



## Access To Care

St. John Health System has joined with the Michigan Cover the Uninsured Network and some of our state's leading organizations in a statewide initiative to enroll as many as 50,000 uninsured children in state sponsored health insurance programs such as MICHild and Healthy Kids over the next two years. Covering Kids & Families Michigan will help inform parents that their children may be eligible for Medicaid or the State Children's Health Insurance Program (SCHIP) coverage and will help get more children enrolled.

The goal is to spread the word about low-cost and free health care coverage programs available for many families, especially working families. The campaign encourages parents whose children are uninsured to put enrolling them in the state's MICHild or Healthy Kids programs at the top of their checklist. Parents can call 1-888-988-6300 or visit <https://healthcare4mi.com/michild-web/> to find out if their kids are eligible for low-cost or free health coverage.

Two training sessions are being sponsored by St. John Health System & Blue Cross Blue Shield of Michigan in Macomb County

- March 17 at SJHS Macomb Medical Center (23 Mile Road)
- April 21 at St. John Macomb-Oakland Hospital – Macomb Center (12 Mile Road)

Call your coordinator for details.

## Spring Cleaning for Freedom

So many of us have accumulated much more than we need. It bursts from our closets, overflows our shelves and clutters our lives. Lent might be a wonderful time to deliberately release ourselves from the many "things" we own by cleaning out our closets and simplifying our lives in a prayerful and intentional way.

On one level, this is ridding ourselves of things we don't need, or things that we hated to part with except that they are so "out of style." Certainly, many of us have many things that are "extra" or "unnecessary" for us, but could be wonderful for those who can't afford to buy clothes at a store.

Another level of this journey into personal freedom is to ask ourselves how much do I really need? How many jackets, sport shirts, dresses, shoes? How much jewelry? How much sporting equipment? How much electronic equipment? How much of so many things we have in our lives?

We can get as serious and go as deeply into this as we desire to find fruit. This is not "should I get rid of what I don't need?" This is different, more faith-filled and takes us into giving up 'good' stuff — perhaps stuff we are attached to — because we want to experience the exercise of freedom. We do this because we sense that we are not free when we are attached to "things." Often being free from worldly attachments frees us to find our treasure in God. This freedom, too, will place us in greater solidarity with those who have so much less than we imagine we could survive on, yet they find great happiness and joy in trusting in God.

What else might I do to become more free to love or "to live simply so others can simply live?"

Adapted from Creighton University Online Ministry  
[www.creighton.edu/CollaborativeMinistry/Lent](http://www.creighton.edu/CollaborativeMinistry/Lent)

## March Health Observances

National Nutrition Month ..... [www.eatright.org](http://www.eatright.org)  
..... [www.msue.msa.edu/Oakland](http://www.msue.msa.edu/Oakland)  
..... [www.mypyramid.gov](http://www.mypyramid.gov)  
..... [www.5aday.org](http://www.5aday.org)

National Brain Injury Awareness Month .... [www.bia.usa.org](http://www.bia.usa.org)

National Multiple Sclerosis Education  
and Awareness Month..... [www.msfocus.org](http://www.msfocus.org)

Save Your Vision Month ..... [www.aoa.org](http://www.aoa.org)

## Nutrition From the Ground Up

Theme for 2010 National Nutrition Month  
American Dietetic Association

Start with the basics. Eating right doesn't have to be complicated. A healthy eating plan emphasizes fruits, vegetables, whole grains, low-fat or fat-free dairy and includes lean meats, poultry, fish, beans and nuts. A healthy eating plan is also low in saturated fats, trans fats, cholesterol, salt and added sugars.

Make calories count by thinking nutrient-rich rather than "good" or "bad" foods. Most food choices should be packed with vitamins, minerals, fiber and other nutrients—and lower in calories. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.

Focus on variety by eating a variety of foods from all the food groups. Fruits and vegetables can be fresh, canned or frozen. Look for locally grown produce that's in season. Vary protein choices with more fish, beans and peas. Include at least three servings of whole grain cereals, breads, crackers, rice or pasta every day.

Make the most of family mealtime. Eating meals together provides the opportunity to help children develop a healthy attitude toward food. It also enables parents to serve as role models, introduce new foods and establish a regular meal schedule.

Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day.

