



FAITH & HEALTH

FAITH COMMUNITY PARTNERSHIP NEWSLETTER

October-November, 2008

Spirituality

Source: Victor M. Parachin. *Seven Spiritual Practices for Caring Helpers*. Abby Press, 2007.

A strong spiritual foundation is crucial to our well being as caring helpers. Without this foundation, we risk burnout and exhaustion. Fortunately, there are spiritual practices we can use to sustain and enrich the spirituality that is at the core of our vocation.

Be a person of prayer – let the first words of your day be addressed to the Divine, expressing joy for a new day, life, health, work, family, friends, and colleagues. Starting your day this way generates enthusiasm for your daily life and work.

Don't let being busy crowd out your prayer – St. Francis of Sales expressed “Every Christian needs a half hour of prayer each day, except when he is busy, then he needs an hour.” Through prayer our energies can be replenished, anxieties eased and confidence renewed.

Observe the Sabbath day of rest – Exodus 20:8 reads: “Remember the Sabbath day, and keep it holy. Six days you shall labor and do all your work. But on the seventh day is a Sabbath to the Lord your God; you shall not do any work....” Spending a day with family, at a park or reading a good novel can be very renewing. Consider making yourself unavailable to work demands by giving yourself the gift of a Sabbath day.

Restore laughter – “A cheerful heart is good medicine, but a downcast spirit dries up the bones” (Proverbs 17:22). Caregivers are busy people who live and work at a fast pace. Often there is little room for laughter and humor. Studies show that humor can lower stress hormones and increase overall health.

Practice meditation – regular meditation eases anxieties and brings peace of mind. When you meditate, different parts of your brain actually turn on and off, causing your autonomic nervous system to slow down, shortcutting your stress response.

Recite affirmations – effective affirmations you can use throughout your day include: “I am calm;” “I am peaceful;” “I am capable;” “I am filled with joy;” “I am grateful;” “My cup runneth over;” “This is the day God has made-I will rejoice in it and be glad.”

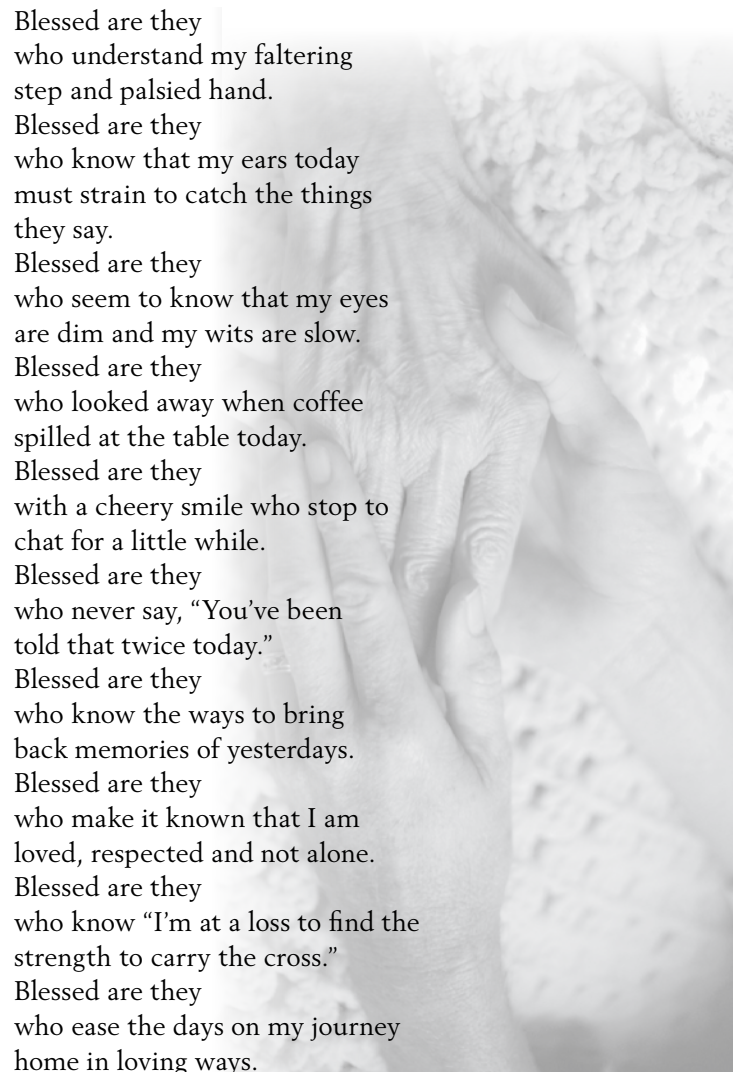
Put the Serenity Prayer in practice – This prayer reminds us not to waste our energies on the things we cannot change and to stay focused on areas where change and improvement are possible. It asks us to assess the situation – What conditions

