



To heal, to serve, together

JULY 2004

Parish Nursing newslink

A newsletter for and about Parish Nurses

Youth Health

With the CDC reporting that more than 13 percent of children and adolescents are seriously overweight, it is now more important than ever to encourage children to maintain a high level of physical activity. The American Council on Exercise offers the following tips for incorporating exercise into your child's daily activities:

1. Set an example for your child and treat exercise as something to be done on a regular basis, like brushing your teeth or cleaning your room.
2. Invite your child to participate in vigorous household tasks, such as gardening, washing the car or raking leaves.
3. Go biking, rock climbing or inline skating.
4. Jump rope or shoot baskets with your child.
5. Plan outings and activities that involve some walking, like a trip to the zoo, nature hike or a trip to the mall.

The other component of maintaining a healthy lifestyle is practicing proper eating habits. Instead of high-calorie foods and snacks, provide children with fruits and low- or non-fat foods. The American Obesity Association (AOA) does not recommend dieting for teens because it can prevent them from growing to their full height. Instead, AOA suggests that your teen "eat lean" and try some of these healthy snack options to get the nutrition they need:

- Dried fruit mixed with sunflower seeds
- Bagels with peanut butter

Health Observances JULY

Healthy Aging Month (actually in Sept.) www.healthyaging.net
 Eye Injury Prevention Mo www.aao.org
 International Group B Strep Awareness Mo . www.groupbstrep.com
 With the youth label www.kids.gov.k_health.htm

AUGUST

Youth Health www.kids.gov/k_health.htm
 Spinal Muscular Atrophy Awareness Mo www.fsma.org
 Cataract Awareness Mo www.aao.org
 National Immunization Awareness Mo
 www.partnersforimmunization.org
 Psoriasis Awareness Mo www.psoriasis.org
 Hearing Aid Awareness Week www.ihsinfo.org
 1-7 World Breastfeeding Week www.lalecheleague.org
 1 National Minority Donor Awareness Day www.nationalmottep.org

SEPTEMBER

Caregiving www.caregiving.com
 Baby Safety Month www.jpma.org
 Gynecologic Cancer Awareness Mo www.wcn.org
 Leukemia & Lymphoma Awareness Mo www.lls.org
 National Cholesterol Education Mo www.nhlbi.nih.gov
 National Food Safety Education Mo www.nraef.org/index.asp
 National Sickle Cell Mo www.SickleCellDisease.org
 Ovarian Cancer Awareness Mo www.ovarian.org
 National 5 A Day Mo www.5aday.gov
 Prostate Cancer Awareness Mo www.pcoalition.org
 National Pediculosis/Head Lice Prevention Mo www.headlice.org
 Alcohol and Drug Addiction Recovery Mo www.recoverymonth.gov
 5 - 11 Suicide Prevention Week www.suicidology.org
 21 Take A Loved One to the Doctor Day www.healthgap.omhrc.gov
 27 Family Health and Fitness Day USA www.fitnessday.com
 National High Blood Pressure Education Mo. www.nhlbi.nih.gov
 Lyme Disease Awareness Mo www.lyme.org
 Skin Cancer Awareness Mo www.cancer.org
 10 - 16 Food Allergy Awareness Week www.foodallergy.org

Contact Sally for supported theme bulletin starters found in bold. The 2004 National Health Observances are available online at www.healthfinder.gov.

Youth Health...continued

- Low-fat cheese and crackers
- Baby carrots dipped in low-fat salad dressing
- Baked chips, low-fat cheese and salsa
- Fat-free popcorn with parmesan cheese
- Yogurt smoothie
- Frozen bananas
- Fresh fruit

