



To heal, to serve, together

September 2004

# Parish Nursing newslink

A newsletter for and about Parish Nurses

## Spirituality's impact on mental health

Good news surfaced recently on the mental health front. There's something anyone can do to lessen mental darkness and increase well-being. Consider this from a cover story in *Newsweek*: "The impact of forgiveness, may boost health.... In a survey of 1,500 people published [last] year, Neal Krause, a researcher at the University of Michigan's School of Public Health, found that people who forgive easily enjoy greater psychological well-being and have less depression than those who hold grudges" (Nov. 10, 2003).

It's that kind of story that makes you smile. Not just because of the upbeat results. But because you don't have to be steeped in religious history to know that, while Krause's survey results are news, the healing power of forgiveness is not. It's more like an account of Jesus walking on water. Thought-provoking and inspiring? Definitely.

A man from Gerasenes suffered acutely. "It was no longer possible for any human being to restrain him even with a chain.... All through the night and the day he screamed among the tombs and on the hill-side, and cut himself with stones," says the Bible (Mark 5: 3, 5, J.B. Phillips).

continued inside...

## Health Observances September

National Family Caregivers Month	<a href="http://www.nfcares.org">www.nfcares.org</a>
Baby Safety Month	<a href="http://www.jpma.org">www.jpma.org</a>
Gynecologic Cancer Awareness Month	<a href="http://www.wcn.org">www.wcn.org</a>
Leukemia & Lymphoma Awareness Month	<a href="http://www.lls.org">www.lls.org</a>
National Cholesterol Education Month	<a href="http://www.nhlbi.nih.gov">www.nhlbi.nih.gov</a>
National Food Safety Education Month	<a href="http://www.nraef.org/index.asp">www.nraef.org/index.asp</a>
National Sickle Cell Month	<a href="http://www.SickleCellDisease.org">www.SickleCellDisease.org</a>
Ovarian Cancer Awareness Month	<a href="http://www.ovarian.org">www.ovarian.org</a>
National 5 A Day Month	<a href="http://www.5aday.gov">www.5aday.gov</a>
<b>Prostate Cancer Awareness Month</b>	<a href="http://www.pcoalition.org">www.pcoalition.org</a>
Pediculosis / Head Lice Prevention Month	<a href="http://www.headlice.org">www.headlice.org</a>
Alcohol and Drug Addiction Recovery Month	<a href="http://www.recoverymonth.gov">www.recoverymonth.gov</a>
5 - 11 Suicide Prevention Week	<a href="http://www.suicidology.org">www.suicidology.org</a>
21 Take A Loved One to the Doctor Day	<a href="http://www.healthgap.omhrc.gov">www.healthgap.omhrc.gov</a>
27 Family Health and Fitness Day USA	<a href="http://www.fitnessday.com">www.fitnessday.com</a>

## October

National Liver Awareness Month	<a href="http://www.liverfoundation.org">www.liverfoundation.org</a>
Cold and Flu Campaign	<a href="http://www.lungusa.org">www.lungusa.org</a>
Down Syndrome Awareness Month	<a href="http://www.ndss.org">www.ndss.org</a>
Domestic Violence Awareness Month	<a href="http://www.ncadv.org">www.ncadv.org</a>
Breast Cancer Awareness Month	312-596-3557
National Lupus Awareness Month	<a href="http://www.lupus.org">www.lupus.org</a>
National Spina Bifida Awareness Month	<a href="http://www.sbaa.org">www.sbaa.org</a>
Rett Syndrome Awareness Month	<a href="http://www.rettsyndrome.org">www.rettsyndrome.org</a>
"Talk About Prescriptions" Month	<a href="http://www.talkaboutrx.org">www.talkaboutrx.org</a>
Health Literacy	<a href="http://www.healthliteracymonth.com">www.healthliteracymonth.com</a>
National Brain Injury Awareness Month	<a href="http://www.biausa.org">www.biausa.org</a>
<b>3-9 Mental Illness Awareness</b>	<a href="http://www.psych.org">www.psych.org</a>
11 - 15 National School Lunch Week	<a href="http://www.asfsa.org">www.asfsa.org</a>
23 - 31 Campaign to keep kids off drugs	<a href="http://www.nfp.org">www.nfp.org</a>
4 National Child Health Day	<a href="http://www.mchb.hrsa.gov">www.mchb.hrsa.gov</a>
<b>7 National Depression Screening Day</b>	<a href="http://www.mentalhealthscreening.org">www.mentalhealthscreening.org</a>
13 Stop America's Violence Everywhere	<a href="http://www.ama-assn.org/go/alliance">www.ama-assn.org/go/alliance</a>
22 International Stuttering Awareness Day	<a href="http://www.stutteringhelp.org">www.stutteringhelp.org</a>

