

Dates to Remember:

Substance Abuse and Dependence:

"A Faith-Based Health Concern", for Clergy and Parish Nurses-Friday, March 10, 2006 at St. John Oakland Hospital Education Center. To register, call Health Connect at 1-888-440 REAL

Parish Nurse Training Course:

Tuesday evenings, 6 p.m. – 9 p.m. at Providence Hospital, DePaul Center, Cafeteria C, March 7 through May 16, excluding April 18. Offered through U of D Mercy, Sr. Judy Mouch, 36 CE Contact Hours. Contact your Parish Nurse Coordinator for details!

Spring Parish Nurse Partnership Support Group:

St. John Oakland Hospital, Education Center. May 11, 2006. St. John Oakland is located on Dequindre, North of Eleven Mile Road in Madison Heights. Fellowship and light dinner at 5 p.m., followed by program from 5:30 p.m. until 8:30 p.m. (Note later time to accommodate our volunteer Parish Nurses that work during the day!) Save the date: Summer Partnership Meeting-August 17, 2006, 8:30 a.m. – noon.

West Side Parish Nurse Network/Detroit Parish Nurse Network – "God Teaches Us",

Wednesday, March 8, 2006, Noon until 2 p.m.

"Coping With Declining Health", by Mercy Home Care, Cranbrook Hospice, 1.0 CEU. Nardin Park Methodist Church, 29887 W. 11 Mile Rd. (just east of Orchard Lake Rd.) Bring your nursing license number. Brown bag lunch/coffee/tea provided.

Save the date: Wednesday, May 10, "Faith Community Nursing Standards of Practice," Sr. Judith Mouch, U of D Mercy.

"God With Us", Monday, April 10, 2006,

"Buddhism", Health Care Partners, 18000 W. 9 Mile Road, Southfield. Central location — easy access from I-696. Plentiful safe, free parking! Lunch provided, \$4, RSVP Kathleen Ruth, 313-510-2614 or e-mail DPNN2005@ameritech.net, 1.0 CEU.

"God With Us" gatherings in 2006 focus on "Expanding Interfaithness", embracing our local diversities by engaging faith teachers who will deliver snapshots of their distinctive sets of beliefs, rituals, doctrines, institutions and/or practices.

Save the Date: Monday, May 1, 9-11 a.m. — Prayer Breakfast and Conference for Cover the Uninsured Week. Special focus on health disparities. Cobo Hall — Room W-154. Free. Further details to follow.

Congratulations:

Kudos to Barbara Williams, RN, MSS, President, Health Ministry at Second Baptist Church of Detroit who was featured the first week in January on the "Faithfully Fit" television special on Food Network. Barbara, who coordinates the church's "Body & Soul-Healthy Eating" program, was also invited to make a presentation at the National Cancer Institute in Silver Springs, MD. She has been invited to present a poster paper on her church's "Body & Soul" program at the upcoming Health Ministries, Inc. annual conference in Durham, N.C. in June, 2006. **RM**

Project Roc – Realizing Our Choices

Are you interested in helping youth make healthy choices? Project ROC can help. Project ROC is a federally-funded abstinence education program which teaches youth ages 12-18 about communication, self-esteem, decision making, risks from drugs, alcohol and sex. "We're in the middle of our second year of working with youth in the City of Detroit and are ready to serve youth throughout the Metro area," says Rayford McKinstry, Acting Grant Manager. Planning is now beginning for late spring and summer programs. For more information on how you can bring Project ROC to your church or community organization, please call Rayford at 248-849-3548. **RM**

Position Opening

First Presbyterian Church in Birmingham has an opening for a part-time parish nurse. The individual would work 10 – 15 hours per week at a salary of \$18 – \$23 per hour. Duties include visitation to nursing homes, hospitals and private residences as well as health promotional activities such as blood pressure screenings and blood drives. Please contact Mary Austin, Associate Pastor at maryaustin@fpcbirmingham.org or send a resume to Mary at the church at 1669 W. Maple, Birmingham, 48009. **RM**

WHO'S RESPONSIBLE?

