

# PARISH NURSE

(your link to wholistic health)



March 2005

## Compliance

*At the beginning of the year, St. John Health sent out a system wide calendar. It included all the JCAHO dates and other dates of review. I see efforts toward preparedness as I read the internal newsletters from the different hospitals regarding compliance activities. I came across the following old story regarding compliance and was inspired to share it with you!*

A pastor received a survey in the mail from the local electric company, reflecting the wide-spread concern about the Y2K computer problems. It was the last question on that survey that stumped him: ***“Will your essential functions be affected?”***

The pastor wondered just what were the essential functions of the parish. He reflected that the church is primarily a community of charity and prayer, therefore, the parish could continue its essential functions quite well. He wrote, “We should be able to celebrate the sacraments, do works of charity, study the Scriptures and teach faith, even if the computers shut down.”

With further reflection the pastor mused, “We might not be able to fill in all those forms that come to us from the diocese and the government, which would be God’s

form of justice. We might not be able to schedule so many events, which would give us all a needed Sabbath rest.”

That power company survey made the pastor then wonder about the “Day of Judgment” readiness of the parish community. “What if we sent out a similar survey,” he contemplated, “to determine if the people

in the parish are ‘Second Coming’ compliant? What essential functions would we want them to consider?”

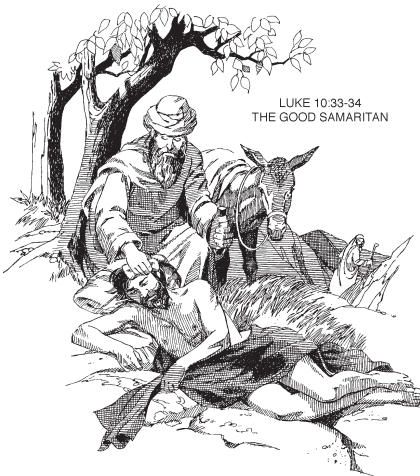
So the pastor started to write down some points to ponder:

- Have you fed the hungry lately?
- Have you given drink to the thirsty?
- Are strangers welcomed in your community?
- What provisions have you made for clothing the naked and sheltering the homeless?
- Are your programs for visiting the sick and the imprisoned working well?
- Do you worship God in spirit and truth?
- Have you been building up each other with words of encouragement?
- Have you been reconciling enemies, making peace and comforting those who mourn?
- What have you done to reduce the violence in your community?
- What about reducing the violent rages within your own heart?
- In what ways have you hungered and thirsted for justice, and not sought vengeance?
- Have you preached the Good News lately—by your words or your deeds?
- Have you told people of God’s abundant love for them?
- Are your treasures stored up in heaven, or in a safety deposit box?

The pastor noted, “Most of us would have a harder time filling out the second survey than the first.” He continued, “I’d also be willing to bet that it would be a lot more important to get compliant with the second readiness survey.”

The pastor concluded, “One way or another, we will muddle through computer glitches. But if we don’t get compliant with the concerns of the Lord’s survey of readiness, we might not get through the ‘Day of Judgment’ unscathed. Now that’s a survey to take seriously.” **RM**

Credit: Fr. Brian Cavanaugh, TOR@appleseeds.org



## April Health Observances

Colorectal Cancer.....	<a href="http://www.preventcancer.org">www.preventcancer.org</a>
Cancer Control .....	<a href="http://www.cancer.org">www.cancer.org</a>
IBS Awareness .....	<a href="http://www.aboutibs.org">www.aboutibs.org</a>
Autism Awareness .....	<a href="http://www.autism-society.org">www.autism-society.org</a>
Donate Life .....	<a href="http://www.organdonor.gov/donatelife.htm">www.organdonor.gov/donatelife.htm</a>
Sexual Assault Awareness .....	<a href="http://www.nsvrc.org">www.nsvrc.org</a>
Eating Disorders Awareness .....	<a href="http://www.anad.org">www.anad.org</a>
4 - 10 Public Health Week .....	<a href="http://www.apha.org">www.apha.org</a>
17 - 23 Volunteer Week .....	<a href="http://www.pointsoflight.org/nvw/nvw.cfm">www.pointsoflight.org/nvw/nvw.cfm</a>
24 - 30 Infant Immunization Wk .....	<a href="http://www.cdc.gov/nip/events/niiw/">www.cdc.gov/nip/events/niiw/</a>
30 - 7 National SAFE KIDS Week .....	<a href="http://www.safekids.org">www.safekids.org</a>
2 YMCA Healthy Kids Day .....	<a href="http://www.ymca.net">www.ymca.net</a>
<b>7 Alcohol Screening Day .....</b>	<b><a href="http://www.NationalAlcoholScreeningDay.org">www.NationalAlcoholScreeningDay.org</a></b>
13 Kick Butts Day .....	<a href="http://www.kickbuttsday.org">www.kickbuttsday.org</a>

Contact Sally for support material related to the bolded themes.

