

# PARISH NURSE

(your link to wholistic health)



May 2005

## Parish Nurses - Bloom Where You Are Planted!

As the spring air gives way to the warm summer sun, an array of beauty can be seen in flower gardens in your neighborhood. A favorite early spring flower is the johnny jump-up. They have sweet smiling faces, each with it's own personality. Every morning, the sweet smiling faces of the small flowers look upward, as if to say "Good morning, sunshine!" as they settle their roots into the earth.

If you stop and take notice, you might smile back as you see in them the faces of your "jump-up" friends – people who have come into your life over the years at just the exact time you needed to see a friendly, smiling face. They are 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. What a tremendous rescue team!

Parish nurses are the "johnny jump-ups" of the garden of life. Each of you, in your uniqueness, add color and vitality to the lives you touch. Small, but mighty, you are God's healing presence to a dark corner of the earth.

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. What more could you desire?"

What keeps a Parish Nurse blooming in her ministry? Just as the flower needs the rain, nurses need nourishment as well. Our strength comes from our faith in God and the support of others. God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them. **Hebrews 6:10.**

So then, what inspires you to do the work of Parish Nurse ministry? When asked this question, some nurses replied:

- I believe in what I'm doing and the good that comes from it.
- The inspiration I receive from others keeps me going.
- The results! When I see some of the wonderful things I've accomplished, I want to do more.
- The people! I like being part of a group of people who are doing good things in the community.
- I like the support, the involvement and the caring of others.
- I believe the work I do is God's work – we're doing his will.

As you walk in the garden of your life, think and pray about your work and where you are planted. Think about where you have been and where you might be next. Smile and remember to thank God for all of the johnny jump-ups! **RM**



## June Health Observances

- Safe Food Handling ..... [www.fightbac.org](http://www.fightbac.org)
- Fireworks Safety Month ..... [www.preventblindness.org](http://www.preventblindness.org)
- National Aphasia Awareness Month ..... [www.aphasia.org](http://www.aphasia.org)
- Myasthenia Gravis Awareness Month ..... [www.myasthenia.org](http://www.myasthenia.org)
- National Scleroderma Awareness Month ..... [www.scleroderma.org](http://www.scleroderma.org)
- Vision Research Month ..... [www.preventblindness.org](http://www.preventblindness.org)
- 4 - 11 Dystonia Awareness Week ..... [www.dystonia-foundation.org](http://www.dystonia-foundation.org)
- 5 - 11 National Headache Awareness Week ..... [www.headaches.org](http://www.headaches.org)
- 13 - 19 National Men’s Health Week.....[www.menshealthweek.org](http://www.menshealthweek.org)
- 27 - 5 Eye Safety Awareness Week ..... [www.useironline.org](http://www.useironline.org)
- 26 - 2 Helen Keller Deaf - Blind Awareness Week ..... [www.hknc.org](http://www.hknc.org)
- 5 National Cancer Survivors Day .....[www.ncsdf.org](http://www.ncsdf.org)
- 27 National HIV Testing Day ..... [www.napwa.org/hivtestinfo/index](http://www.napwa.org/hivtestinfo/index)

Bolded Themes material may be available, contact Sally!

## Food Safety

Illness caused by contaminated or improperly prepared foods cause up to 81 million people to get sick each year, with almost 9000 of these illnesses leading to death. Children are among the people most at risk for serious illness from food poisoning.

To protect your child from germs that cause food poisoning, it is important to practice the following food safety techniques, which include not giving your child undercooked or poorly refrigerated poultry, meat, fish or eggs, washing your hands, utensils and kitchen surfaces after handling uncooked poultry and meat, thoroughly washing fruits and vegetables, not giving your child unpasteurized dairy products or fruit juices, avoiding fish and shellfish from noncommercial sources, not serving hamburgers rare, promptly refrigerating leftovers and not leaving foods at room temperature for more than a few hours, defrosting foods in the refrigerator, and keeping your refrigerator set to at least 40 degrees Fahrenheit and your freezer to zero degrees. The resource room has bulletin material for you to use.

Contact Sally.**RM**

## Outdoor Safety

Each year, more than 200,000 children go to U.S. hospital emergency rooms with injuries associated with playground equipment. Most injuries occur when a child falls from the equipment onto the ground. Many backyard playsets are placed on dirt or grass surfaces that do not adequately protect children when they fall. Consider promoting outdoor safety in June. Contact Sally for support material.**RM**

## Keep Cold Food Cold

Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill.

When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.**RM**

## Keep Everything Clean

Be sure there are plenty of clean utensils and platters. To prevent foodborne illness, don’t use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

If you’re eating away from home, find out if there’s a source of clean water. If not, bring water for preparation and cleaning. Or pack clean cloths and wet towelettes for cleaning surfaces and hands.**RM**

## July Health Observances

GERD ..... [www.gerd.com](http://www.gerd.com)

International Group B Strep

Awareness Month ..... [www.thejessecause.org](http://www.thejessecause.org)

Bolded Themes material may be available, contact Sally!