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>.

## Mental health...continued

Just before healing the man from Gerasenes, Jesus was caught in a storm at sea. He stilled it. Maybe there was a correlation with the man's healing. Christly power stilled the outer turbulence shrieking through the storm, then stilled the inner turbulence raging through the man.

Those storm-calming words can speak to anyone with mental health issues. Anyone who has struggled with anxiety, phobias, self-hate, or rejection feels yanked by a legion of fears. How reassuring to be drawn by the one Christ, not pulled by many demons.

The simple, healing, calming power of Christ speaks to yearning hearts everywhere. It's not impossible to break with self-loathing when you're bathed in selfless love coming from God through Christ to you. Feeling pummeled by rejection eases when you remember Christ is saying to you, "Come unto me." And Christ is.

[www.csmonitor.com/2004/](http://www.csmonitor.com/2004/).

## WOW!

Crain's Detroit Business recently recognized Nancy Evans, Parish Nurse at Lakeshore Presbyterian and Redeemer United Methodist Churches, in their quest to identify Health Care Hero's. As we well know, Nancy has directed the "Walk To" program for several years now, taking it to two international conferences and working very hard on getting it trademarked. Pray for her continued inspiration!

## November

Senior Scams	<a href="http://www.seniorsite.com">www.seniorsite.com</a>
Travel Health	<a href="http://www.cdc.gov/travel">www.cdc.gov/travel</a>
Safe Shopping	<a href="http://www.corporatetravelsafety.com/">www.corporatetravelsafety.com/</a>
TMJ Awareness Month	<a href="http://www.tmj.org">www.tmj.org</a>
National Healthy Skin Month	<a href="http://www.aad.org">www.aad.org</a>
Diabetic Eye Disease	<a href="http://www.preventblindness.org">www.preventblindness.org</a>
Alzheimer's Disease Awareness Month	<a href="http://www.alz.org">www.alz.org</a>
Diabetes Awareness	<a href="http://www.diabetes.org">www.diabetes.org</a>
National Epilepsy Month	<a href="http://www.epilepsyfoundation.org">www.epilepsyfoundation.org</a>
National Marrow Awareness Month	<a href="http://www.marrow.org">www.marrow.org</a>
Pancreatic Cancer Awareness Month	<a href="http://www.pancan.org">www.pancan.org</a>
Lung Cancer Awareness Month	<a href="http://www.alcase.org">www.alcase.org</a>
COPD Awareness Month	<a href="http://www.uscpd.com">www.uscpd.com</a>
21 - 27 GERD Awareness Week	<a href="http://www.aboutgerd.org">www.aboutgerd.org</a>

## Staff Changes

Judy Snyder, Parish Nurse at Peace Lutheran and Sacred Heart Catholic Churches has decided to retire from her ministry. Judy has been with St. John Parish Nursing almost since its inception, working at a variety of churches, including Mt. Hope and Celtic Cross. We wish Judy peace, joy and health in her retirement!

## Change is the constant

The parish nurse ministry at St. John Health has been working closely with the ministry at Providence Hospital since the integration four years ago. This year the departments will become closer with leadership changes. Karen Beger, Corporate Director of Community Health, will give leadership to both programs. While we know that some things will change, we do not anticipate staff changes as a result of the leadership change.

