



# FAITH & HEALTH

FAITH COMMUNITY PARTNERSHIP NEWSLETTER

June & July '08

## Gratitude – the highest form of prayer

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

Have you ever stopped to think about what you have, instead of what you don't have? Do you take time to thank God for all the little blessings you receive as you go through each day?

For Christians, every day is a day to show gratitude and to give thanks. 1 Thessalonians 5:18 tells us "in everything give thanks."

Alan Cohen, in his book 'Handle With Prayer' states that the highest form of prayer is gratitude. He writes that instead of asking God for stuff, start thanking God for stuff, and you will find that God has already given you everything that you could want or need, including the adventure of discovering more riches every day.

If you stop and ponder for a moment, you can easily think of the people who have come into your life, over the years, at just the right moment when you needed them. They are the people who stood by you, who believed in you and let you know it in many ways. They are quick to send a note of encouragement, make a phone call or surprise you with a gift. They are the ones who were there when a crisis hit, and helped you walk through it. Thank God for the family and friends who have helped you along the way. Adopt an 'attitude of gratitude' as you greet your family and friends: let them know how much you appreciate them in your life.

Now, take a closer look at your own situation in life. Whether or not everything is exactly the way you want it to be, think about the blessings you have. Author Sarah Breathnach writes, "If we are to flourish as creative, nurturing beings and if we are to grow into wholeness, we must bloom wherever we are planted. Right now, you might not have the perfect career, home or relationship. Few of us do. But if you have the gift of today, you've got another chance to re-create your circumstances and make them as perfect as it's possible to do with the resources you have. Today, you get another chance to get it as right as you can make it." Thank God for 'planting you' right where you are and for giving you the challenges as well as the blessings along the way.

*"Enter into His gates with thanksgiving, and into His courts with praise; Be thankful to Him and bless His name. (Psalm 100:4)*

## SUMMER

Under the warmth  
of the summer sun  
the world awakes and blossoms  
into every imaginable colour  
You created a garden for us to enjoy  
and within it planted  
the most magical of flower and trees.  
You needed no horticultural training  
to plan your colour scheme  
no gardening expert  
to recommend variety or design.  
Your garden is perfect  
its colours harmonious  
its scale immense  
spoilt only by the clumsiness of those who tend it.  
Creator God  
who breathed this world into being



who is discernible within  
the harmony of nature  
the perfection of a butterfly's wing  
the grandeur of a mountain range  
the soaring eagle and hummingbird  
thank you for this world  
which you have  
created  
Thank you for the summer sun  
which reminds us  
that your creative breath  
is still alive and active.  
Thank you for the warmth of your love  
sustaining this world  
Your garden

With permission of John Birch, Faith and Worship.com

## JUNE Health Observances

Fireworks Safety Month ..... [www.preventblindness.org](http://www.preventblindness.org)  
Home Safety Month ..... [www.homesafetycouncil.org](http://www.homesafetycouncil.org)  
National Headache Awareness Week - June 3 -9  
..... [www.headaches.org](http://www.headaches.org)  
Sun Safety Week - June 3 - 9  
National Men's Health Week - June 11 - 17.  
..... [www.menshealthweek.org](http://www.menshealthweek.org)  
..... [www.menshealthnetwork.org](http://www.menshealthnetwork.org)  
Helen Keller Deaf - Blind Awareness Week - June 24 - 30  
..... [www.hknc.org](http://www.hknc.org)  
Eye Safety Awareness Week - June 27-July 5  
National Cancer Survivors Day - June 3  
National HIV Testing Day - June 27 ... [www.napwa.org](http://www.napwa.org)

## What is your Sun-Safety IQ?

Sun safety is not just for vacation. Are you sun-safe every day? Take the American Cancer Society's quiz and find out.

1. I can't get skin cancer, because my routine (work, drive to work, indoor hobbies, and vacations) doesn't include any outdoor activities. True/ False
2. My husband should use sunscreen at football games, even though he only goes (and gets a burn!) once or twice a year. True/ False
3. If I'm wearing sunscreen, I can stay in the sun as long as I want. True/ False
4. A sunscreen labeled SPF 30 blocks twice as much UV radiation as one labeled SPF 15. True/ False
5. It's safe to let my children stay in the pool all day if they slip on a t-shirt after a couple hours and reapply sunscreen to their faces, arms, and legs. True/ False
6. Getting a "base tan" at an indoor tanning salon is a good way to prevent sunburn when I go to the beach later this summer. True/ False

### Answers:

1. False. Sun's UV rays do pass through car windows.
2. True. Studies show that occasional exposure to strong sunlight increases the risk of the most serious type of skin cancer, melanoma
3. False. These products don't provide total protection from UV rays. Cover-up with a shirt, wear a wide brim hat, use sunscreen SPF 15 or higher. Don't forget sunglasses.
4. False. The SPF-Sun Protection factor describes how LONG a product will protect your skin.
5. False. UV rays easily penetrate a white cotton T-shirt, particularly if it's wet. Better clothing choices include dark colors, fabrics with tight weaves and moving to the shade. Seeking shade is a key element in preventing skin cancer.
6. False. Experts say a "base tan" gives you very little protection against sunburn, and that goes for indoor tans, too. Tanning itself injures the skin. There is no such thing as a "safe tan".