## July - GERD

Evidence indicates that up to 44% of otherwise healthy adult Americans suffer from heartburn at least once a month. Approximately 7% of the population experience heartburn as often as once a day. It has been estimated that approximately 2% of the adult population suffers from Gastroesophageal Reflux Disease, GERD, based on objective measures such as endoscopic or histological examinations. The incidence of GERD increases markedly after the age of 40, and it is not uncommon for patients experiencing symptoms to wait years before seeking medical treatment. Do you have parishioners who suffer from this treatable condition? Consider presenting GERD information for July's theme (remember - hot dogs, apple pie and GERD for the 4th). Contact Sally for more material. **RM**

## How is GERD treated?

If you have had heartburn or any of the other symptoms for a while, you should see your doctor. You may want to visit an internist, a doctor who specializes in internal medicine, or a gastroenterologist, a doctor who treats diseases of the stomach and intestines. Depending on how severe your GERD is, treatment may involve one or more of the following lifestyle changes and medications or surgery:

- If you smoke, stop.
- Do not drink alcohol.
- Lose weight if needed.
- Eat small meals.
- Wear loose-fitting clothes.
- Avoid lying down for 3 hours after a meal.
- Raise the head of your bed 6 to 8 inches by putting blocks of wood under the bedposts-just using extra pillows will not help.

## Do you know this?

The treatment of GERD may include the use of medication. Here is a list of the Rx categories and general actions.

Antacids (such as Alka-Seltzer) are usually the first drugs recommended to relieve heartburn and other mild GERD symptoms. Different brands use different combinations of three basic salts.

Antacids, however, have side effects. Magnesium salt can lead to diarrhea, and aluminum salts can cause constipation. Aluminum and magnesium salts are often combined in a single product to balance these effects.

Foaming agents (such as Gaviscon) work by covering your stomach contents with foam to prevent reflux. These drugs may help those who have no damage to the esophagus.

H2 blockers (such as Tagamet, Pepcid AC and Zantac) impede acid production. These drugs provide short-term relief, but over-the-counter H2 blockers should not be used for more than a few weeks at a time. Many people benefit from taking H2 blockers at bedtime in combination with a proton pump inhibitor.

Proton pump inhibitors such as Prilosec, Prevacid and Nexium, are all available by prescription. Proton pump inhibitors are more effective than H2 blockers and can relieve symptoms in almost everyone who has GERD.

Because drugs work in different ways, combinations of drugs may help control symptoms. People who get heartburn after eating may take both antacids and H2 blockers. The antacids work first to neutralize the acid in the stomach, while the H2 blockers act on acid production. By the time the antacid stops working, the H2 blocker will have stopped acid production. Your doctor is the best source of information on how to use medications for GERD. **RM**

## Farewell

It seems each edition of this newsletter has a staff change to announce and this edition will be no exception. I have accepted the position of manager, community health at Providence Hospital. There is no measure that can show how grateful I am to each of you for encouraging and challenging me to grow in this ministry. I know that my work here is for the Glory of God and I am blessed by my service to Him. Thank you, Tammi **RM**

## Getting Calls

Much attention has been focused on end of life issues. Please know that the resource center is full of material that you can use to present this subject: forms, videos, even care notes. Please contact Sally 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 begin at 8:30 a.m. and run until noon. **RM**

## Please Remember

Do we have a copy of your most recent license on file? If not, fax or mail a copy to Sally today at 586.753.1488. **RM**

## Plan Ahead

The Archdiocese of Detroit will present a wonderful day of spiritual reflection again this year on **Wednesday, October 12**, 8:30 a.m. – 3 p.m., at the St. John Center for Family, Plymouth, mark your calendar. More information to come! **RM**

## “Survey Say’s!”

I’m borrowing a line from Family Feud here, but really, we want you to know the outcome of the survey done this past winter. Thank you again for letting us know how to serve you better!

Survey Results:

**Frequency of support group:**

Monthly - 3; Quarterly - 14;  
Twice yearly - 2

**Willing to drive to:**

Warren - 18; Southfield - 6

**Best time:**

Morning - 8; Afternoon - 4; Evening - 1

**Length of time:**

1-2 hours - 2; 3 hours - 11; 1/2 day - 9  
Full day - 1

**Contact hours:**

Vital - 2; Very important - 5;  
Important - 10; Not vital - 1

**Newsletter frequency:**

Monthly - 7; Every other month - 2  
Quarterly - 10

**Newsletter meets needs?**

Yes - 19; No - 0

**Use the info for articles?**

Yes - 13; No - 1

**I write articles:**

Weekly - 6; Monthly - 5; Occasionally - 7

**Newsletter by mail**

Yes - 8; No - 10

In addition to the above information, you told us that you find the inspirational and the monthly theme material the most useful and that most of you are not aware of or do not use the resources available to you even though you feel they are easily accessible.

We will be using this data to adjust our services in the coming month – all to improve our ministry to you! **RM**

### WHO’S RESPONSIBLE?

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