

Parish Nursing newslink

A newsletter for and about Parish Nurses

Financial Weight

Do not overwork to be rich. Proverbs 23:4.

Have you ever considered the health effects that debt has on our lives?

- Being in debt brings exhaustion and fatigue.
 - Debt causes stress that takes years of your life.
 - Being debt-free allows you the opportunity to freely move toward your dreams and goals. Being in debt ties you down to a job that you may not enjoy.
 - Working hard to pay bills sometimes brings on a haggard look by adding wrinkles to your face, and even cause you to gain weight as a result of worrying.
 - Insomnia, weight gain, even high blood pressure can be the results of having too much financial weight.
- Debt is a result of living a lifestyle and not a life. When you are debt-free, you have the confidence and courage

to leave a career that does not empower you. It also gives you the courage to pick up the telephone and face your creditors and tell them of your intentions to pay your debt. One of the theme focuses for April is financial health. Please contact Sally for bulletin starters!



Health Observances MARCH

National Nutrition Month	www.eatright.org
American Red Cross Month	www.redcross.org
National Kidney Month	www.kidney.org
7-13 National Patient Safety Awareness Week	www.npsf.org
8-12 National School Breakfast Week	www.asfsa.org
14-20 Pulmonary Rehabilitation Week	www.aacvpr.org
5-21 Brain Awareness Week	www.dana.org/brainweek
21-27 National Poison Prevention Wk	www.poisonprevention.org
24 World Tuberculosis Day	www.who.int/gtb/index.htm
28-April 4 National Sleep Awareness Week	www.sleepfoundation.org
31 Kick Butts Day	www.kickbuttsday.org

APRIL

Financial Health	www.intouch.org
Life Stories	www.storypreservation.com
Alcohol Awareness Month	www.ncadd.org
Irritable Bowel Syndrome Awareness Month	www.aboutibs.org
National STD Awareness Month	www.ashastd.org
National Donate Life Month	www.organdonor.gov
11-17 National Infant Immunization Week	www.cdc.gov
8 Natl. Alcohol Screening Day	NationalAlcoholScreeningDay.org
18-24 National Volunteer Week	pointsoflight.org

MAY

National Stroke Awareness Month	www.stroke.org
Asthma and Allergy Awareness Month	www.aafa.org
Better Sleep Month	www.bettersleep.org
National Digestive Diseases Awareness Month	www.ddnc.org
Mental Health Month	www.nmha.org
National Osteoporosis Awareness & Prevention Mo.	www.nof.org
Correct Posture Month	www.amerchiro.org
National Arthritis Month and Annual Walk	www.arthritis.org
National High Blood Pressure Education Mo.	www.nhlbi.nih.gov
Lyme Disease Awareness Month	www.lyme.org
Skin Cancer Awareness Month	www.cancer.org

Contact Sally for supported theme bulletin starters found in bold. The 2004 National Health Observances are now available on line at <http://www.healthfinder.gov>.

Sharing Memories Through Stories

An orphan boy sat on a great stone mending an arrow. And the stone spoke, "Shall I tell you stories?" The boy said, "What are stories?" The stone answered, "All things that happened in the world before this." From that stone came all the stories that people of the Seneca Nation tell one another.

-A Seneca Indian Tale

In sharing family stories we communicate beliefs, attitudes, feelings, customs, and traditions among generations. Telling family stories is a good way to gain an appreciation of the past, pride in your present family, and a rich legacy for the future. Stories carry much power and can bring a kind of "magic" to your family. Find out what "magic" storytelling can bring to your family. Bulletin starter material is available!

We've moved!

Karen, Sally, and the parish nurse resource center have up and moved to the St. John Health Corporate Services Building in Warren, where Tammi's office has been for the last year. Please take the time to cut out the new contact information box on the back page. Thank you for your patience as we work to unpack and get settled!

May - Stroke Month

Every year stroke strikes approximately 750,000 Americans — killing 160,000 and forever changing the lives of many who survive. Wonderful materials are available from American Heart and at stroke.org. Sally has bulletin starter material available.

Myth	Reality
Stroke is unpreventable	Stroke is largely preventable
Stroke cannot be treated	Stroke requires emergency treatment
Stroke only strikes the elderly	Stroke can happen to anyone
Stroke happens to the heart	Stroke is a "Brain Attack"
Stroke recovery only happens for a few months following a stroke	Stroke recovery continues throughout life

- 58% of stroke patients don't present until 24 hours or more after the onset
- 13 hours is median time from stroke onset to presentation
- 17% of adults over age 50 can't name a single stroke symptom
- Please consider doing an education program related to stroke this May

Update!

Michele Seator, one of our parish nurses who served St. Charles Catholic and Genesis Lutheran Church has accepted a nurse educator position at St. John Detroit Riverview Hospital. We will certainly miss her spirit and wish her well.

Dorothy Ritter will be moving from St. Basil and St. Veronica Catholic Churches to fill the positions at St. Charles and Genesis. Additionally, **Charmagne Johnson** will become the coordinator for parish nursing for the eastside of Detroit. Please keep all of these nurses in your prayers as they adjust to the changes in their call to ministry.

Please Welcome

Kristin Witte, RN from Mt. Calvary Lutheran Church in Detroit as our newest Parish Nurse in our partnership model. Please add Kristin, her health team and church to your prayer list as they come together to develop their health ministry.

