consists of dietary and lifestyle changes, exercise, counseling and education that are overseen by a team of professionals who help provide advice, encouragement and compliance with the program to ensure weight loss and maintenance. The program includes:

- A registered dietician for one-on-one meal planning and sound nutritional advice
- Supplements, including shakes and bars, for the initial rapid weight loss phase
- Counselor/psychologist to help make lasting lifestyle changes
- Exercise specialists and an exercise facility
- Ongoing lifetime support at no additional expense

If you or someone you know is looking for weight loss surgery options, St. John Weight Loss offers free informational seminars throughout southeast Michigan. For dates and locations, visit www.stjohnweightloss.org or call 866-823-4458.

Source: www.stjohnweightloss.com

February Health Observances

American Heart Monthwww.americanheart.org

National Wear Red Day, February 5, 2010.....
..... www.nhlbi.nih.gov/ health/hearttruth

National Children's Dental Health Month.....

Give Kids a Smile Day - February 5, 2010
..... www.ada.org/goto/ncdm

*National Eating Disorders Awareness Week -
February 21-27, 2010* www.nationaleatingdisorders.org

Heart and Vascular Screening Clinic to open at Providence

Many heart and vascular problems are caused by the build-up of plaque in the arteries that carry blood to the brain, abdominal organs, arms and legs. That condition is known as *atherosclerosis* or *arteriosclerosis*, which can lead to heart attack, stroke and other serious problems.

Although early diagnosis is key to helping prevent the consequences of vascular disease, patients frequently show no signs or symptoms. For many the first sign of a problem is a major vascular event, such as heart attack, stroke or ruptured aneurysm.

Fortunately, simple, non-invasive tests are available to diagnose heart and vascular disease, even in those who have no symptoms. The *Heart and Vascular Screening Clinic* at Providence Hospital offers a full panel of tests that can identify cardiovascular risk factors. The diagnostic studies include:

- blood work for cholesterol and diabetes
- blood pressure check
- electrocardiogram (EKG)
- body mass index (BMI)
- ankle brachial index (ABI), which shows how well blood is flowing to the limbs
- carotid ultrasound to show blood flow to the brain
- abdominal aorta ultrasound to check for aneurysm.

The entire series of tests takes approximately one hour. The results, combined with information from the patient's medical history and lifestyle questionnaire, are used to develop an individual coronary risk profile. Shortly after the clinic visit, patients will receive a follow-up mailing with their risk profile and the test results to review with his or her primary care physician.

Insurance generally does not cover the cost of screenings such as these, but the entire battery of tests is available at the *Heart and Vascular Screening Clinic* for only \$75. Since cardiovascular disease can actually be prevented or lessened by reducing an individual's risk factors, most patients consider the cost an investment in their peace of mind.

Appointments may be scheduled at Providence Hospital in Southfield by calling 248-849-2000. The screening program will be expanded to other SJHS locations in the near future.

In With the Good/Out With the Bad

Different foods lower cholesterol in various ways. Some deliver soluble fiber, which binds cholesterol and its precursors in the digestive system and drags them out of the body before they get into circulation. Some give you polyunsaturated fats, which directly lower low density lipoproteins (LDL), and some contain plant sterols and stanols, which block the body from absorbing cholesterol. 11 foods that lower cholesterol include:

1. **Oats.** Having a bowl of oatmeal or cold oat-based cereal for breakfast gives you 1 to 2 grams of soluble fiber. Current nutrition guidelines recommend getting 20 to 35 grams of fiber a day, with at least 5 to 10 grams coming from soluble fiber.
2. **Barley and other whole grains.**
3. **Beans.** Beans are especially rich in soluble fiber. They also take awhile for the body to digest, meaning you feel full for longer after a meal.
4. **Eggplant and okra.**
5. **Nuts.** Eating 2 ounces of nuts a day can lower LDL about 5%.
6. **Vegetable oils.** Using liquid vegetable oils such as canola, sunflower, safflower, and others in place of butter, lard or shortening when cooking helps lower LDL.
7. **Apples, grapes, strawberries, citrus fruits.** These fruits are rich in pectin, a type of soluble fiber that lowers LDL.
8. **Foods fortified with sterols and stanols.** Sterols and stanols extracted from plants gum up the body's ability to absorb cholesterol from food. Companies are adding them to foods ranging from margarine and granola bars to orange juice and chocolate. They're also available as supplements. Getting 2 grams of plant sterols or stanols a day can lower LDL cholesterol by about 10%.
9. **Soy.** Eating soybeans and foods made from them, like tofu and soy milk, now show a modest way to lower cholesterol. Consuming 25 grams of soy protein a day can lower LDL by 5-6%.
10. **Fatty fish.** Eating fish two or three times a week can lower LDL in two ways: by replacing meat, which has LDL-boosting saturated fats, and by delivering LDL-lowering omega-3 fats. Omega-3s reduce triglycerides in the bloodstream and also protect the heart by helping prevent the onset of abnormal heart rhythms.
11. **Fiber supplements.** The least appealing way to get soluble fiber, two teaspoons a day of psyllium, which is found in bulk-forming laxatives, provide about 4 grams of soluble fiber.

