

FAITH & HEALTH

(your link to wholistic health)



September 2006

St. John Health Parish Nurse Ministry Appreciation Dinner

Make plans to join us in a celebration of our successes over the last year and hear updates for the coming year.

When: Wednesday evening,
September 27, 2006

Where: First United
Methodist Church,
Birmingham

Watch your mailbox for the invitation, or call your Parish Nurse Coordinator for more details.

Archdiocese of Detroit Parish Nurse Retreat

“Hat’s Off! A Salute to the
Ministry of Parish Nursing.”
Audrey Brosnan, D.Min.
St. John Retreat Center,
5 Mile and Sheldon Rd.,
Plymouth.

Wednesday, October 25, 2006,
8:15 a.m. to 3 p.m.

Cost: \$25 (includes continental
breakfast and lunch.)

Reservations and questions
can be left at 313-237-5978.

Resting, Not Worrying

Among the peaks of the Sierra Nevada mountains, not far from the busy whirl of San Francisco, lies Lake Tahoe. It lies 5,000 feet above the neighboring ocean. Storms come and go in waters that are lower down the mountains, but this lake is so still and clear that the eye can penetrate, it is said, a hundred feet into its depths. Around its grassy sides are the mountains, ever crowned with snow. The sky above is as calm as the motionless water. Here the soul may learn something of what rest is, as day after day one opens one’s heart to let the sweet influence of nature’s Sabbath enter and reign. This is but a faint type of what we may find in Christ.

In the pressure of the greatest responsibilities, in the worry of the smallest cares, in the perplexities of life’s moments of crisis, we may have the Lake Tahoe rest in the security of God’s will. Learn to live in this rest.

In the calmness of spirit it will give, your soul will reflect, as in a mirror, the beauty of the Lord; and the turmoil of our lives will be calmed in your presence, as your turmoil has been calmed in his presence.

“Be still, and know that I am God...the Lord Almighty is with us: the God of Jacob is our fortress.” Psalm 46:10-11 RM

Source: Women’s Devotional Bible

You can do it, we can help!

Fall is a time when many of us “pick up the pace” and get going again with our ministry. Have you planned out your year, or maybe your next event? Do you know what you would like to do? These are important questions to ponder. Now is a great time to get to know the parish nurse resource center. It is full of ready to use material on almost every topic. In addition to books filled with ideas on physical and spiritual health, we have ready-made handouts on all kinds of wellness topics. When it comes to ready made programs, the center has baby-sitter classes (with material), hand washing demonstrator, videos on most subjects and teaching handouts on even more!

All this material is here to make your life easier! Please ask your coordinator for more information. RM

October Health SIDS Guidelines

Observances

SIDS Awareness Month

www.firstcandle.org

www.apa.org

www.sids-id-psc.org

Children's Health Month

www.childrenshealth.gov

October 2-National

Child Health Day

www.mchb.hrsa.gov

October 5-National

Depression Screening Day

www.nami.org

www.nmha.org

The American Academy of Pediatrics has updated its policy on preventing sudden infant death syndrome, or SIDS, the leading cause of death in U.S. infants between ages 1 month and 1 year.

Parents should:

1. Use pacifiers at nap times and bedtime during the first year of life.
2. Place babies' cribs in parents' bedroom, which can facilitate nighttime breast-feeding, then return babies to their cribs after nursing.
3. Train infants to sleep on their backs.

Parents should not:

1. Use pacifiers during the first month for breast-fed babies, or force pacifier use on babies who refuse them.
2. Allow infants to sleep in parents' bed.
3. Allow side-sleeping; it is too unstable and should be avoided.

