

How Does God Talk to You?

While we know God speaks clearly to us through the Bible, many of us are uncertain how to hear God's voice in our spirit. "How does God speak to you?" someone asked author and speaker Carole Mayhall. You may find her answer immensely practical and helpful:

For me, He speaks by a distinct impression in my heart. He's never spoken to me aloud, but sometimes the thought that He puts in my soul is so vivid that He might as well have! Many times it is just a thought or an idea that flashes into my mind and I know it is from Him...

Sometimes a thought pops into my mind – a thought so different from what I was thinking, or so creative I never would have thought of it, or opposite of what I wanted God to say to me. When that happens – and it line's up with God's word – I know I have heard God's voice in a distinct way...

I pray frequently that I'll hear His voice more often and more clearly. When I don't, I know He hasn't stopped speaking; rather, I have stopped listening.

My sheep listen to my voice; I know them, and they follow me. John 10:27

Excerpt from Having a Mary Heart in a Martha World by Joanna Weaver (p. 145)

Domestic Violence

Domestic Violence is a pattern of assaulting and controlling behaviors that one person uses against another in order to gain or maintain power in a relationship. Form of abuse can be physical, sexual, emotional and psychological.

Domestic violence ranges from verbal threats to assault with a lethal weapon. Women and children are the most frequent victims of domestic violence.

Is there something frightening going on in your home? Do you feel as though you are causing someone else's anger?

Domestic abuse occurs in over 20% of families in our community. If you "walk on eggshells", are afraid of what may happen next, or if you or members of your family are being criticized, threatened, or intimidated, there is help.

YWCA of Metro Detroit Interim House staff and volunteers handle more than 5000 crisis calls per year. Each year, nearly 1600 women and children are admitted to YWCA Interim House.

Sexual assault occurs when a person is forced or coerced into sexual activity without consent or against their will. Most victims of sexual assault are acquainted with the assailant.

If you or someone you know is in immediate danger, call 911. ...if you feel someone needs help or if a shelter is needed, below are contact numbers for 24 hour Crisis Line assistance: Oakland County: HAVEN 248-334-1274; Wayne County: First Step 888-453-5900; Macomb County: Turning Point 586-463-6990; St. Clair County: Safe Horizons 888-985-5538. You may also call the United Way's free referral hotline – just dial 2-1-1 for confidential help.

Domestic violence and sexual assault rob an individual of their sense of safety, power, and dignity. Domestic and sexual violence are acts of power and control and are not caused by the victim/survivor. The facilities mentioned above provide emergency and support services to meet both the immediate
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September Health Observances

National Cholesterol Education Month
National Heart, Lung,
and Blood Institute <http://www.nhlbi.nih.gov>

Prostate Cancer Awareness Month
ZERO - The Project to End
Prostate Cancer <http://www.zerocancer.org>

National Celiac Disease Awareness Day
Celiac Sprue Association..... <http://www.csaceliacs.org>

What men should know about Prostate Health

If you don't know what your prostate is or what it does, you're certainly not alone. Most men don't. But you really should. Over 30 million men suffer from prostate conditions that negatively affect their quality of life.

What is the prostate? Technically, the prostate is a part of your sex organs, producing fluid that contributes to the production of sperm. It's a small gland, about the size of a walnut, that surrounds your urethra (the tube that helps pass urine). The prostate gland grows quite a lot during puberty and then doesn't change much until the age of 40, when it slowly begins growing again. Half of men aren't bothered by their growing prostate. But the others will develop one of three prostate diseases, or may have more than one.

Prostatitis (inflammation of the prostate caused by an infection), BPH (prostate enlargement) and prostate cancer can develop. These conditions can be treated with medications and surgery, as indicated.

Prevention

Get your prostate checked yearly after the age of 40. A PSA (Prostate Specific Antigen) test should be done. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician.

To learn more about the prostate and other men's health topics, go to www.menshealthnetwork.org

The Good, the Bad, and the Unhealthy

Cholesterol, a waxy type of fat produced naturally by the body and found in every cell, has a bad reputation, but it is actually essential for life. It plays a vital role in how cells work, and the body also uses it to make important chemicals. It helps in the manufacture of vitamin D, using sunlight as energy; we also need it to absorb required nutrients (essential fatty acids) from our intestines and to produce sex hormones. Cholesterol forms the outer membranes of some cells.

Problems arise when there is too much cholesterol in the bloodstream (the name for this is hypercholesterolemia), increasing the risk of coronary heart disease and stroke.

The liver produces all the cholesterol we need, but if we eat unhealthily, are physically inactive, smoke or have a genetic predisposition, we may get too much of it circulating in the blood. This oversupply causes fatty and scar deposits (plaques) to build up in blood vessels supplying the heart and other organs. As these plaques build up along artery walls, the arteries narrow, making it more difficult for blood to flow to the heart.

Lipoproteins

Cholesterol, like fat, cannot move around the bloodstream on its own because it does not mix with water. To reach the cells that need it, its "road system" is your blood circulation and it gets about by hitching rides on "vehicles" made up of proteins. These combinations of cholesterol and proteins are called lipoproteins, which come in several forms, depending on their ratio of protein to fat:

LDL (low-density lipoproteins) – THE "BAD cholesterol" carries cholesterol from the liver to the cells. LDL cholesterol – which makes up most of your blood cholesterol – is deemed "bad" because it tends to clog blood vessels. If you have heart disease or blood vessel disease, some experts recommend that you should try to get your LDL cholesterol below 70. For people with diabetes or other multiple risk factors for heart disease, the treatment goal is to reach an LDL of less than 100.