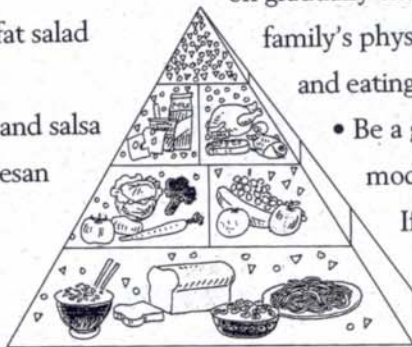
Exercise and nutrition go hand in hand, but without support, adolescents will have a tough time maintaining a healthy lifestyle. The U.S. Surgeon General's Office offers the following strategies for helping teens stay fit physically and emotionally:

- Let children know they are loved and appreciated whatever their weight. An overweight child knows better than anyone else that he or she has a weight problem. Overweight children need support, acceptance and encouragement from their family.
- Focus on the child's health and positive qualities, not the weight.

Many of today's and tomorrow's leading causes of death, disease and disability can be significantly reduced by preventing six interrelated categories of behavior that are initiated during youth and fostered by social and political policies and conditions:

- tobacco use
- behavior that results in injury and violence
- alcohol and substance use
- dietary and hygienic practices that cause disease
- sedentary lifestyle
- sexual behavior that causes unintended pregnancy and disease

- Try not to make the child feel different if overweight but focus



on gradually changing your family's physical activity and eating habits.

- Be a good role model for children.

If they see you enjoying healthy foods and

physical activity, they are more likely to do the same now and for the rest of his or her life.

- Realize that an appropriate goal for many overweight children is to maintain their current weight while growing normally in height.

Got A Minute? Give It to Your Kid

Getting more involved with your preteen today will help you stay connected tomorrow. Not only that, it

helps your child make better decisions.

We know there's not always time.

Below is some help:

- Schedule time for you and your child. Plan for it, like a business meeting, and hold yourself to it. Scheduling a short time—say, 10 minutes—can show your child he/she is important.
- Catch your child doing something right. Offer a compliment. It can encourage good behavior and keep the communication lines open.
- Prove you're listening: Ask questions. You have to pay attention to ask follow-up questions.
- Post a family calendar. Write everything down: You can better monitor your child's plans as he/she gets older and more independent. In the meantime, your child will feel more connected to you simply by knowing where you are.
- Create rules, then enforce them. Rules are the boundaries that every kid needs. Only the rules you enforce will matter.
- Regularly share a meal with your preteen. Even if you cannot always eat with your kids, find a few days a week when you can. It will encourage each of you to catch up.
- Share your day. Every parent has heard it: "How's your day," the parent asks the child. "Fine," the child responds. Then silence. One way to help your child open up is to share a brief story about your day first, especially if you saw something funny.

continued on the next page...

Kudo's...continued

Melanie Heintz, the parish nurse at Holy Cross Catholic Church in Marine City completed the parish nurse curriculum that was offered through the University of Detroit Mercy this past May. We look forward to wonderful things from both these ministries!

Educational Offering

Please note: the August Meeting has changed!

Parish Nurse Health Ministry Support Group – Tuesday, August 17, 8:30 a.m. to Noon, St. John Corporate Service Building, 28000 Dequindre, Warren (between 11 and 12 Mile). Watch for a flyer or call Sally for more information.

Conference Info

The Eighteenth Annual Westburg Parish Nurse Symposium is planned for September 29 - October 1, 2004 at the Doubletree Hotel & Conference Center in St. Louis, Missouri. The theme for this years conference is "Parish Nursing: A Growing Garden of Ministry" with Joyce Rupp and Ann Weems as the keynote speakers. Check out www.ipnrc.parishnurses.org for more information.