Source: [cancer.org](http://cancer.org)

## Top Ten Parenting Tips

*Happy Father's Day to all fathers, grandfathers, uncles and male mentors of children.* What an awesome responsibility you have...nothing could be more important or more rewarding! Maurice Arthur, in his book "A Black Man Thinking: Raising Children", winner of the 2007 iParenting Media Award, provides basic insights regarding parenting, particularly but not solely for black parents.

1. **It begins with you.** No one can influence your child as much as you, as long as you're spending quality time with your [child]. As a parent, you must take responsibility for your child and you must build the foundation in your child so that outside influences don't become more important than parental influence.
2. **Show your love.** Shower your child with kisses and hugs. Everyday. Tell your child that you love them, and back that up with patience and sensitivity. Always. Be your child's biggest cheerleader and build their confidence. Smile. Listen to your child and don't assume you know all the answers.
3. **Reading.** Reading is one of the most important things you can teach your child and will significantly enhance your child's chances of success. Reading is the great equalizer and it can put you on the same level with just about anybody, anywhere.
4. **The most important years.** Between birth and the age of five is where critical values are instilled in your child, and either you can put those values in your child, or they'll pick them up wherever they can. Respect, spirituality, honesty, integrity and accountability are only a few of the foundational elements you should put in your child.
5. **The environment.** Take control of the conditions that will influence your [child]. You have to manage your child's friends, the television, video games and your household. Control what you can control, influence what you can influence and let the rest go.
6. **House rules.** Establishing house rules will set the framework for good behavior. Your house rules are also a means for you to establish daily expectations. House rules apply for both visiting children and adults. You must be consistent.
7. **Managing expectations.** Show and tell your child what is expected. Too many parents have low or virtually no expectations of their children. Your child will perform to the level of what is expected, and if not much is expected not much can be gained.
8. **Role model behavior.** Find either a parent like the parent you want to be, or find a child that is like the child you want yours to become. Once you find that behavior, try to copy it.
9. **Attitude is everything.** Positive thinking is a habit and an attitude that you should instill in your child. A positive attitude will give you the ability to change how you see life and the life of your child.

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# JULY Health Observances

UV Safety Month ..... [www.aa.org](http://www.aa.org)  
Lead Poison Control Week ..... [www.aap.org](http://www.aap.org)  
..... [www.Lead411.org](http://www.Lead411.org)  
..... [www.nlm.nih.gov](http://www.nlm.nih.gov)  
National Youth Sports Week - July 10-14  
National/International Group B Strep Awareness Month

## Lead Poison

Lead is described as a neurotoxic metallic element that can be absorbed by the body through the lungs and stomach. Lead poisoning can cause neurological damage to both children and adults. Lead ingested by children mostly comes from old window sills, although paint with lead in it has been banned since 1977. Children that live in old homes are still at risk for lead poison. These children will develop lead poisoning after repeated exposures to substances containing small amounts of lead, such as paint chips, dust, soil or eating from lead-glazed dishes.

A large number of people believe that lead poisoning affects only the urban poor. Whereas exposure risk is higher in deteriorating inner-city neighborhoods, lead poisoning occurs in all social and economic groups. Middle-class children can be exposed to lead dust during renovations of older homes. Children age 3 and under are at higher risk, because they crawl on the floor and will put everything small into their mouths; consequently, their small bodies absorb and accumulate toxic lead amounts more rapidly than adults or older children. In addition, there has been a growing concern about the amount of lead being found in children's toys. According to Reuter, (2007), giant U.S. toy company Mattel Inc. had a second major recall on Chinese made toys containing lead paint in one month. ([www.calpoison.org/public/lead.html](http://www.calpoison.org/public/lead.html))

### Healthy nutrition choices for children who have been exposed to lead poisoning

To capitalize on the effectiveness of excellent nutritional behavior in helping decrease lead absorption, the following principles should be applied:

- Plenty of calcium should be included in children's meals. Foods rich in calcium are milk, yogurt, cheese, turnip greens, spinach, sardines, salmon, tofu and peanuts.
- Foods rich in iron include lean meat, skinless chicken, turkey, oatmeal, lentils, raisins, wheat germ and dates.
- Foods rich in vitamin C include kiwi, oranges, grapefruit, tomatoes, bell peppers, fruit juice, strawberries and broccoli.

- Foods rich in zinc are also a good nutrition choice. These foods include beef, oysters, clams, cashews and sunflower seeds.
- Fatty foods allow the body to absorb the lead faster; therefore foods that should be avoided include fast foods, bacon, meats that have not been trimmed of fat, chicken skin, potato chips, donuts and butter.
- Finally, children whose stomach is empty tend to absorb more lead than children who eat regularly throughout the day. Children should eat between 4 and 6 times a day, with an emphasis on the healthy foods listed above.