HDL (high-density lipoproteins) – the "GOOD cholesterol" takes extra, unneeded cholesterol back to the liver. Women tend to have a higher HDL cholesterol level than men. The higher the number, the better it is for your health. This is because HDL cholesterol protects against heart disease by taking the "bad" cholesterol out of your blood and keeping it from building up in your arteries

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October Health Observances

National Breast Cancer
Awareness Month<http://www.nbcam.org>

Stop America's Violence
Everywhere (SAVE) Today <http://www.amaalliance.org>

Child Health Day<http://www.mchb.hrsa.gov>

Breast Cancer Health

Except for skin cancers, breast cancer is the most common cancer in women, but it can be successfully treated. Screening tests can find cancer early, when it's most treatable.

Susan G. Komen for the Cure® recommends that you:

1. Know your risk

- Talk to your family to learn about your family health history
- Talk to your provider about your personal risk of breast cancer

2. Get screened

- Ask your doctor which screening tests are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40

3. Know what is normal for you

See your health care provider if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

4. Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake



- Limit postmenopausal hormone use
- Breastfeed, if you can

Breast Self-Awareness (BSA) Interactive Tool

Women should be aware of how their breasts normally look and feel. Knowing what is normal for you may enable you to note changes in your breasts in the time between your yearly mammogram and/or clinical breast exam. This tool developed in English, Spanish, Hindi and most recently Chinese, will help you learn and promote breast self-awareness. It will also teach you how to look and feel for any changes in your breasts. Use the links below to view this interactive instructional tool.

(To view the online BSA tool you need Macromedia Flash installed on your computer. Macromedia Flash is available for download free.)

Breast Self-Awareness (BSA) Cards

Susan G. Komen for the Cure® offers a variety of BSA cards in different languages and for specific populations. You can download and print BSA cards for yourself.

If you would like to purchase any of these BSA cards in bulk quantities, please visit ShopKomen.com.

Domestic Violence

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and long term needs of survivors of domestic and sexual violence. They strive to provide a safe, non judgmental place for survivors to explore their feelings and options and regain control of their lives. They recognize the enormous strengths survivors possess and value their experiences and input into service delivery. Services are free of charge and confidential. You are not alone...there are resources available.

<http://jfsdetroit.org/how-we-help/for-individuals-and-families/domestic-violence-intervention>

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” Psalm 34:18

DATES TO REMEMBER:

September 22 and 29 - Fall Support Meeting for Faith Community Partnerships

Thursday, September 22: 9-11:30 a.m. at St. John Macomb-Oakland Hospital, Oakland Education Center, Madison Heights

OR Thursday September 29: 5:30-8 p.m. at Providence Fisher Center, Southfield

We are pleased to bring Carol McCloud, author of "Bucket Fillers" and her team to speak to us about character development. Mark your calendar now!

September 16-18, 2011, Westburg Jubilee Symposium celebrating 25 years of Parish Nursing at the Millennium Hotel in downtown St. Louis. Go to www.ParishNurses.org for more information & to register!

Parish/Faith Community Nurse Basic Prep Course, offered by University of Detroit Mercy McAuley School of Nursing, 36 Contact Hours. Tuesday evenings, course starts September 13, 2011. Registration deadline is September 2, 2011. Talk to your Faith Community Coordinator for more details.

HOLD THE DATE - Westside Faith Community Sites: Stay tuned for an invitation for your Pastor & the Lead Faith Community Nurse/Minister to attend a Pastor & President Breakfast at Providence Hospital on September 26, 2011 to introduce a **Diabetes Awareness Campaign**. Currently in the final stages of development, this campaign will highlight weekly messages both in video and written format in an easy to use 'toolkit'. More details to follow!

What's New?

Congratulations to Suzanne Povinelli, Faith Community Coordinator, who passed the Certified Diabetes Educator Exam (CDE) in June! Along with her role as Faith Community Coordinator, she will continue working with the St. Vincent DePaul Clinic patients who are uninsured to support patients in diabetes self-management.

A Look Ahead:

Think about...

Thanksgiving & Christmas Holidays

Yes, now is the time to start planning for any pre-holiday presentations or educational sessions. Start early and people are more receptive to the information. Think ahead about providing a program in early November to help congregation members prepare for the holidays – such as a program or speaker addressing Holiday Stress, Grief & the Holidays or Healthy Eating During the Holidays. Refer to your "Creative Program Ideas" Binder (given out last fall at our FCN Support meeting) for Grief & the Holidays information shared by Leslie Steffes, Bereavement Coordinator. Also, you can talk with your coordinator about more ideas for program planning.

Don't wait until between Thanksgiving & New Years to plan a presentation or informational blurbs as most of us are too busy with all the wonder (and stress) that the Holidays can bring!

The Good, the Bad, and the Unhealthy

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Triglycerides are another type of fat that travels in the blood. This type of fat is also stored in the fat deposits in our bodies. High levels of triglycerides are common in people who are overweight, have heart disease and/or diabetes. A high triglyceride level has been linked to the occurrence of coronary artery disease in some people. The Goal: aim to keep your triglycerides under 150

Total Cholesterol

Your total blood cholesterol is a measure of LDL cholesterol, HDL cholesterol, and other lipid components. Doctors recommend total cholesterol levels below 200

Source: webmd.com; health.ninemsn.com

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John: 1-2

Who's Responsible?

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