Lenten Journey

Most of us begin Lent with a checklist of things we need to give up or additional practices we should engage in.

But often the Lenten message of self-denial seems like one more demand on our already impossible schedules. This approach is a recipe for failure and may lead to just one more thing to feel guilty about.

Instead, we can explore another aspect of Lent – Lent as a season of renewal, as a time to do what we need to do to get our own and our family's lives in balance and harmony.

It is vital to see our spiritual life as integrated with every aspect of who we are so we can begin to see Lent as an opportunity for renewal and enrichment. Here are some ways to start:

Check in - check your relationship with God, yourself and others. What part of you needs to be renewed? Find the Holy – it is not so much a question of what we do, but of how we do it. When we enter into our ordinary routine willing, the possibility of discovering God there opens to us anew.

Love God together - Pray with your children, talk about the Gospel reading on the way home from church, pray at mealtime, talk about and share your faith with others.

Love your neighbor - Pick one person to care about with special detail. Pray for them daily, do nice things for them without their knowing.

Love yourself - take a look at your regular habits and choose to do just one thing to love yourself more.

Lent can be a time of growth and joy. It's a time for renewal, to do what we know we need to do - for ourselves, for one another, and for God.

The Busy Family's Guide to Lent,
Abby Press, 1995

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. More information will be shared as it becomes available or check out the IPNRC web site – ipnrc.parnurses.org for more information.

- The Health Ministries Association's 15th Annual National Conference & Exhibition, "Many Faces...Many Ways:Cultural and Racial Diversity", is planned for July 1-4, in Seattle Washington. Check out their web site at www.hmassoc.org for more information.

Last Call!

Are you considering attending the Parish Nurse Preparation Course? The offering this spring will be at Providence Hospital, Tuesday evenings from March 9 until May 18 (with Easter Week off). Please contact Sally for more information or call Sr. Judy Mouch at 313.993.6067.

Great Skin

We have all been told that beauty is only skin deep. This highlights the importance of great skin care! If your idea of caring for your skin is to purchase costly potions or to spend hours scrutinizing your face for signs of aging, you may be overlooking some important factors in keeping this most critical part of your body in tip-top shape. Despite their outrageous price tags, some expensive soaps, cosmetics and formulas actually interfere with your body's self-maintenance ability. And nothing-no \$100-an-ounce oil or magic pill-can take the place of good health.

Your body is a system, and what you feed it affects how it functions, including your skin's health. Beautiful skin, then, starts with a good diet. Vitamins, proteins, fats and water all have an important role to play. A theme idea for May is healthy skin. Check out the bulletin starter available from Sally.

A Prayer for Those Who Have Too Much

To my brothers and sisters in developing countries:
While I was deciding which oat bran cereal to eat this morning,
You were searching the ground for leftover grains from the passing wheat truck.
While I was jogging at the health center,
You were working in the wealthy landowner's fields under a scorching sun.
While I was choosing between diet and regular soda,
Your parched lips were yearning for the touch of water.
While I complained about the poor service in the gourmet restaurant,
You were gratefully receiving a bowl of rice.
While I poured my "Fresh and Better" detergent in the washing machine,
You stood in the riverbank with your bundle of clothes.
While I watched the evening news on my wide screen television set,
You were being terrorized and taunted by a dictatorship government.
While I read the newspaper and drank my cup of steaming coffee,
You walked the dusty, hot miles to the tiny, crowded schoolroom to try to learn how to read.
While I scanned the ads for a bargain on an extra piece of clothing,
You woke up and put on the same shirt and pants that you have worn for many months.
While I built a 14 room house for the three of us,
Your family of 10 found shelter in a one room hut.
While I went to church last Sunday and felt more than slightly bored,
You looked out upon the earth and those around you
And felt gratitude to God for being alive for one more day.

My brothers and sisters, forgive me for my arrogance and my indifference. Forgive me for my greed of always wanting newer, bigger and better things. Forgive me for not doing my part to change the unjust systems that keep you suffering and impoverished. I offer you my promise to become more aware of your situation and to change my lifestyle as I work for transformation of our world.

— Sr. Joyce Rupp.

Contact information

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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.

Educational Offering

Parish Nurse Health Ministry Support Group – **Thursday, May 13, 8:30 am - Noon**, St. John Macomb Hospital, Physical Rehab Building, 12 Mile Road, Warren.

"Beside Restful Waters, Caregiver Retreat" is scheduled for the weekend of **March 5-7, 2004** at Manreas Jesuit Retreat House, in Bloomfield Hills. The retreat is open to anyone involved in a care-giving situation, personal or professional. Contact Manresa at 248-644-4933 to register.

Community Education Nights

The Van Elslander Cancer Center Community Education Nights are held the second Thursday of the month, 6:30-8:30 p.m., in the 3rd floor Conference Center of the Van Elslander Cancer Center, located on the campus of St. John Hospital and Medical Center. Please call them at 866.246.HOPE to register or for more information.

- **Thursday, March 11** - Exercise, Strength Training and you, with Roger Anderson, Tracey Steeves and Christopher Simone.

Know the Lord is in control, and refuse to be shaken in your faith. For God did not give us a spirit of timidity, but a spirit of power, love and of self-discipline.

— 2 Timothy 1:7