The academy's new recommendations are based on studies that suggest that sucking pacifiers might help keep vulnerable infants from sleeping too deeply to rouse themselves. **RM**

Free Campaign Materials

If your health care ministry is interested in sponsoring a program to reduce the risk of Sudden Infant Death Syndrome (SIDS), there are many FREE materials available to you from NICHD/ Back to Sleep, 31 Center Drive, Room 2A32, Bethesda, MD 20892-2425. You also may call 1-800-505-CRIB. **RM**

Spirituality and Depression

Spirituality offers comfort in times of suffering and provides a message of hope that gives those who rely on it an extraordinary buffer against depression and other emotional upheavals.

In a study of 4,000 older Americans (age 65 to 102), researchers at Duke University School of Medicine found that those who attended church at least once a week were half as likely to be depressed as those who attended religious services less frequently. Other studies have shown that spiritual people over 60 are healthier and lived longer than those who are less spiritual.

In particular, the Christian and Jewish faiths are therapeutic because these religions offer stellar examples of overcoming adversity and emotional suffering. The Bible is an excellent "mental health guide." It doesn't cover the issues of mental health and depression. However the Bible has stories about King David, Eligah and Jeremiah – leaders and prophets who struggled with depression and dark times. In each of their stories we see hope and the ability to triumph over depression to proceed with life.

You can take advantage of your faith and spirituality to overcome or prevent depression. Reach up to God, reach out to others, and reach inside yourself. Actively participate in your chosen faith, help others within your community. Becoming involved in voluntary activities causes you to grow in faith. This will result in personal growth and mental well-being, according to researchers in spiritual healing.

According to Dr. Walter Weston, author of "Pray Well: A Holistic Guide to Health & Renewal," depression can be faced by accepting it as a normal human reaction to shock and loss, appropriately expressing your anger at the illness and taking responsibility for your own life. It is helpful to go through the motions of seeking happiness and satisfaction. **RM**

www.holistic-online.com/Remedies/Depression/dep_spirituality.htm

November Health Observances

American Diabetes Month

www.diabetes.org
www.ada.org

National Hospice Month

www.nhpco.org
www.nationalconsensusproject.org

National Epilepsy Awareness Month

www.epilepsyfoundation.org

Weekend, November 10 – 12

National Donor Sabbath

www.donatelifemichigan.org

Diabetes Mellitus

Diabetes mellitus is a set of diseases and complications caused by a failure to regulate sugars in the blood. This failure to regulate blood glucose levels can arise by many different mechanisms. While there are many different types of diabetes, all involve problems with the production or utilization of the hormone insulin.

Currently, over 150 million people have diabetes and the number is expected to rise sharply. While anyone can develop diabetes, it is most common in adults over the age of 45 who are overweight or lead sedentary lifestyles. It is believed that up to a third of people with this condition are not aware they have it.

There is no cure for diabetes, but persons with diabetes can lead healthy lives by proactively managing their disease through lifestyle choices and appropriate medications.

Exercise. A steady and dedicated regimen of daily exercise is an effective way to help the fight against diabetes. Aside from the obvious benefits of exercise in reducing obesity, the risk of developing other diabetic complications is greatly reduced. Making the habit of exercising regularly is a lifestyle change. It has been proven that steady exercise promotes health by: improving muscle strength, increasing bone density, decreasing blood pressure, decreasing low-density lipoproteins (LDL), increasing high-density lipoproteins (HDL) and reducing stress levels. These changes directly affect risk factors for complications associated with diabetes.

Diet. Many diabetics are unaware that the foods they are used to eating may not be the best for them. While in general there is not a “diabetic diet,” careful control of blood sugar levels sometimes necessitates restructuring what you eat on a regular basis. Particular emphasis should be placed on monitoring the total amount of carbohydrates consumed as carbohydrates have the largest effect on blood sugar levels. Consult a nutritionist or dietician to help individualize a plan that’s right for you, including guidelines as to what percentage of carbohydrates, fats and proteins are appropriate for your condition and daily lifestyle.

Alcohol. Excessive drinking is a known risk factor for diabetes. Though there seems to be varying literature on the amount of alcohol consumption that is acceptable, it is generally wise to either eliminate or limit your drinking to low levels.