The Declaration of Independence



We hold these truths to be self-evident, that all men are created equal; that they are endowed by their Creator with certain inalienable rights; that among these are life, liberty, and the pursuit of happiness. For the support of this declaration, with a firm reliance on the protection of the Divine Providence, we mutually pledge to each other, our lives, our fortunes, and our sacred honor.
July 4, 1776

A Prayer for Our Country

Almighty God, you have given us this great land as our heritage. We humbly pray that we may always remember your generosity and faithfully do your will. Bless our land with honest industry, truthful education and an honorable way of life. Defend our liberties and strengthen the resolve of the people who have come from throughout the world to make America their home. Lead us to choose the harder right instead of the easier wrong. Help us to appreciate the opportunities that are ours as we struggle to bring harmony to an unsettled world. May we balance our concern for justice with a willingness to display mercy, and may our concern for security be tempered with a willingness to take risks which will produce worthwhile change for the good of all

Documentation A Parish Nurse Story



Beginning with the new fiscal year we will be focusing more on documenting the activities of all the parish nurse partnerships. We will use the information gathered in the monthly reports to demonstrate the works and importance of this ministry.

We have revised our forms, your coordinator will be getting the newly revised forms to you for your July report. Please contact your coordinator if you have questions regarding the revised monthly documentation forms.

At St. Augustine we have a community food and emergency center for the City of Richmond and it's surrounding area. One day in May, the Christian Service Coordinator asked me to see a family that had come in for food for their father who just returned home from the hospital. The daughter explained to me that her father was unemployed at the time and uninsured. He was also discharged from a local hospital after an admission for CHF. Mr. H. is a 48 y/o w/m who lives in the local trailer park and has no way of paying for his meds or his medical bills. Medicaid has been applied for, but is pending. The local free clinic told the daughter that he should be seen by his cardiologist first then come to the clinic. The cardiologist does not take Medicaid and Mr. H has no income to pay for the visit. His daughter paid for his first round of medications, but cannot afford to pay for the refill. I told his daughter that I would make a home visit in two days and do an assessment, her dad has no phone and she would tell him that I would be over.

On Thursday I made a home visit, did an assessment with BP check. Mr. H told me to contact his daughter with any information on how he could be seen by a physician. After discussion with the daughter, I made an appointment with the local low-income medical clinic for Mr. H where he will be seen, and payment will be on a sliding scale. I also obtained release forms for him to sign for the local hospital where he was admitted. This will allow the clinic to have his past medical records available for his visit. Since his medication was paid for the first time by his daughter, he will be able to get his refill at a very low copay from the clinic. I will continue to monitor Mr. H at home for S&S of CHF.

Peace, Maureen Duncan.

Update Connor Creek Village

St. John Health continues to work on the development of the St. John NorthEast Campus – now known as Connor Creek Village. The plan is to develop Connor Creek Village as a 21st Century community that provides neighborhood residents and the greater Detroit community with the resources to create productive and healthy lives for themselves and their family members.

Please see the insert for the exciting vision and mission along with the plans.

Got A Minute? ...continued

- Write your child a thank-you note. It can be for setting the table, helping a friend, or saying something nice.
- Ask him/her for advice. There are lots of smaller issues where your child will appreciate being asked for input. It shows you value their opinion if you occasionally act on their advice.
- By giving your child responsibilities, you are implicitly saying you trust his/her competence and are allowing them to feel more "adult".

Clinical Trial Information

- St. John Hospital Van Elslander Cancer Center and St. John Macomb Webber Cancer Center are currently enrolling interested participants in clinical trials through their Oncology

Research Department. There are clinical trials available for most types of cancer and involve the use of an investigational drug agent. There are also clinical trials available for individuals without cancer. These are called Cancer Control or Cancer Prevention Studies. Currently they have trials available for the prevention and management of hot flashes and for the prevention of colon cancer. These trials require the participants to meet the eligibility criteria. Please contact St. John Hospital Oncology Research Department at: 313-343-3166 and St. John Macomb Webber Center at 586-753-5127.

- The St. Clair Specialty Physicians are participating in a research study for individuals with high blood pressure. The investigational study will use two different combinations of medications already approved to lower blood pressure. The study is to see if these

medications may reduce the occurrence of future health complications associated with high blood pressure.

Persons who qualify are:

- 55 years of age or older
- have high blood pressure
- have or had heart problems, circulation problems, kidney problems, stroke or diabetes

All study-related care and investigational medications will be provided for those who take part. Please contact Sherry Gasko, RN, Nurse Research Coordinator, at 313-886-8787 for more information.