are creating stress and anxiety? What can be changed? What must be accepted? The answers will guide your efforts to lead a balanced life.

A healthy spirituality is an essential part of a balanced life. When engaged in the helping profession, the need is even greater. Seek the Spirit at every opportunity, so that you can sustain a giving spirit!

Beatitudes for Friends of the Aged

By Esther Mary Walker • Source: *Engaging the Aging*, Spring, 2007



Blessed are they
who understand my faltering
step and palsied hand.
Blessed are they
who know that my ears today
must strain to catch the things
they say.
Blessed are they
who seem to know that my eyes
are dim and my wits are slow.
Blessed are they
who looked away when coffee
spilled at the table today.
Blessed are they
with a cheery smile who stop to
chat for a little while.
Blessed are they
who never say, “You’ve been
told that twice today.”
Blessed are they
who know the ways to bring
back memories of yesterdays.
Blessed are they
who make it known that I am
loved, respected and not alone.
Blessed are they
who know “I’m at a loss to find the
strength to carry the cross.”
Blessed are they
who ease the days on my journey
home in loving ways.

October Health Observances

Halloween Safety Month www.preventblindness.org
Halloween-safety.com

National Breast Cancer Awareness Month www.nbcam.com
www.cancer.org
www.komen.org
http://cancernet.nci.nih.gov

National Depression and Mental Health Month www.nimh.nih.gov
www.nami.org
www.wfmh.com

National Depression Screening Day 10/10/08 www.mentalhealthscreening.org

Reducing Your Risk for Breast Cancer



The American Cancer Society (ACS) says that your health habits may play a role in helping to reduce your risk for breast cancer, and your health habits are particularly important as you get older. A mammogram won't reduce your risk for breast cancer, but it can help detect the disease in its early, most treatable, stages.

The ACS recommends getting an annual mammogram if you're 40 or older and at average risk for breast cancer. Besides a mammogram, see your doctor for a clinical breast exam every three years if you're 20 to 39, advises the ACS. It's especially important for postmenopausal women to avoid being overweight, the ACS says,

because that increases the risk for breast cancer. If you drink, do so in moderation. Studies suggest that having more than two alcoholic drinks a day may increase your breast cancer risk by approximately 25 percent, the ACS says. One drink equals 12 ounces of beer, 4 to 5 ounces of wine or 1-1/2 ounces of hard liquor. Among its many benefits, physical activity has been shown to reduce breast cancer risk, the ACS says. No one knows exactly why, but it may be because of the effects of activity on hormones, energy balance, weight reduction and the immune system. October is breast cancer awareness month. Remind a friend or relative to schedule their mammogram.

Adapted from: Copyright Health Ink & Vitality Communications

Halloween Safety Tips for Kids and Adults!

Source: Halloween-safety.com

Halloween fun can bring out the kid in all of us. Having a safe Halloween will make lasting memories for you and your children. Using safety tips and common sense will help you to make the most of your Halloween season.

