



May 2004

To heal, to serve, together

Parish Nursing newslink

A newsletter for and about Parish Nurses

What do you know about MEN'S HEALTH?

No matter how much you know about men's health, there's always room to know more about ways to a better lifestyle, the top men's health concerns, the importance of getting medical care and regular screening tests. After all, men not only have unique health concerns, but they also suffer from certain diseases at a higher rate than women. And worldwide, women outlive men. Why? Some reasons include:

- Men tend to smoke and drink more than women and generally have less healthy lifestyles.
- Men do not seek medical help as often as women.
- Men tend to join in fearless, risky, dangerous behaviors more than women.

Men also largely define themselves by their work, which adds to stress and to being disconnected from their emotional side. This can add to problems in relationships, as well as in jobs and careers.

The good news is that many of the major health risks that men face can be prevented and treated if they are diagnosed early. This month we encourage you to find ways to encourage men to take better care of themselves physically, mentally and spiritually. Contact Sally for bulletin starter material on Men's Health.

Material from www.4women.gov/

Health Observances MAY

National Stroke Awareness Month	www.stroke.org
Healthy Skin	www.aad.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
Osteoporosis Awareness and Prevention Month	www.nof.org
Correct Posture Month	www.amerchiro.org
National Arthritis Mo. & Annual Arthritis Walk	www.arthritis.org
National High Blood Pressure Education Month	www.nhlbi.nih.gov
Lyme Disease Awareness Month	www.lyme.org
Skin Cancer Awareness Month	www.cancer.org
10 - 16 Food Allergy Awareness Week	www.foodallergy.org
4 Childhood Depression Awareness Day	www.nmha.org
5 National Anxiety Disorders Screening Day	www.freedomfromfear.org
31 World "No Tobacco" Day	www.wntd.com

JUNE

14 - 20 National Men's Health Week	www.menshealthweek.org
Fireworks Safety Month	www.preventblindness.org
National Scleroderma Awareness Mo.	www.scleroderma.org
National Aphasia Awareness Month	www.aphasia.org
Vision Research Month	www.preventblindness.org
Myasthenia Gravis Awareness Month	www.myasthenia.org
5 - 12 Dystonia Awareness Week	www.dystonia-foundation.org
6 - 12 National Headache Awareness Week	www.headaches.org
6 National Cancer Survivors Day	www.ncsdf.org
20 - 26 Deaf - Blind Awareness Week	www.helenkeller.org

JULY

Healthy Aging	www.healthyaging.net
Hemochromatosis Awareness Month	www.hemochromatosis.org
International Group B Strep Awareness Mo.	www.groupbstrep.com
Eye Injury Prevention Month	www.aao.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>.

Medicare Approved Rx Programs

Beginning this month, May 2004, seniors can apply for the new Medicare-approved drug discount cards. In addition, low-income seniors may be eligible for a \$600 credit towards medication. Here are some of the

details:

- The discount cards are voluntary
- * There will be several



different companies who will offer the Medicare-approved Rx Discount cards. You will have to compare the discounts and cost for each of your medications to see which card would save you the most money.

- You can only enroll in one Medicare-approved drug discount card each calendar year.
- If you are a member of a Medicare managed care plan, contact your plan about discount card options for members.
- Enrollment cost about \$30 annually.

The resource center has a binder of information on the Rx discount program. Additional information is available at www.medicare.gov/AssistancePrograms.

JULY - Healthy Aging

What's good for the body is good for the spirit as well.

The secret to aging gracefully is to establish a healthy lifestyle early and stick to it as you grow older. Recent results of research studies offer the following Ten Tips for Healthy Aging:

1. Eat a balanced diet.
2. Exercise regularly.
3. Get regular check-ups.
4. Don't smoke. It's never too late to quit.
5. Practice safety habits at home to prevent falls and fractures. Always wear your seatbelt when traveling by car.
6. Maintain contact with family and friends, and stay active through work, recreation, and community.
7. Avoid overexposure to the sun and the cold.
8. If you drink, moderation is the key. When you drink, let someone else drive.
9. Keep personal and financial records in order to simplify budgeting and investing. Plan for long-term housing and financial needs.
10. Keep a positive attitude toward life. Do things that make you happy.