Mary Ann Martin, RN, BAS
Parish Nurse Coordinator, Providence Pavilion
248-849-2518 Fax: 248-849-5404
Email: maryann.martin@stjohn.org
Designer: Diane Apfel

Parish Nurse/Health Ministry

FAITH & HEALTH

(your link to wholistic health)



March 2006

As I lay me down to sleep...



Do you feel the backpack of life getting heavier with each passing day? Sometimes the days and months accumulate like a bunch of run-on sentences. God is forming us everyday and if we don't take some quiet reflective time to listen, we might miss how God is moving in our deepest heart. St. Ignatius of Loyola, founder of the Jesuit order, taught his followers a spiritual exercise known as the *daily examen of conscience*. This

form of evening prayer gives one time to reflect on the day by examining their conscience to see 'what I did and what I failed to do.' This is not meant to be a guilt trip or brow-beating exercise; instead, it is to help you review your actions through the loving and compassionate eyes of Jesus. It is a way of putting a punctuation period of grace at the end of each day.

- Begin with a prayer of thanksgiving for all God has done.
- Ask the Holy Spirit for guidance, insight, and honesty so you are not only relying on your memory to recall the day, but also bringing your innermost heart and desires to the surface. Paul writes "...it is no longer I who live, but it is Christ who lives in me.' (Gal. 2:20). God lives in us, so when you reflect on the day look at everything that you can say 'we' – "We (Jesus and I) went to work; we spent time with others," etc. The focus is on God's presence, not just your actions. Then look at when you acted alone – "I lost patience; I rashly judged a person," etc.
- Prayerfully reflect on the day in this manner to help discern where God is leading and also the areas in your heart where God desires you to change.
- Ask and accept God's forgiveness where needed.

If this prayer form is practiced nightly (only takes 5 – 10 mins.), you can unpack the backpack of the day and begin each morning refreshed. By reflecting on God's daily presence and growing into an awareness of how Jesus is acting within, you are bound to grow in your ministry. **RM**

God of all people, remind us that your love knows no boundaries.

You love the outcasts and the oppressed with a love that is fierce in its protection and grace.

When our lives get too comfortable, nudge us into going beyond our own boundaries, bringing outsiders into the warmth of our communities.

Bringing Home the Word, 2006

April Health Observances

Alcohol Awareness Month..... www.health.org
 www.niaaa.nih.gov
 www.alcoholics-anonymous.org
 www.michiganresourcecenter.org
 www.michigan.gov/mdch
 www.mcrud.org
 www.camy.org
 www.preventionnetwork.org
 www.faceproject.org
 www.ncadd.org
 www.samhsa.gov
 National Alcohol Screening Day
 www.NationalAlcoholScreeningDay.org

Underage Drinking...

While some parents may feel relieved that their teen is *“only”* drinking, it is important to remember that alcohol is a powerful, mood-altering drug. The health and safety risks for young people are even greater than for adults. This is in part because teenagers are still developing physically, psychologically, emotionally, intellectually, and socially.

Alcohol is illegal for those under 21 years old.

- Binge drinking can lead to a number of serious problems including alcohol poisoning.
- Alcohol use is a major contributing factor in motor vehicle crashes, suicides and homicides-the leading cause of death and disability among young people.
- Teens who use alcohol are more likely to become sexually active at earlier ages, to have sexual intercourse more often, and to have unprotected sex.
- Young people who drink are more likely than others to be victims of violent crime, including rape, aggravated assault, and robbery.
- Teens who drink are more likely to have problems with schoolwork and conduct.
- An individual who begins drinking as a young teen is four times more likely to develop alcohol dependence than someone who waits until adulthood to use alcohol.

The message is clear: Alcohol use is very risky business for young people. The longer children delay alcohol use, the less likely they are to develop any problems with it! **RM**

Alcohol Awareness Month Packet

The National Council on Alcoholism and Drug Dependence (NCADD) has recognized April as Alcohol Awareness Month (AAM). This national initiative has encouraged communities to sponsor “Alcohol Free Weekends” the first weekend in April and to participate in the National Screening Day. These events are designed to help those who may have problems with alcohol to identify their problems so they can better address them.