Try these safety tips:

- Treat your kids to a spooky Halloween dinner before trick or treating. This will help make them less likely to eat the candy they collect before you have a chance to check it for them.
- Trick or treating isn't what it used to be. Don't let kids walk the streets alone. Send a responsible adult or older teenager with them.
- Know what other activities your child may be attending, such as parties, school or mall functions.
- To prevent tripping or falling, avoid costumes that block vision or drag on the ground.
- Avoid pointed props, such as spears, swords or knives. Make sure tips are smooth and flexible to avoid injury.
- Teach your kids basic everyday safety such as not getting into cars, looking both ways before crossing streets and walking in pairs.
- Explain to your kids the difference between tricks and vandalism. Throwing eggs at a house may seem like fun, but they need to know the other side of the coin as well; clean up and damages can ruin Halloween.
- Explain to your kids that animal cruelty is not acceptable. Peer pressure can be a bad thing. Make sure that they know that harming animals is not only morally wrong, but punishable by law and will not be tolerated.
- If you are hosting a party where alcohol is being served, keep an eye on teenage children. Underage drinking is not only unhealthy to developing teens, it is against the law.
- If you choose to drink in the presence of your children, drink responsibly, and discuss what makes this responsible. Take the keys away from anyone that may be driving or offer to drive those people home who may be too intoxicated to drive.



November Health Observances

| | |
|--|--|
| <i>American Diabetes Month</i> | www.diabetes.org |
| <i>Diabetic Eye Disease Month</i> | www.preventblindness.org |
| <i>Lung Cancer</i> | www.smokefreemichigan.org |
| <i>Awareness Month</i> | www.lungusa.org |
| <i>National Caregiver's Month</i> | www.caregiving.org |
| <i>National Hospice Month</i> | www.mihospice.org www.nhpco.org |
| <i>Donor Sabbath Weekend – 11/9-11</i> | www.giftoflifemichigan.org www.organdonor.gov/get_involved/donorsabbath.htm |
| <i>Great American Smokeout – 11/15</i> | www.cancer.org |

Diabetic Holiday Meal Planning

The holidays can be a tough time for families, especially families dealing with diabetes. But there's no reason you can't take it all in stride. With a little preparation and some diabetes know-how under your belt, you'll be ready to face any holiday head-on.

The most important thing about managing diabetes during any holiday season is to plan ahead. The more you know about what's going to happen, the better you can plan for good diabetes care.

What does your family schedule look like for the holiday season? Are you going out of town? Having visitors stay with you? Do your plans usually include a lot of parties and food-oriented events? Or are your holidays more active, with events such as the annual family Thanksgiving football game? Getting a handle on what your schedule will look like ahead of time will help out a great deal as you tackle each day.

Once you know what your day will consist of, you should then examine your menus. Do you have traditional dishes that you make every year? There's no need to completely rework your menu just because of diabetes, but you may want to fine-tune it a bit. For example, maybe there are some ways you can make your traditional holiday foods a bit healthier. Will that casserole taste just as good with fat-free or light sour cream? Can you steam the green beans this year?

There are plenty of ways to lower fat, sugar, and carbohydrate counts in your favorite foods while still keeping the taste and texture you love. If your family looks forward to Aunt Selma's Heavenly Fudge every year-go ahead and make it, but first talk to your diabetes educator or dietitian about ways to work a piece or two into the meal plan. It may mean eating less of other treats, getting more exercise, increasing insulin doses, or a combination of all three. But you can do it!

Source: American Diabetes Association

Courageous Conversations

Holidays such as Thanksgiving may be the perfect opportunity to have the courageous conversations with your loved ones that you have been putting off. Relatives are gathered, memories of loved ones are close to everyone's hearts, and there is plenty of fellowship and opportunity to talk. Remember, it's up to you to take the initiative and express your wishes. Your family or loved ones are not likely to raise the issue for you. Talking about end-of-life issues can be difficult for anyone. One way to approach the subject is to talk about why you have decided to talk about these issues. For example:

- Did a particular event cause you to make the decision?
- Did an article in the newspaper or something that happened to a family member make you think about it?
- What is motivating you to take these actions now?

Sometimes sharing your personal concerns and values, spiritual beliefs, or views about what makes life worth living can be as helpful as talking about specific treatments and circumstances. For example:

- What aspects of your life give it the most meaning?
- How do your religious or spiritual beliefs affect your attitudes toward dying and death?
- What is your attitude towards death?

Sharing your end-of-life care decisions with your loved ones will also help them ensure your wishes are followed. Decisions may include answers to the following questions:

- How important is it to you to be physically independent and stay in your own home?
- Would you want your healthcare advocate to take into account the effect your illness has on any other people?
- Would you prefer to die at home if possible?