Source: [www.nutritionwdsda.org](http://www.nutritionwdsda.org)



## March Is Colorectal Awareness Month

Get Tested: Five Tests You Should Know About

1. **Fecal occult blood test (FOBT):** Sometimes cancers or polyps bleed, and the FOBT can detect tiny amounts of blood in the stool.
2. **Sigmoidoscopy:** Your doctor checks inside your rectum and the lower part of the colon with a lighted tube called a sigmoidoscope. If polyps are found, the doctor removes them.
3. **Colonoscopy:** Your doctor examines inside the rectum and entire colon using a long, lighted tube called a colonoscope. Your doctor removes polyps that may be found.
4. **Double-contrast barium enema:** You are given an enema with a barium solution, and air is pumped into your rectum. Several x-ray pictures are taken of your colon and rectum.
5. **Digital rectal exam:** A rectal exam is often part of routine physical examination. Your doctor inserts a lubricated, gloved finger in your rectum to feel for abnormal areas.

Source: National Cancer Institute

## April Health Observances

Alcohol Awareness Month ..... ncadi.samhsa.gov

Sexual Assault Awareness Month ..... snvrc.org

National Autism Awareness Month ..... autism-society.org

April 22, Earth Day ..... ncccojustice.org

.....nrpe.org

## The Domino Strategy

(for effective alcohol use)

*The Domino Strategy*<sup>™</sup> uses low consumption guidelines to define responsible drinking. The guidelines are taken from the U.S. Department of Health and Human Services and the U.S. Department of Agriculture's, Nutrition and Your Health Dietary Guidelines for Americans, Fifth Edition, 2005.

The guidelines are:

0 – Alcohol for people who are:

- Under 21
- Pregnant, trying to become pregnant or breastfeeding
- Operating any type of vehicle or machinery
- Recovering alcoholics or drug dependent
- Using certain medications

1 - No more than one standard drink\* per day for women

2 - No more than two standard drinks\* per day for men

\*1 standard drink = 12 ounces of beer, 5 ounces of wine or 1.5 ounces of 80-proof distilled spirits

Source: dominostrategy.org

## Celebrating and Caring for God's Creation

Earth Day Sunday is a day to celebrate God's Creation. When God created the world, God blessed it and called it very good (Genesis 1:1-31). God is revealed through the beauty, power, abundance, and mystery of the natural world. Through wind and flame, water and wilderness, creatures and seasons, God is continually present and active in the world.

The Earth and all that is in it belongs to God (Psalm 24:1). As Christians, we are called to celebrate and care for Creation. Cultivating and caring for the land is central to God's first job description for humans (Genesis 2:15). Just as ancient stewards managed the household resources of their master, we must wisely manage the abundant resources of God's Earth household. Caring for Creation is a core value of the Christian tradition.

The many interconnected systems of the natural world allow life on Earth to flourish. The health of humanity hinges on the health of the Earth. Ecosystems are becoming less and less able to provide the things all creatures require to survive: clean water, clean air, food sources that are resistant to disease, and stable conditions for growing food and building homes. As we celebrate God's Creation, we must also commit ourselves to discovering new ways to incorporate Creation care into our homes, churches, and communities.

Source: Eco-Justice Programs, National Council of Churches

## Your Decisions Matter

April 16, 2010 will be the 3rd annual National Healthcare Decisions Day. On this day, throughout the country, healthcare providers, professionals, chaplains, attorneys, and others will participate in a massive effort to highlight the importance of advance healthcare decision-making. To facilitate this process, initiative organizers will provide clear, concise, and consistent information and tools for the public to execute written advance directives (healthcare power of attorney and/or living will) in accordance with their applicable state laws. These resources will be available via e-mail at [nhdd@nhpco.org](mailto:nhdd@nhpco.org), calling 800-658-8898 "<http://www.nationalhealthcaredecisionsday.org>"

Although several states have engaged in advance directive awareness events and numerous organizations have devoted substantial time and money to improving education about advance healthcare planning, only a small minority of Americans have executed an advance directive. National Healthcare Decisions Day seeks to address this issue by focusing attention on advance healthcare planning from a variety of directions simultaneously.