### A thought from the Bible

*God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

—II Timothy 1:7

## October

### Tell-a-Friend Tuesday Planned

St. John Health has a long history of supporting the American Cancer Society's Breast Cancer Awareness campaign, focused on encouraging yearly mammograms. Well, this year will be no exception. Cheryl Donohoe, from ACS, spoke at the recent support group, and materials have been obtained. Please contact Sally for these materials.

## Winter of the Soul

# Planning for Fall/winter bereavement offerings

For several years we have provided support material for remembrance of loved one's during the holiday season. We recognize the difficulty they face, being with friends and family who are celebrating the season. This year we will continue to provide the materials but we also are asking you to share with us your resources and activity ideas. As a primer, Maureen Duncan has offered a grief support group with special outreach during December at St. Augustine Catholic Church. Tammi will be offering a one evening vigil – The Longest Night on December 21 at St. Isidore Catholic Church. Please let us know of your offerings so we can place them in the November newsletter.

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## Resource Room Update

“New” is the word to describe the resource room! It has moved again (and will be moving again this year!). Each time we move we notice another great resource that is being underused. During the summer, Karen worked with several nurses and picked up more support material. We continue to work on putting monthly theme binders together for “One Stop Shopping”! Please contact Sally with your theme needs

or see Maureen and Tammi for suggestions.

## Senior Scams

Older people and their families worry about crime, and with good reason. The elderly are more likely to be victims of crime than younger adults. The number of crimes against older people is hard to ignore, but each year, about two million older people become crime victims.

The elderly are targets for robbery, car theft and burglary. Older people are more likely to face attackers who are strangers. It isn't only strangers who hurt older people. Sometimes family members, friends, or caretakers may physically, mentally, or financially abuse them through neglect, violence or by stealing money or property from them.

Though there are risks, don't let fear of crime stop you from enjoying life. There are things you can do to be safer. Be careful and be aware of what's around you.

More information is available on the web or contact Sally for bulletin starters.

Adapted from: “Crime and Older People,” U.S.DHHS, National Institute on Aging.

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## Shopping safety

- Always try to walk to and from your vehicle with another person.
- If shopping alone and leaving at night — particularly if you're carrying several bundles — ask a security officer to accompany you to your car.
- Avoid dark hallways and other backroom areas, especially near closing time.
- Avoid using bathrooms that are tucked away in a back area and always accompany your child to the bathroom.
- Never use a video arcade or toy store as a baby sitter; predators are on the prowl for unattended children. More than 100,000 children are abducted every year — often in malls or department stores, according to the National Center for Missing and Exploited Children (NCME).
- Park as close to entrances and exits as you can.
- Stow your purchases in the trunk.
- Save your most expensive purchases for last, so you can head straight home.
- Have your keys ready. Before entering, check the back seat.

More tips can be found at [www.corporatetravelsafety.com](http://www.corporatetravelsafety.com)

*Talk happiness; talk faith; talk heath. Say you are well, or all is well with you, And God shall hear your words and make them true.*

—Ella Wheeler-Wilcox



## Conference Information

- The American Red Cross is offering a Family Caregiver Leader Training on **Saturday, September 18**, from **2-4 p.m.** at the ARC Service Center, 13260 11 Mile, Warren. Participants who attend the training will receive the ARC Caregiver Leader Guide, the 9 module textbooks and the family caregiving video. This training comes highly recommended. Course fee is \$75. Call 313-576-4108 for more information.
- The Archdiocese of Detroit is offering a Day of Renewal. **October 6** at the St. John Center for Family in Plymouth. Brochures will be mailed.
- The Diabetes Epidemic... The Healthcare Professional's Role, **Wednesday, Oct. 20, 8a.m.-4:30 p.m.**, St. John Macomb Hospital. For more information call 313-343-6830 ext. 3.
- The St. John Parish Nurse/Congregational Nursing and the Healing Touch Spiritual Ministry Program are sponsoring an Introduction to Healing Ministry. This one day, eight hour course concentrates on Judeo-Christian scriptures related to healing work, the history of healing in Christianity, the principles and practice of the laying-on of hands, developing a "healing presence," and the role of prayer and meditation in healing work. It will be offered twice, at the following times: **Friday, Oct. 22, 2004**, at Providence Novi Park, and **Saturday, Oct. 23**, at St. John Oakland Hospital. The cost will be \$80 for partnership members, \$95 for non-partnership members. Brochures will be mailed to you. Please contact Sally if you need additional forms or require more information.