Reassess your decisions over time. These are not simple questions and your views may change. It is important that you review these issues and discuss your choices as your personal health or circumstances change your life.

If you are planning to host an end-of-life program in your faith community, refer to the resource packet given out at last year's support group. Contact your Faith Community Coordinator for additional resources and assistance.

Source: National Hospice and Palliative Care Organization

AARP Offers Defensive Driving Program

As time goes by, adults undergo subtle physical changes that center around their vision, hearing, and general stamina. Drivers over age 65 are involved in more crashes per mile than drivers age 30 to 64 and survive them less well. Fatalities per miles driven continue to fall, but traffic accidents still wipe out more than 40,000 Americans each year.

The American Association of Retired Persons (AARP) Driver Safety Program, a classroom driver course for drivers aged 50 years and older, is available to be held at your faith community. The course explains the changes that occur in vision, hearing, and reaction time as we age and provides useful driving safety tips for handling these changes. As a sponsor, you can promote safe driving and help older drivers maintain their mobility and independence. Over the past 20 years, more than 8 million drivers have taken the course nationwide. Some insurance companies offer discounts for course graduates.

Providing or making arrangements for a free room to hold the course is the most important contribution a sponsor can make. The average class size is 20 people, but classes can range from 10 to 35 students. The course runs 8 hours, generally split into two 4-hour sessions, and may be scheduled on weekdays, evenings, or weekends. The course includes an audiovisual portion. Generally, a VCR and TV monitor are required, but a slide projector and screen can be substituted. Some sponsors also help by pre-registering students through phone or mail reservations, creating a roster, and collecting the course fee of \$10.00 per person. It enhances the program if light refreshments such as coffee and cookies are offered.

All course materials, including workbooks for each student, are provided. Graduates receive a certificate of completion. For further information, please contact Daniel Sier, Instructor, at 586-254-0672, the AARP Driver Safety program at 888-227-7669, or visit the web at www.aarp.org/drive.

Dates To Remember:

September 24, 2008 - 8:30 a.m. and 5:30 p.m. St. John Faith Community Partnerships Fall Support Group. Tracey Hall, Nurse Practitioner, Van Elslander Cancer Center. "High Risk Breast Cancer Patients and The Community Nurse." St. John Macomb-Oakland Hospital, Oakland Education Building, 27351 Dequindre Rd., Madison Hts., MI 48071.

October 8, 2008 - 8:00 a.m. - 3:00 p.m. Archdiocese of Detroit Annual Parish Nurse Retreat - "Gussy Up Your Spirit: In Life's Heartbeat," Sacred Heart Major Seminary, 2701 W. Chicago Blvd., Detroit, MI 48206. Online registration is available at www.aodonline.org or call (313)237-5778.

October 11, 2008, 8:00 a.m. - 4:30 p.m. - Intervarsity Nurses Christian Fellowship - "Christian Nursing in Today's World," Ward Evangelical Presbyterian Church, 40000 Six Mile Rd., Northville. For fees and further information, visit ncf@intervarsity.org or call Paula Grohman at 248-357-9177. 6 contact hours.

Scope and Standards of Practice- Faith Community Nursing

To better understand the scope and standards of faith community nursing (parish nursing), we will continue to feature specific standards in each issue of "Faith and Health."

Standard 10. Collegiality

The faith community nurse interacts with and contributes to the professional development of peers and colleagues.

Measurement Criteria:

The faith community nurse:

- Shares knowledge and skills with peers and colleagues as evidenced by activities such as patient care conferences with spiritual leaders and other healthcare providers and presentations at formal or informal meetings.
- Provides peers with feedback regarding their practice and role performance.
- Interacts with peers and colleagues to enhance one's own professional faith community nursing practices, spiritual development, and role performance.
- Maintains compassionate and caring relationships with peers and colleagues.
- Contributes to an environment that is conducive to the education of colleagues concerning the relationship between spiritual care and wholistic health.
- Contributes to a supportive, healthy, spirit-filled work environment.
- Develops a plan for ongoing spiritual care and support of wholistic health of self and colleagues.
- Participates with colleagues to directly or indirectly advance wholistic health services and spiritual well-being in faith communities.
- Mentors other faith community nurses and colleagues as appropriate.

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

Who's Responsible?

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