St. John Health System has their own copy of a publication which can be used to develop an advance directive, legally designating a durable power of attorney for healthcare decisions and outlining specific preferences for care to be given or withheld at the end of life. The booklet, "*Courageous Conversations*" is available to our partnership churches, along with a speaker to explain the process and to give guidance for people of all ages. Partnership churches should contact their coordinator to arrange a talk and distribution of these documents.

## Overdue Congratulations!

Dawn Spratke from Bethel Lutheran Church in St. Clair Shores completed the Core Curriculum Course for Faith Community Nurses this past Fall. Our apologies for leaving her name off the list last issue! Congratulations, Dawn!

## What's New?

St. John Hospice is looking for Stephen Ministers to do phone outreach to their many bereaved families. It is their hope to create two teams:

- An East Side Phone Team that would volunteer at the Garfield Office in Clinton Twp. (37650 Garfield) near Metropolitan Parkway
- A West Side Phone Team that would volunteer at the Providence Office in Southfield (22255 Greenfield) near Providence Hospital
- In addition to phone outreach, they are also interested in finding Stephen Ministers who would be available to do in-home visits (respite visits) for caregivers as well as support visits to our bereaved.

If your congregation has a Stephen Ministry, please share this information with them and have them call Sally Sterr, Faith Community Partnership Administrative Assistant, at 586-753-1484.

## Dates To Remember:

**March 3, 2010 – “Unwrapping Our Gifts as Parish Nurse”,**  
9:00 am – 3:00 pm, Archdiocese of Detroit Parish Nurse Retreat.  
Manresa Retreat House, Bloomfield Hills. Speaker, Jacci Brown.  
For more information or to register online, go to “<http://www.aodonline.org/ParishNursing>” [www.aodonline.org/ParishNursing](http://www.aodonline.org/ParishNursing).

**April 20, 2010 – “Every Nurse a Leader”,** 7:30 am – 3:30 pm,  
St. Paul of the Cross Passionist Retreat & Conference Center,  
23333 Schoolcraft, Detroit, (313) 535-9563. Conference Fee  
\$75.00, 6.0 Nursing Contact Hours.

**May 26, 2010 – 2nd Annual Nursing Open House Celebration,**  
2:00 pm – 8 pm. St. Paul of the Cross Passionist Retreat &  
Conference Center. Free, contact hour presentations available.  
Call (313) 535-9563 for more information.

**May 3 and 5, 2010 – Spring Support Group Celebrating Pastors  
and Faith Community Partnerships.** May 3, Lunch at St. John  
Macomb-Oakland Hospital, Oakland Education Center, Madison  
Heights. May 5, Dinner at Providence Hospital, Southfield. Details  
to follow! Save the Date and mark your calendars (and your  
pastor's) now! (586-753-1484).

## A Faith Community Nurse Story

### KEEPING FAITH ALIVE –

A parishioner called to request a home visit for his father who lives alone and cannot drive or get out much. A phone assessment was done with the son.

This 80 year old gentleman was a Korean War Veteran who was severely injured in combat, shot in the face, lost his eyes, and then became deaf when he developed meningitis during his long rehabilitation. When he left for his tour of duty, his wife was pregnant with their first child and because of his injuries was never able to see any of his children. He and his wife raised three children and lived life to its fullest. About 20 years ago he lost his wife to cancer and has lived alone since then.

He is very self sufficient. He had cochlear implants and wears a device in his left ear that does help him to hear a few simple things. He maintains his own hygiene, rides his stationary bike, reads his weekly “New York Times” in Braille, recites several rosaries each day and looks forward to going out to dinner several times a week with his children.

Lately, his son felt his dad was depressed. He would get his days and nights mixed up and sleep for prolonged periods of time. His son felt if someone from our Health Ministry came to assess and visit his dad once a month, he may perk up.

I called Jane, my St. John Health System FCN Coordinator, who gave me local resources to help the blind and tips on how to make an effective home visit.

Another Health Ministry Team member and I began our visits. We did an assessment. He is grateful to us for bringing him the Eucharist and keeping him connected to the outside world.

I feel blessed to have been given the opportunity to know this man and to be a small part of his life. I hope and pray that we have brightened some of his days as he has brightened ours.

Mary Kuznia, RN, Parish Nurse, Health Ministry Team Leader, St. Joan of Arc Parish, St. Clair Shores, MI in partnership with St. John Community Health Faith Community Partnerships.

## Who's Responsible?

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