Coordinator’s Corner

How beautiful has this week been?! 2013 has certainly been a different take on the seasons but this is GREAT!

The chapel at Carle is getting a well deserved facelift and should be completed in August. The new Carle building will have a meditation room off the family waiting area and it is beautifully done. We are more than happy to offer a tour of the new building to our parish nurses following a CE program this fall. It is a huge space and it amazing to see where technology has come in the treatment of emergent neurological and cardiac procedures.

On Sunday May 5th I attended the retirement celebration for JoAnn McGrain parish nurse at St Matthew Catholic in Champaign since the Spring of 1998. (photo) The display that her fellow parish nurses put together was great as was the reception. St Matthew is a large congregation, it was nice to see the many parish nurses at the event who will continue this important work.

On May 18th I spoke for the Mt Vernon Methodist Church Women’s Group and saw many familiar faces.

There is a great training being offered this September through Family Service in Champaign. Following completion you will be able to lead the classes for Take Charge of your Health: Live Well, Be Well. Over the years we have written about this evidence based Chronic Disease Self Management program. Please see additional information inside this newsletter.

It is in the Mail! 1,966 pages of the Magnet document are completed and on its way to the three reviewers and ANCC national office in Washington DC. Bev and I each took some time off to recuperate and are now back full force. I visited friends and family while Bev met her new grandson Evan in Tennessee.

PLEASE get the word out about the fall class that begins Friday evening September 20th. St Patrick’s in Urbana will be our host this year. We would love to have a good size group to help replenish our ranks in area congregations.

FINALLY! Fall CNE opportunities are scheduled 😊 1.5 hours each 0830-1000 Saturday mornings.

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<table>
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<tr>
<th>September 7</th>
<th>TO BE ANNOUNCED</th>
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<td>September 28</td>
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<td>October 12</td>
<td>Spiritual Gifts-Patty Metzler</td>
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<td>November 9</td>
<td>Food Allergy: Keeping Kids Safe at Church-Amy Jessup</td>
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SIX hours total can be earned this fall and we will offer some additional classes in February and March.

NATIONAL CERTIFICATION for Faith Community Nursing is coming soon. The Health Ministries Association together with the American Nurses Association has been developing the criteria for this process and has elected to go with a portfolio as the method. As soon as more information is available I will have it for you in this newsletter.

Annual meeting letters for the fall are being sent out this week. Please schedule ASAP with Bev. I am looking forward to seeing you. Remember we can meet at your church or here at my office, whatever works best for you.

Blessings

Faith

ANCC announcement: The American Nurses Credentialing Center (ANCC) and the Health Ministries Association (HMA) are pleased to announce a new Board Certification program for Faith Community Nurses through a portfolio assessment method. The program is in the initial development stages and ANCC will be recruiting nurses with expertise in Faith Community Nursing to develop this new certification program. The Faith Community Nursing certification is targeted to launch in 2014.
Prayer List

Healing for Marie DesChamps (Spring 1998)

Thanksgiving for the continued ministry of Connie Reynolds (Spring 1998)

Best wishes for a HAPPY and PEACE FILLED retirement to JoAnn McGrain (Spring 1998), St Matthew Catholic Church, Champaign

Healing for Anabelle—3 month old daughter of Kristen Arnold (Winter 2007) possibly needing open heart surgery

Young man recently diagnosed with aplastic anemia. Pray his sister will be a bone marrow match.

Friend whose breast cancer has returned and will need more chemo and radiation

Healing and swift recovery for Bev Clark (Fall 2003)

For the nurses caring for a family member

Prayers of Thanksgiving for all of the good works done in congregations by their faith community nurses

Prayers for Enid White (Fall 1999) recovering from surgery. Prayers and cards to cheer her on will be greatly appreciated.

Cards can be sent to:

Enid White
Hawthorne Inn
3222 Independence Drive
Danville, IL 61832
**National Health Observances**

**August**

**Children’s Eye Health & Safety Month**
Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(800) 331-2020  
(312) 363-6001  
[www.preventblindness.org](http://www.preventblindness.org)

**September**

**Prostate Cancer Awareness Month**
ZERO - The End of Prostate Cancer  
10 G Street NE, Suite 601  
Washington, DC 20002  
(888) 245-9455  
melissa@zerocancer.org  
[www.zerocancer.org](http://www.zerocancer.org)

**National Farm Safety & Health Week**
National Education Center for Agricultural Safety  
10250 Sundown Road  
Peosta, IA 52068  
(888) 844-6322  
halversc@nicc.edu  
[www.necasag.org](http://www.necasag.org)

**Mental Health Resources—2013**

Launched by the U.S. Department of Health and Human Services, [Mentalhealth.gov](http://Mentalhealth.gov) is an online resource for people looking for information about mental health. SAMHSA has released a Toolkit for Community Conversations About Mental Health to support communities interested in holding discussions about mental health. The Information Brief section is available for print and electronic download.