More information and bulletin starters are available from Sally.

HIPAA Highlights

HIPAA was a hot topic at the last support group meeting. Confidential record keeping is essential to the practice of parish nursing. How are you doing with your HIPAA compliance?

- I obtain a HIPAA form for all persons that I document on.
- I have my completed HIPAA forms in a file for easy retrieval.
- I mail out a HIPAA form to persons whom I do telephone consultation with.
- I keep all documentation, including BP cards, in a locked cabinet.
- I keep confidential information confidential.

We will continue to discuss the application of the HIPAA regulation to the practice of parish nursing as it becomes more developed.

Emotional Rescue for Heavy Kids

Heartbreaking new evidence reveals that overweight kids face more than long-term health risks. Their day-to-day lives-emotions, friendships, and academics-are in serious turmoil right now.

“Overweight children are treated as outcasts, lepers, and untouchables by their peers, their teachers, even their parents,” says child psychologist Sylvia Rimm, PhD, who chronicles this often-ignored tragedy in the new book *Rescuing the Emotional Lives of Overweight Children*. Please take the time to check out the complete article regarding this topic and book at www.prevention.com.



Educational Offering

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

Immunizations For the College-Bound

There are quite a few immunizations that should be either given or brought up to date before students go off to college.

General Recommendations include:

Hepatitis B: hepatitis B can be 100 times more contagious in some settings than HIV, the virus that causes AIDS. It is strongly recommended they receive the three dose series before college.

Influenza: Flu” vaccines should be strongly considered in college students each fall. This infection can lead to an illness lasting a week or more, keeping students out of class during that time period.

Meningococcal meningitis vaccine: This vaccination should be strongly considered. Freshmen, living in residential halls, are at greatest risk. The vaccine protection lasts about 3-5 years. This vaccine is mandatory at some colleges and universities.

MMR: Students should have a second vaccination in primary school or junior high school. If they have not received this, they should get a second vaccination before going to college.

Tetanus-diphtheria booster: Your teenager should get a tetanus-diphtheria booster if he or she has not received one within the past 10 years.

Varicella (chickenpox): Recommended if there is no history of physician-diagnosed chickenpox or if varicella vaccination was not received during childhood or adolescence. Requires two doses in adolescent or college age students.

Polio: They should have completed the series as children. Routine re-immunization before college is not necessary.

A very comprehensive parent’s guide to preparing teens for the college years is available online at www.adolescenthealth.org.

Conference Info

- 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 www.hmassoc.org for more information.
- 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.

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, May 13** - Healing Mind, Body and Spirit – The Valade Healing Arts Center presents an education night that promises to explore many. Complementary and alternative medicine practices. Come experience: reiki, chair massage, emotional freedom technique, craniofacial therapy and reflexology. The presenter is Mary Natschke, RN.
- **Thursday, June 10** - Spiritual Healing – What is it? Is God or some Higher Power always involved? These and other aspects of complementary and alternative medicine will be explored, explained and demonstrated. The presenter is Rev. Terry Hunt.

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The Proverbs 31 Nurse

By Lois Sigmon Turley, RN

Who can find a good-natured Nurse?
For her price is far above silver and gold.

She seeks medicines and skills,
and works willingly with others.

She gives of herself
and considers her own desires last.

A heartwarming smile is hers,
and is made beautiful in her eyes.

She girds herself with honor
and strengthens her ability with patience.

She perceives that her work is good.

Her candle does not go out by night.

She lays her hands upon understanding.
She stretches out her hand to the poor;
yet, she reaches forth hands to the needy.

She is not afraid of sorrow,
for her trust is in God.

Pride and humility are her clothing,
and she shall rejoice in time to come.

She opens her mouth with comfort,
and in her tongue is the law of kindness.

Her associates rise up and call her
blessed;

her patients also praise her kindness.

Many daughters have helped others,
but you excel them all.

Favor is deceitful,
and beauty is vain.

But a Nurse that
fears the Lord —
She shall be praised!



Happy Nurses Week to us all!