Self-Testing. Get into the habit of keeping accurate records of your blood glucose levels. Some physicians recommend keeping a daily journal. Diabetes is not something that can be cured overnight; it must be dealt with everyday. It is also important to know that diabetes and associated complications can and do vary from person to person. Often a group or team of physicians are called upon to treat diabetes, including nutritionists, endocrinologists, podiatrists, neurologists, nephrologists, ophthalmologists, etc. Remember, diabetes is manageable, preventable. Making healthy choices every day is the key.

Source: www.diabetes-faq.com

What is Palliative Care?

Palliative care is both a philosophy of care and an organized, highly structured system for delivering care. The goal of palliative care is to prevent and relieve suffering and to support the best possible quality of life for patients and their families, regardless of the stage of the disease or the need for other therapies. Such care is appropriate to those suffering with cancer, heart conditions, liver failure, renal failure, Alzheimer's disease, spinal cord injuries, and a number of other conditions.

Palliative care is medical care provided by an interdisciplinary team, including the professions of medicine, nursing, social work, chaplaincy, counseling, nutrition, rehabilitation, pharmacy, therapists, and other health care professions. It further aims to identify and address the physical, psychological, spiritual, and practical burdens of illness.

Palliative care affirms life by supporting the patient and family's goals for the future, including their hopes for cure or life-prolongation, as well as their hopes for peace and dignity throughout the course of illness, the dying process and death.

Palliative care is appropriate for all patients from the time of diagnosis with a life threatening or debilitating condition, regardless of the patient's age or prognosis.

Differences between palliative care and hospice care is that palliative care allows for continuation of aggressive treatment while focusing on management of symptoms, does not require a terminal prognosis of six months or less and can be initiated at the time of diagnosis of a chronic illness with the goal of managing symptoms on an ongoing basis.

How Can My Church Get Involved?

Many options will become available as the palliative care program expands at St. John Health, but currently we are looking at beginning a program "No One Dies Alone" which would involve training volunteers to visit or stay periodically with those who are ill or dying without a support system available. Another good program, especially for the winter months, is a prayer blanket or lap robe ministry with your church members who may enjoy knitting, crocheting or tying blankets or robes for the palliative care programs at the hospital nearest your church. For further information, contact your Parish Nurse Coordinator. RM

Source: www.nationalconsensusproject.org
 Providence Hospital Palliative Care Consult Services

DATES TO REMEMBER:

"Bringing Organ Donation Awareness to Our Faith Communities"

Friday, September 8, 2006, 9 a.m. – 1:30 p.m.
 Ecumenical Theological Seminary,
 2930 Woodward, Detroit.
 Cost: \$10 with 4.2 contact hours.
 Contact Cathy Warren at 248-701-2323 or
 mmcc589@sbcglobal.net.

"God Teaches Us"

"Our Blessed Journey With The Dying,"
 Wednesday, September 13, 2006,
 12 noon to 2 p.m.
 Carole Ann Laverne, RN, MSN, OCN,
 Angela Hospice. Nardin Park Methodist Church
 29887 W. 11 Mile Road, Farmington Hills.
 Bring a brown bag lunch, coffee/tea provided. 1.0 CEU.

Depression: the Silent Epidemic

October 19, 2006 8 a.m. – noon
 Interfaith Health and Hope Coalition
 Sacred Heart Seminary
 2701 Chicago Blvd, Detroit

FREE, must R.S.V.P byt Sept 29 to Leigh Evans
 248-448-4466 or e-mail @Levans3@bcbsm.com

West Side Parish Nurse Network/ Detroit Parish Nurse Network

"Native American"
 Monday, November 13, 2006, Noon until 2 p.m.
Health Care Partners,
 18000 W. 9 Mile Road, Southfield
 Lunch provided, \$4, R.S.V.P, Kathleen Ruth,
 313-510-2614 or e-mail DPNN2005@ameritech.net.
 1.0 CEU

WHO'S RESPONSIBLE?

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