Starting in 2002, MCRUD (Michigan Coalition to Reduce Underage Drinking) has used the attention that the AAM Campaign offers to bring attention to underage drinking. They will again this year make available an organizers’ packet for communities to use. This packet will provide ideas, resources, and contact information for projects and initiatives that any community can undertake during April and throughout the year.

If you have received a packet in the mail in the past, your name is on the list to receive a packet this year. If you aren’t sure, or would like to add your name to the list, contact Kristine at 800-968-4968, or kristinen@preventionnetwork.org.

There is no cost for the packet and they will begin mailing by the end of February.

For more information about Alcohol Awareness Month, MCRUD involvement in Michigan, or the packet, contact Ken at 800-968-4968 or kend@preventionnetwork.org. **RM**

What are the Warning Signs of Stroke?

- 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

LEARN TO RECOGNIZE A STROKE
 Because time lost is brain lost! **RM**

May Health Observances

Asthma and Allergy Awareness Month
 www.aafa.org
 www.lungusa.org
 www.alam.org
 May 6, Asthma Walk, Detroit
 www.asthmawalk.org
 Clean Air Month www.epa.gov
 www.faihnottobacco.org
 www.tobaccofreekids.org
 National High Blood Pressure Education Month
 www.heart.org
 www.nhlbi.nih.gov
 Stroke Awareness Month
 www.StrokeAssociation.org

Dangers of Secondhand Smoke

Dangers of Secondhand Smoke:

- Up to 65,000 nonsmokers die each year from secondhand smoke, including nearly 3,000 in Michigan. Smoke causes heart, lung and cancer diseases.
- Secondhand smoke contains over 4000 substances, more than 60 of which are known or suspected to cause cancer.
- The Environmental Protection Agency (EPA) has classified secondhand smoke as a Group A carcinogen, a substance which is known to cause human cancer.
- According to the American Cancer Society, secondhand smoke is the third leading preventable cause of death in the United States.
- Food-service workers appear to be 50 percent more likely than the general population to develop lung cancer, largely because many of them are exposed to secondhand smoke on the job.

Kids and Smoking:

- 22.6% (131,600) of high school students smoke.
- 30,100 kids (under 18) become new daily smokers each year.
- 32.9 million packs of cigarettes are bought or smoked by kids each year.
- Studies show secondhand smoke may be a major factor in the development of asthma for children under five.
- Secondhand smoke is a serious trigger of asthma and can cause or worsen respiratory conditions.

Studies have shown that children with asthma who are exposed to secondhand smoke require more asthma medications, have more emergency room visits and lower lung function.

Deaths in Michigan from Smoking:

- 14,700 adults die each year from their own smoking.
- 259,000 kids under 18 living in Michigan will ultimately die prematurely from smoking
- 1,570 to 2,790 adults, children, and babies die each year from others’ smoking (secondhand smoke and pregnancy smoking)

Smoking-Caused Monetary Costs in Michigan:

- \$2.65 billion-annual health costs in Michigan directly caused by smoking
- \$1.04 billion-portion covered by the state Medicaid program
- \$597-Per household resident’s state and federal tax burden from smoking-caused government expenditures
- \$3.40 billion-Smoking-caused productivity losses in Michigan **RM**

Source:makemaiasmokefree.org

Call To Action

Pledge to Keep a Smoke-Free Home and Car! Protect your children and be a hero! Call St. John Community Health Administrative Assistant Sally Sterr today to request Smoke Free Home Pledges! Then advertise in your church bulletins and newsletter and spread the news to promote clean air and healthy lungs!

We have plenty of pledge cards for all your churches, so call Sally today at 586-753-1484 and she will mail your free cards so you can *“Take the Smoke-Free Home Pledge”* yourself and in your churches.....call now! **RM**

Materials Available

American Lung Association has various materials available for you to display or hand out at your churches in recognition of Asthma and Allergy Awareness Month. They are also promoting the Asthma Walk to *“Blow the Whistle on Asthma”* on May 6 in Detroit. For further information, please contact Angy Webb at 248-784-2024 or at awebb@alam.org. **RM**