Harmful LDL creeps upward and protective high density lipoproteins (HDL) drifts downward largely because of diet and other lifestyle choices. Genes play a role, too—some people are genetically programmed to respond more readily to what they eat—but genes aren't something you can change. Here are some steps you can take:

Saturated fats. One way to lower your LDL is to substitute extra-lean ground beef or ground turkey for regular ground beef; low-fat or skim milk for whole milk; olive oil or a vegetable-oil margarine for butter; baked fish or chicken for fried.

CONGRATULATIONS, NEW FAITH COMMUNITY NURSES!

We're pleased to celebrate our newest partnership faith community nurses. They have completed the Faith Community Nurse Preparation Course offered by University of Detroit, Mercy this past fall.

Karen Fralick, R.N., Livonia Church of Christ, Livonia

Roberta Francisco, R.N., St. Cecelia Catholic Parish, Detroit

Catharine Khoury, R.N., St. James Catholic Parish, Ferndale

Dates To Remember:

January 12, 2010, February 16, 2010 – “Rekindle the Spirit of Caring: A Holistic Approach”, St. Paul of the Cross Retreat Center, 23333 Schoolcraft, Detroit. 8:00 am – 4:30 pm. Fee: \$70.00, includes breakfast and lunch. 6.0 contact hours for nurses. Call 313-535-9563

January 19, 2010 – “Every Nurse A Leader”, St. Paul of the Cross Retreat Center, 23333 Schoolcraft, Detroit. 7:30 am – 3:30 pm. Fee: \$75, includes breakfast and lunch. 6.0 contact hours for nurses. Call 313-535-9563

February 2, 2010, 8:30 am, Fisher Auditorium, Providence Hospital, Southfield and February 3, 2010, 5:30 pm, St. John Macomb-Oakland Hospital, Oakland Education Building - **Faith Community Partnerships Support Group**. Details pending. Contact your Coordinator or call Sally Sterr at 586-753-1484.

March 3, 2010 – “Unwrapping Our Gifts as Parish Nurse”, 9:00 am – 3:00 pm, Archdiocese of Detroit Parish Nurse Retreat. Manresa Retreat House, Bloomfield Hills. Speaker, Jacci Brown. For more information or to register online, go to www.aodonline.org/ParishNursing.

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Trans fats. Trans fats boost LDL as much as saturated fats do. They also lower protective HDL, rev up inflammation and increase the tendency for blood clots to form inside blood vessels. The Institute of Medicine recommends getting no more than two grams of trans fats a day; less is even better.

Weight and exercise. Being overweight and not exercising affects fats circulating in the bloodstream. Excess weight boosts harmful LDL, while inactivity depresses protective HDL. Losing weight if needed and exercising more reverse these trends.

Source: Harvard Medical School HEALTHbeat, October 27, 2009

Scope and Standards of Practice:

Faith Community Nursing

This standard completes the current standards of practice for faith community nurses (parish nurses) that we have included in each issue of “Faith and Health”. To view previous scopes and standards, go to www.stjohn.org/communityhealth. Click on “parish nursing” and you will see past issues of “Faith and Health” listed.

Standard 15. Leadership

The faith community nurse provides leadership in the professional practice setting and the profession.

Measurement Criteria:

The faith community nurse:

- Engages in practice as a recognized member of the staff serving the faith community.
- Works to create and maintain healthy work environments in the local faith community.
- Displays the ability to define a clear vision, the associated goals, and a plan to implement and measure progress towards wholistic health through spiritual care.
- Demonstrates a commitment to continuous, lifelong learning and spiritual growth for self and others.
- Teaches others to succeed by mentoring and other strategies.
- Exhibits creativity and flexibility through times of change.
- Demonstrates energy, excitement, and a passion for quality, spirit-filled work.
- Willingly accepts mistakes by self and others, thereby creating a culture in which risk-taking is not only safe, but expected.
- Inspires loyalty by valuing people as the most precious asset in the faith community.
- Directs the coordination of care within the faith community, across settings, and among caregivers, including training and oversight of unlicensed volunteers in any assigned or delegated tasks.
- Serves in key roles in the faith community by participating on committees, councils, and administrative teams.
- Promotes advancement of faith community nursing and the profession of nursing through participation in professional organizations of nursing and clergy.

Source: Faith Community Nursing: Scope & Standards of Practice, 2005.

Who's Responsible?

Mary Ann Martin, R.N. B.A.S.
Faith Community Coordinator

Sally Sterr, Administrative Assistant
St. John Health System, Community Health
586-753-1484 • Fax: 586-753-1488
Email: sally.sterr@stjohn.org