Excellent resource and introductory toolkit for mental health classes in community. Great for FCNs and congregations.
Community Parish Nurse Program
Basic Prep Course

Registered Nurses of all faiths are invited to attend the Community Parish Nurse Program fall training course.

St. Patrick Catholic Church, Urbana

September 20, 21
November 1, 2, 3

Additional online class work required
Class includes all dates and online work

Fridays 5:30-9:30 • Saturdays 8-5 • Sunday 12-4

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Take Charge of Your Health—Leader Training

The Take Charge of Your Health: Live Well, Be Well program:

Specifically targets seniors with ongoing health conditions and/or their caregivers; however the program is open to anyone, with or without a chronic condition, of any age.

Is considered to be preventive and is focused on developing self-management skills. It is a class that anyone can take in order to learn how to live the healthiest lifestyle possible and to learn how to manage life with a chronic condition.

Is designed to be led by 2 co-leaders, one or both of whom are not health professionals & one or both of whom have a chronic condition.

Involves offering class sessions that meet once each week over a 6 week period, for 2 ½ hour class meetings each week.

Provides class participants with a book and relaxation CD to use during the class on a loaner or purchase basis.

Is provided in classes that pre-register a minimum of 6 participants and a maximum of 14.

Specific Information for Leaders

Co-leaders are trained by master trainers at a training which involves commitment of 2 days for 2 weeks (total of 4 days). Co-leader trainings are scheduled as needed at times best suited to the participants and leaders.

Leaders are encouraged to co-lead 1 class session per semester, for a total of 2 per year, if possible. It is advised that these classes be held in a community setting in which participants will be comfortable and have easy, wheelchair-accessible access.

All materials needed for teaching the class are simple, and not “high-tech”: flip-charts, markers, and an easel are used for the class which eliminates the need for computers and opens up the possibilities of locations in which the class can be held.

Class is geared toward teaching participants to better self-manage their lives and “take charge of their health” as a whole. This includes managing their symptoms, communication with others (including physicians and other healthcare administration personnel), safe physical activity, medications, relaxation techniques, goal-setting, and more.

Additional information and brochures are available upon request by calling Senior Resource Center 217-352-5100.

Thursdays and Fridays
September 12-13 & 19-20, 2013
9:00 a.m. — 4:00 p.m.

Senior Resource Center at Family Service
405 S. State St.
Champaign, IL 61820

♦ We will begin and end promptly each day.
♦ Morning snacks and beverages will be provided each day.

♦ Participants will be asked to provide a sack lunch each day or pay $9 for a purchased lunch that will be arranged by trainers.
♦ There is a fee of $175 for training of individuals outside of PSA 05. This may be paid by check to Family Service on the first day of training. There is no fee for individuals being trained from the PSA 05 area.
♦ No prior teaching experience is required.
Compassionate Care Retired Nurse Project

Our Fall training for 2013 will be:

**Wednesday & Thursday**  
**September 18 & 19, 2013**  
**9:00—3:30 each day**

Light breakfast and lunch provided

This project is for retired Carle nurses and active nurses that have 4 hours to volunteer for community service.

One Nurse, One Patient” - No hands on nursing, use your professional knowledge and expertise to help another. Volunteering for up to 4-5 hours a month, following only one patient and family with a home visit, telephone call or email, etc.

Compassionate Care Nurses help the patient and family transition from cure to care by:
- Providing practical guidance and support
- Navigating a healthcare system that may seem complicated
- Finding solutions to problems like pain
- Educating the patient and family

- Referring patients and families as appropriate to other community resources
- Contacting and updating family members who live out of town (with the patient’s permission)

Patients and families are referred to the Compassionate Care Nurse Program from hospital palliative care programs and personal health coordinators at local health plans. Referrals also come from physicians, nurses and community members.

**Any questions or for more information:**
- Eileen Waters at 586-3703 or enie@mediacombb.net
- Sandy Reifsteck at 398-3308 or swr4007@aol.com

Contact Bev Talbott for a registration form—326-2583 or Beverly.talbott@carle.com

The Compassionate Care Retired Nurse Project is generously funded by the Carle Center for Philanthropy.
Peace Meals changes

Although most of you have already heard all we know about the change to nutrition services, we are sending this to make sure that everyone has heard the same facts and that you have the information in writing to refer to if you have others in your community asking you questions.