## Community Education Nights

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

**Oct. 14 - Breast Cancer** - "Judy Asti, author of *A Spiritual Journey Through Breast Cancer*, will encourage you with her personal story of triumph in the face of despair. Her inspirational testimony reaches beyond cancer patients to anyone who will experience calamity and disappointment in their lives. With honesty about the realities of hardship and humor in the most wrenching moments, Judy reminds women that nothing is outside the knowledge and care of God."

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## Your Hand in Prayer

Here is a simple prayer guide that you may find helpful:

- Your thumb is the nearest to you. Begin your prayer by praying for those closest to you. These are the easiest ones to remember. To pray for our loved ones is, as C.S. Lewis once said, a "Sweet Duty".
- The next finger is the pointing finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, ministers and nurses. They need the support and wisdom for pointing others in the right direction. Keep them in your prayers.
- The next finger is the tallest finger. It reminds us of our leaders. Pray for the president, other world leaders, leaders in business and industry, and administrators. These people shape our nation and guide public opinion. They need God's Guidance.
- The forth finger is the weakest finger. Surprising to many is the fact that this is our weakest finger, as any piano will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need your prayers day and night. You cannot pray too much for them.
- And lastly comes the little finger the smallest finger of all, which is where we should place ourselves in relation to God and others. As the Bible says, "The least shall be the greatest among you." Your pinkie should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put in proper perspective.

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### Help is here.

Learn to be quiet in the midst of turmoil,  
for quietness is the end of strife and this is the journey to peace.

— A Course in Miracles

## November - Diabetes

We talk a great deal about the diabetes epidemic. What can the parish nurse do about it? We are hopeful that you will let your church know about diabetes education opportunities offered through St. John Health!

**Diabetes Discovery** - a self-management program taught by certified diabetes educators

**Adult Diabetes Support Group** - for both diabetics and family members

**Diabetes Exercise Program** - safe atmosphere, nurse and exercise specialist present

**Pumping to Precision** - information on insulin pumps

Check out the community calendar, and the CareLink Newsbrief, for locations and information. We are putting together an informational flyer regarding diabetes education opportunities. Please contact Sally for copies.

## SmartSteps Community Screening

• Lakeshore Presbyterian Church in St. Clair Shores is sponsoring a health screening. Available: Cholesterol, diabetes, and blood pressure, along with counseling with a nurse. The date is Saturday, Nov. 13, from 8-11 a.m. The cost is \$15, \$14 for CareLink members. Contact Sally for a promotional flyer or call Physician Finder at 888-757-5463 to register.

• St. John NorthEast Campus is also offering a community screening - Nov. 3, 4 and 5, 9 a.m.-noon. Participants must call Physician Finder to pre-register at 888-757-5463.

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*We are what we think. With our thoughts, we make our world.*

—Buddha

## Support Group Schedule

Tuesday, November 9, 2004

St. John Oakland Hospital,  
27351 Dequindre, (between 11 & 12  
Mile Rd. ), Madison Heights, at the  
Education Center.

Tuesday, February 8, 2005 and

Tuesday, May 10, 2005

Starting in 2005, The Winter and  
Spring support group meetings will be  
at St. John Health, Corporate Services  
Building, 28000 Dequindre, N31  
(north building).

All meetings begin at 8:30 a.m. and  
run until noon.

## Looking at the Monthly

Thank you to each nurse who is helping us by providing the requested monthly documentation! We are focusing on telling our story better and the monthly forms help. Please share any special stories with us also, as this really brings a human face to our ministry. If you need to be inserviced on the monthly form, or just need a copy, please let us know.

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*When the power of love overcomes  
the love of power the world will  
know peace.*

—Anonymous

### Contact information

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