God's Timing

About a year ago Linda Wright, from Warren Woods Church of the Nazarene, began the process of bringing the ministry of parish nursing to her church. She spent a great deal of time putting together the team and taking the prep course. During this time, no programs were taking place. We all know that new parish nurses want to get started as soon as possible, but Linda did not seem rushed.

In early May she attended the support group meeting and picked up the stroke materials that were highlighted. She would be using them the next week at the senior citizens potluck. The presentation went well – better than she could have expected.

The day after the presentation, Linda received a phone call from the

continued on the next page...

Tips for Raising Safe and Healthy Kids

Plan a Healthy Pregnancy – www.cdc.gov/ncbddd/bd/abc.html

Keep Their Check-Ups and Shots Up-to-Date – www.cdc.gov/nip/publications/Parents-Guide/

Protect Your Kids – www.cdc.gov/ncipc/cmprfact.htm

Provide Healthy Meals – www.cdc.gov/nccdphp/dnpa/tips/

Keep Them Active – www.cdc.gov/nccdphp/dnpa/physical/

Live a Smoke-Free Life – www.cdc.gov/tobacco/how2quit.htm

Monitor Their Activities – family.samhsa.gov/

Teach Them Healthy Habits – www.cdc.gov/germstopper/

Talk to and Listen to Your Kids – www.cdc.gov/nasd/docs/d001201-d001300/d001278/d001278.html

Provide Love and Support – www.family.samhsa.gov/main/help/

Community Education Nights

Join us at the Van Elslander Cancer Center at St. John Hospital and Medical Center for our free community education night programs. Offered on the second Thursday of each month at 6:30 p.m., the programs are free of charge and are open to the public. To register or for more information, call 1-866-246-4673.

July 8 – Gilda's Club support and resources

Aug. 12 – Music Therapy

Sept. 9 – Journaling

Oct. 14 – Breast Cancer

Staff Changes

Alas, we have a staff change to announce. Charmagne Johnson has taken a position as a nurse educator at St. John Detroit Riverview Hospital. We are pleased that Charmagne has found a new challenge and chance for ministry. If you are interested in parish nursing please contact Karen Beger at 586-753-1484.

Contact information

Karen Beger, RN, MED, Corporate Director, Community Health

Office - Corporate Service Building
586-753-1484 Fax: 586-753-1488

Maureen Duncan, RN, Parish Nurse Coordinator

Office - St. John River District Hospital
810-329-5348 Fax: 810-326-4710

Tammi Pollum, RN, BSN, Parish Nurse Coordinator

Office - Corporate Services Building
586-753-1190 Fax: 586-753-1187

Sally Sterr, Administrative Assistant

Office - Corporate Service Building
28000 Dequindre, Warren, MI 48092
586-753-1484 Fax: 586-753-1488
e-mail address: parishnurse@stjohn.org

Visit our web site at www.stjohn.org for more information about SJH or detailed information about illnesses and conditions and the latest in health trends, news and weekly features.

God's Timing...continued

family of one of the seniors. The senior had symptoms of a stroke, symptoms that she only knew because of the presentation. The senior correctly sought out medical care immediately. How wonderful is it that Linda brought parish nursing and the stroke program to her church!

And how wonderful and perfect is God's timing! PS – the senior told her family that if Linda was talking about heart attack at the next senior potluck she was staying home!

Kudo's

Nancy Evans, Parish Nurse at Redeemer United Methodist and Lake Shore Presbyterian Churches, again will be presenting at the Health Ministries Association Annual Conference. Nancy will be traveling to Seattle, Washington in early July. She will be presenting on the Walk To program. Please keep her in your prayers.

Clara Ball was commissioned at St. John Lutheran Church in Ray Township this past May. Previously, Clara was the parish nurse at St. Andrew in Memphis. Please keep Clara and her health team in your prayers as they develop their new ministry.

continued on the insert...