In January, 2013 Eastern Illinois University (EIU) announced that this would be the university’s final fiscal year of sponsoring Peace Meal Senior Nutrition Program. This decision was based on an updated strategic plan for the university that focuses on direct provision of student education. EIU has been a wonderful sponsor for Peace Meal since 1976. While the decision was difficult both for EIU to make and for Peace Meal to receive, the university’s commitment to working with Peace Meal to find a new sponsor was hopeful.

Soon after the announcement, we approached Sarah Bush Lincoln Health Center to ask if they would become our new sponsor. Their response was quick and enthusiastic – yes! It quickly became obvious that this would be a positive partnership for Peace Meal clients and staff.

The East Central Illinois Area Agency on Aging (ECIAAA) issued a Special Request for Proposals for the Older Americans Act and State of Illinois General Revenue Funding award that creates senior nutrition programs. This meant that a competitive grant application would decide what agency would take over funding October 1, 2013 once the contract with EIU expired. This is the same type of competitive process that has taken place every three years. This time instead of EIU applying, Sarah Bush Lincoln Health Center (SBLHC) applied on behalf of Peace Meal. Their intent was to keep Peace Meal in place to provide the same quality services that we have been providing for over 40 years.

ECIAAA also received an application from CRIS, a Danville based organization that provides various services in both Vermillion and Champaign counties. CRIS currently has senior nutrition funding for Vermillion county.

ECIAAA selected CRIS as the new nutrition provider for all fourteen counties in east central Illinois effective October 1, 2013. Peace Meal will cease to provide any services after September 30. Peace Meal was notified of this decision by letter on April 17, 2013.

We invited ECIAAA and CRIS to meet and discuss the transition on April 30. Seven representatives of the two organizations met here with three of us. At that time ECIAAA and CRIS indicated to us that a transition plan would be in place by June 1 and Peace Meal would be provided with information concerning intentions toward Peace Meal staff and career opportunities with CRIS.

The attached letter dated June 7 was received in the Peace Meal central office on June 11. A request was sent to CRIS that day asking for information on where job postings may be found. June 25 CRIS responded that job postings will be on their website at www.agestrong.org. CRIS can be reached at 217-443-2999 if you have questions about...
their hiring or employment.

We have had no other direct contact from either ECIAAA or CRIS so all we can offer you is what we have been told by community members, funding agencies, ECIAAA board of directors members and ECIAAA advisory board members who have had contact with one of the two organizations.

Effective October 1, 2013 home delivered meals in the fourteen county area currently served by Peace Meal will become a frozen meal program. Frozen meals will be delivered once a week to rural areas and twice a week to urban areas.

Restaurant sites (Bethany, Herrick, Saybrook and Watseka) will remain in place but other sites may be closed. Cissna Park and Milford are operated as traditional sites to allow fellowship among clients but are served by a restaurant on site. We do not know how those two sites will be operated.

All traditional congregate sites that remain open will also become frozen meal sites. Frozen meals will be provided to the sites and can be heated and eaten at the site. This will apply to sites currently served by both central kitchens and caterers.

Frozen meals will be prepared and provided by a variety of sources. We are aware of no specifics beyond that.

We are receiving a lot of questions from communities – most voice concern for a switch to frozen meals and only weekly face-to-face contact with home bound clients. We can suggest that those who have concerns contact both the ECIAAA and Illinois Department on Aging to discuss the plans for their communities. Send any letters to both addresses listed below.

ECIAAA Attn:  Mike O'Donnell, 1003 Maple Hill Road, Bloomington IL 61705
IDOA Attn:  John Holton, 1 Natural Resources Way #100, Springfield IL 62702

Putting all the facts out there in an outline probably comes across as a little cold and as if we are unfeeling about this. That could not be further from the truth. We are so proud of Peace Meal – of each of you at the sites and kitchens and your volunteers who serve and deliver – of what is accomplished every day throughout our fourteen counties. It has been indicated that frozen meals are the wave of the future and that we have been antiquated in our efforts to maintain fresh meals and personal contact with the seniors we serve but we do not agree. While we understand that frozen meals may save some money now, we worry about the cost to seniors, caregivers, communities and taxpayers in the long run. We believe that what we have provided to the seniors of our communities for over forty years has been amazing and has made a real difference in the lives of many. Peace Meal’s commitment to service is what has made us such an asset to seniors and caregivers and we will sincerely miss being a part of that after September 30.

If you have questions, please call any of us. We will do our best to answer your questions.

Thank you for what you have done and what you continue to do each day to serve seniors. Peace Meal is committed to continuing to provide quality services until the end of the program and we appreciate your efforts toward that.

Peace Meal Senior Nutrition Program
Community Parish Nurse Program
611 West Park Street
Urbana, IL  61801