## April – Alcohol Awareness

The Scriptures speak often of the destructive power of alcohol. Noah's drunkenness brought shame to his family (Gen. 9:20-27). Lot's drunkenness resulted in an incestuous relationship with his two daughters (Gen. 19:30-38). An inebriated Xerxes sought to humiliate Queen Vashti publicly (Est. 1:9-22). The consumption of alcohol impairs judgment, inflames passions, and invites violence (Lev. 10:8-11; Prov. 20:1, 23:29-35, 31:4,5).

Alcoholism is associated with a breakdown of moral inhibitions, indiscreet or violent behavior. Long-term drinking can terminally damage liver, pancreas, brain, or heart. Binge drinking on university campuses has caused instant death. It is estimated there are 14 million problem drinkers in the United States. Half of the fatal automobile accidents are caused by alcohol-impaired drivers. The annual cost of alcohol-related accidents, illness, violent crime, and loss of work time is estimated to exceed 100 billion dollars.

The use of alcohol exacts a heavy toll, not only on the addicted person, but also on all of society. The theme for April is Alcohol Awareness. Contact Sally for related material. **RM**

<http://www.ag.org/top/beliefs>

## ETOH and Seniors

Although the extent of alcoholism among the elderly is debated, the diagnosis and treatment of alcohol problems are likely to become increasingly important as the elderly population grows.

Although many medical and other problems are associated with both aging and alcohol misuse, the extent to which these two factors may interact to contribute to disease is unclear. Some examples of potential alcohol-aging interactions include the following:

- The incidence of hip fractures in the elderly increases with alcohol consumption. This increase can be explained by falls while intoxicated combined with a more pronounced decrease in bone density in elderly persons with alcoholism compared with elderly nonalcoholics.
- The average person older than 65 takes two to seven prescription medications daily. Alcohol-medication interactions are especially common among the elderly, increasing the risk of negative health effects and potentially influencing the effectiveness of the medications.
- Depressive disorders are more common among the elderly than among younger people and tend to co-occur with alcohol misuse. Seniors with alcoholism are three times more likely to exhibit a major depressive.

Check out the resource room for more information on seniors and alcohol use. **RM**

<http://alcoholism.about.com/>

## Macomb Senior Expo

Clinton Township is sponsoring its 2<sup>nd</sup> Senior Expo on April 20, 10 a.m. - 2 .m. at the Best Western Inn, Gratiot, South of Hall Road. Screenings, health information and vender booths. Call for flyer or more information.

## May Health Observances

- Stroke Awareness ..... [www.strokeassociation.org](http://www.strokeassociation.org)
- Mental Health ..... [www.nmha.org](http://www.nmha.org)
- Lyme Disease Awareness ..... [www.lyme.org](http://www.lyme.org)
- Osteoporosis Awareness ..... [www.nof.org](http://www.nof.org)
- Skin Cancer Awareness ..... [www.cancer.org](http://www.cancer.org)
- Asthma and Allergy Awareness ..... [www.aafa.org](http://www.aafa.org)
- Better Hearing and Speech ..... [www.asha.org](http://www.asha.org)
- Better Sleep ..... [www.bettersleep.org](http://www.bettersleep.org)
- High Blood Pressure Education ..... [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
- Physical Fitness & Sports ... [www.presidentchallenge.org](http://www.presidentchallenge.org)
- 8 - 14 Food Allergy Awareness Wk... [www.foodallergy.org](http://www.foodallergy.org)
- 22 - 28 Running and Fitness Week .....  
..... [www.americanrunning.org](http://www.americanrunning.org)
- 9 Women’s Check-up Day ..... [www.4woman.gov](http://www.4woman.gov)
- 25 Missing Children’s Day... [www.childfindofamerica.org](http://www.childfindofamerica.org)
- 25 Senior Health & Fitness Day ... [www.fitnessday.com](http://www.fitnessday.com)

## May - Stroke Awareness

The good news about stroke is that it’s largely preventable. Research has shown that you can take steps to prevent stroke by reducing and controlling the risk factors.