For more information on lead visit [www.nsc.org/issues/lead/leadnutrition.htm](http://www.nsc.org/issues/lead/leadnutrition.htm). Information from this site has been altered and paraphrased with the site's permission.

## Children's Sports Injuries

### Preventing Injuries

- Warm up before exercise
- Wear sunscreen and a hat
- Stay properly hydrated
- Know the warning signs of a serious injury
- Treat injuries with R.I.C.E.
  - ◆ Rest. Reduce or stop using the injured area for 48 hours. If you have a leg injury, stay off of it completely.
  - ◆ Ice. Put an ice pack on the injured area for 20 minutes at a time, 4 to 8 times per day. Use a cold pack, ice bag, or a plastic bag filled with crushed ice that has been wrapped in a towel.
  - ◆ Compression. Compression of an injured ankle, knee, or wrist may help reduce the swelling. They include bandages such as elastic wraps, special boots, air casts and splints. Ask your doctor which one is best.
  - ◆ Elevation. Keep the injured area elevated above the level of the heart. Use a pillow to help elevate an injured limb.

### Parents Checklist for Sports

- Does the coach have first aid training and an emergency action plan?
- Is there a safety policy regarding injury, illness, and inclement weather?
- Does the coach have your emergency contact information?
- Do you have contact information for the coach?
- Is there a first-aid kit always on hand?
- Is there water available for hydration at all games and practices?
- Is there a scheduled warm-up and cool down at games and practices?
- Does your child receive guidelines and recommendations about proper safety equipment?
- Is safety equipment required for play?
- Are children allowed adequate rest between games and practices?
- Is sportsmanship and fair play a core value of the program and the coach?

Source: [about.com](http://about.com)

## Scope and Standards of Practice-Faith Community Nursing

We continue to feature specific standards in each issue of "Faith and Health" so that we may better understand the scope and standards of faith community nursing (parish nursing.)

### Standard 8. Education

The faith community nurse attains knowledge and competency that reflects current nursing practice.

### Measurement Criteria:

#### The faith community nurse:

- Participates in ongoing educational activities related to spiritual care, professional nursing practice, and related professional issues.
- Demonstrates a commitment to lifelong learning through self-reflection and inquiry to identify learning needs.
- Seeks learning experiences that reflect current practice in order to maintain knowledge, skills, and competence in all dimensions of faith community nursing.
- Acquires knowledge and skills appropriate to faith community nursing practice.
- Maintains professional records that provide evidence of competency and lifelong learning in the specialty.
- Seeks experiences and formal and independent learning activities to maintain and develop the necessary professional skills and knowledge to provide spiritual care.
- Uses current research findings and other evidence to expand knowledge and enhance role performance.

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

## WHO'S RESPONSIBLE?

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## WELCOME, NEW PARTNERSHIP FAITH COMMUNITIES!!

*Congratulations* to Jesus Anointing Ministry, Pastor David and Sister First Lady Pat Williams and United Christian Church of Detroit, Pastor Rufus Lewis Sr. and Florine Bostic, Parish Nurse. Their Coordinator is Mirandi Raines.

Also, welcome to *Michelle Dowell*, Health Minister and her Pastor, Samuel Thompson at Christian Fellowship of Love Baptist Church and Livonia Church of Christ, Pastor Larry Stephens, with Parish Nurses Cynthia Lapp and Karen Fralick. Both are coordinated by Mary Ann Martin. We look forward to working with you and your ministries!

## DATES TO REMEMBER:

**"Garden of the Heart: Being the Heartbeat of God"**, Spring Faith Community Partnership Support Group. St. John Macomb-Oakland Hospital, Oakland Educational Building, 27351 Dequindre Rd., Madison Hts., MI 48071. May 7, 2008. 8:30-11:30 a.m., repeated at 5:30 - 8:30 p.m. R.S.V.P. to Mary Jo - 248-849-3279.

**June 12-15** - Health Ministries Association Annual Conference, Irvine, California. [www.hmassoc.org](http://www.hmassoc.org)

**Sept. 12-14** - Westberg Parish Nurse Symposium, St. Louis, Missouri. [www.parishnurses.org](http://www.parishnurses.org)

**September 16 - Nov. 18, 2008**, Tuesdays, 6 - 9 p.m. Core Curriculum for Faith Community Nurses, 36 continuing education contact hours, Providence Hospital, Café C. Cost \$445. Taught by Sr. Judy Mouch, U of D Mercy. Contact your Faith Community Coordinator for more information.

## Top Ten Parenting Tips...continued

**10. Enjoy life.** Have fun in raising your child. Every day is a blessing and some days will be more challenging than others. Make the best of whatever you have. You are one of God's great creations and both you and your child can be almost anything you want to be. Enjoy the moment because children grow up so fast. Laugh, cry, smile and love. Tomorrow is promised to no one so live your life to the fullest everyday, and be the best parent that you can be.

Source: [www.ablackmanthinking.com](http://www.ablackmanthinking.com)