The other good news is more than 4.7 million people who have had strokes are alive today! And much is being done to treat strokes and stop them in their tracks. For example, the FDA’s approval of the clot-dissolving drug tPA for treating stroke represents a major advance in the fight against stroke. With fast action, seeking emergency treatment right away, disabilities caused by stroke can be reduced. **RM**

## Attention: Prevention

Knowing your stroke risk is the key to prevention.

### Risk factors that can be changed or treated

- High blood pressure
- Tobacco use
- Diabetes
- Carotid or other artery disease
- TIA’s
- Atrial fib or other heart disease

- Certain blood disorders
- High blood cholesterol
- Physical inactivity and obesity
- Excessive alcohol intake
- Illegal drug use

### Risk factors that cannot be controlled

- Increasing age
- Gender
- Heredity and race prior stroke

## Learn to recognize a stroke

*Because time lost is brain lost.* Today there are treatments that can reduce the risk of damage from the most common type of stroke, if help is sought quickly – within 3 hours of the first symptom.

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headaches with no known cause

Get the message out about the importance of calling 9-1-1 immediately when the warning signs appear! Contact Sally for more material. **RM**

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## American Heart Association –The Heart of a Healthy Congregation:

Incorporating Health Education into Faith-Based Settings, April 14, 2005, 8 a.m. - 4 p.m., Providence Hospital – Please plan on attending an enlightening discussion on developing healthier congregations through education, featuring keynote speaker Karen Petersmarck, PhD, MPH from Michigan Department of Community Health. This program will provide CME credits. Continental breakfast and lunch will be served. For more information, please contact Toni Price or Beverly Peete at 248-827-4214. **RM**

## Just Quit it!

The state of Michigan Quit Line provides information and telephonic health coach programs for residents (13 years of age and older) who want to quit using tobacco.

The Quit Line is staffed from 8 a.m. to 8 p.m., Monday through Friday. Calls received after hours are returned the next business day. Callers can request a "Quit Kit" be mailed to them. Nicotine replacement products are also available to callers without health insurance. A one month supply is given, and follow-up phone calls are made. Posters and business cards for the Quit Line are available at the resource center. **RM**

## A Change of Pace

The 2<sup>nd</sup> Annual Webber Women's Conference is Wednesday, April 13, 6-9:15 p.m. at the Sterling Inn, Van Dyke at 15 Mile in Sterling Heights. Featuring two outstanding speakers: Best selling author Marianne Williamson and Derita Dunaway, RN. Cost: \$45 before March 11; \$50 after. Pre-registration is required by March 25 with reserved seating available for tables of 10. Call the Webber Healing Arts Center, 586.573.5785, for a registration form. **RM**

## Scan Conference

"Aging in the Future" is the theme for the 17th Annual Scan Conference, Tuesday, April 5 at the Management Education Center, Michigan State University, Square Lake Road in Troy. Keynote speaker, Gary Null, PhD., America's foremost expert on Health and Nutrition, specializing in anti-aging. Pre-registration is \$75 and includes lunch, refreshments and program materials. Contact Tina Rowley at 248.203.2273 for more information. **RM**

## Spring Support Group

Tuesday, May 10 - The spring support group meeting will be at St. John Health, Corporate Services Building, 28000 Dequindre, (between 11 and 12 Mile Roads on the East side), in N31 (north building). All meetings will begin at 8:30 am and run until about noon. **RM**

## Just a Thought!

Kathy Zaguroli, Director of Volunteer/CareLink for St. John Oakland Hospital, is interested in having a magazine drive. Oakland has volunteers who take a cart to patient rooms and gives away free magazines and books. They go through around 250 magazines each month. They are in constant need of current magazines. Kathy is willing to work with any parish or group. Please contact her at 248.967.7721. **RM**

## Community Education Nights

Join us the 2<sup>nd</sup> Tuesday of each month, 6:30 - 8:30 p.m., in the third floor conference room of the Van Elslander Cancer Center for an informative evening. The programs are free of charge and are open to the public. To register or for more information, call 1-866-246-4673. **RM**

**April 14, 6:30 p.m.: Natural Approaches to Combat Hypertension.** High blood pressure is a common medical condition and is a risk factor for cardiovascular disease and stroke. Learn about this serious condition and how to combat hypertension with diet and various methods of stress reduction. Presented by Patricia Smith, RN

**May 12, 6:30 p.m.: Healing Mind, Body and Spirit.** Complementary and alternative medicine practices can play an important role in healing. Join us and experience new pathways to well-being including Reiki, Chair Massage, Emotional Freedom Technique, CranioFacial Therapy and Reflexology. Presented by Mary Natschke, RN **RM**

**WHO'S RESPONSIBLE?**

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