Coordinator’s Corner

A GIANT thank-you to the parish nurses from St Matthew for an AWESOME retreat this month! Joanne Huff, JoAnn McGrain, Regina Ross and Marie DesChamps helped make the room look so inviting. Thanks too to Caren Bryant for staying to assist with the cleanup. As always we owe A GIANT THANK-YOU to Bev Talbott who makes sure all of the details are covered. The new parish hall of St Matthew was a perfect setting. Kathie Blanchfield set the tone for a quiet and nurturing retreat afternoon. I hope you have enjoyed your God pocket as much as I have 😊 It was wonderful to see so many of you! While in Wichita for the parish nurse conference I received a copy of a great study resource: Health Through Faith and Community. Published through the United Methodist Church it is an 8-topic compendium, on Faith and Health. We now have two copies in our office and they are available to any parish nurse on loan. Other new books in our library include “Surviving a Spiritual mismatch in Marriage”, “Light for my path for Nurses” and “Sister Save Yourself!” A church response to domestic abuse. Feel free to contact Bev if any of these titles interest you.

December and January are great months to get blurbs in your

(Continued on page 2)
(Continued from page 1)

bulletin for the upcoming winter class. Consider an article for your church newsletter on how your parish nurse work would be enhanced if someone from your congregation took the class. It would be wonderful if some of you could get some assistance with your ministry efforts.

There will be no newsletter in December.

Advent is just around the corner. It sure came quick this year didn't it? Bev and I wish each of you a peaceful Thanksgiving and joyous Christmas!

Blessings,
Faith

**Kim Busboom celebrates an anniversary**

On November 1st Kim Busboom (Fall 1997) celebrated the 5 year anniversary of her pancreas/kidney transplant. She is “living the miracle” and we are so thankful for all of her gifts!

**Prayer List - Please Pray for:**

Mary Ann Milewski
Rosemary Mathy
Connie Parker
The Buttitta Family
Kankakee area faith community nurses
Diane Buswell
Kay Thames
Mary Jo Udell
Melissa Wells & family
Jan Melton & family
Kristi Lessen & family
Coletta Ackermann & her daughter Meg
The continued growth of health ministry
The Parish Nurse who is struggling
Phyllis Burnam & family
Gerry Decker and family
Sharon Stewart
Holli (granddaughter of Marge Nester)
That all parish nurses will see worth in their work
**Parish Nurse Retreat**

Dear Faith, Thank you for sharing each of the Carle Parish Nurses with me. What a privilege to be with you all. How well you set every detail in place for a warm and gentle time of reflection and sharing. I drove home with such a sense of good will and softness about God’s fine creation; better known as parish nurse ministry. Please tell Bev I sure appreciate her being there for each of us.

Kathi Blanchfield, speaker

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**Winter 2007 Parish Nurse Class Dates**

Our Winter 2007 Parish Nurse Basic Preparation Course will be held in Champaign County on:

- **February 23, 24**
- **March 9, 10**
- **March 30, 31, April 1**

- Fridays 5:30—9:30 p.m.
- Saturdays 8:00 a.m.—5:00 p.m.
- Sunday 12:00-4:00 p.m.

If you know someone interested in attending this course, contact Bev at Beverly.talbott@carle.com (217) 326-2583 for a registration form.

College credit is now available, contact Faith Roberts at (217) 326-2683 or faith.roberts@carle.com

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**Pictures needed**

We are looking for pictures you may have related to parish nursing. They could be of your Dedications/Ceremonies, classes, doing blood pressures, anything that shows your work as a parish nurse.

If you have photos, we’d love to have a copy or can make a copy from your photo. If you have a jpeg that’s even better. 😊

Please contact Bev if you have some to share at 217-326-2583 or beverly.talbott@carle.com
Reflections from the Westberg Symposium

Westberg Parish Nurse Symposium—what a wonderful experience. I came away from the conference with the knowledge that I am not working by myself as a Parish nurse—There are hundreds maybe thousands of us out there who feel called to serve God by serving our congregations.

Meals were the best—not only was the food great, but I got to meet and talk with nurses from all over. Experiences and challenges were shared. I met some old friends and made some new ones. I was even able to catch up on what was happening in the church in the Chicago suburbs that I previously attended.

The educational sessions were great. I came home with at least two programs that I could give without a great deal of preparation.

The handouts were that good.

The worship services, the entertainment and the speakers were outstanding. Everything I attended, I came away with something to tell me I am not a parish nurse in a small church working by myself. I have lots support and resources.

The conference was great—every parish nurse should give Westberg a try at least one time. Thanks go to my Church women who helped with conference fees and Carle Foundation who paid for the transportation and the room.

I feel blessed to be a parish nurse.
Gerry Decker
Fall 2003

The 20th Annual Westberg Parish Nurse Symposium was a truly enriching experience. I was very excited to be able to attend this year after hearing the recommendations for attending from Faith and other parish nurses that have attended in the past... I was not disappointed!

Dr. Tim Johnson's presentation "Finding God" was my personal favorite. Hearing him share his spiritual journey and to learn that Granger Westberg was a pivotal link in his journey was very meaningful to me. I am now enjoying reading his book "Finding God in the Questions: A Personal Journey". Again I have found that in volunteering my time as a parish nurse I have received so much more personally.

The individual conference sessions that I attended were each very pertinent to the goals/projects that we're working on in our parish. I received such practical information about implementing an automatic external defibrillator program that I know exactly who I need to contact as we begin looking at this issue for our parish. Kathleen Blanchfield, a parish nurse from Orland Park, IL shared what she learned while developing and implementing an AED program for her congregation, allowing so many parish nurses to learn from her experience and not have to "reinvent the wheel". I've been dreading getting into this project, but no longer feel that way since I have specific guidelines to help me now. The sessions I attended on dementia care and end of life issues were both excellent as well.

That was not all that this weekend allowed me to experience. I roomed with Barbara Shideler, an area parish nurse that I had not met before. I enjoyed making a new friend in Barbara and extending my "parish nurse network" by meeting people from all over the United States (and the world) at sessions and mealtimes. Yes, the food was excellent and plentiful!

I feel truly blessed to be able to attend this parish nurse symposium, and thank Faith and The Carle Foundation for their support of this exceptional continuing education opportunity.

Becky Hatfield RN
Fall 2003
This was my first year to attend the Westberg Conference, and I was thrilled to receive one of the scholarships from the Carle Community Parish Nurse Program. This generous scholarship provided my tuition (including meals), room and even transportation.

I guess I was a little nervous, though, because I really did not know anyone who would be attending, except Faith of course, and didn’t know what to expect. I have attended several other national nursing conferences, but I noticed there was a different feeling about this one. Since everyone there was a parish nurse, strongly connected to parish nursing, (or a minister, as I later learned), I found everyone to be especially friendly and helpful. In the meetings, halls, and even at meals, I found whomever I sat with easy to talk to and eager to share stories of parish nursing. It confirms once again what I know—that believing in the health of body, mind and soul really connects people. There are no strangers in a group like this.

The 3 diverse keynote speakers were very good, passionate about their subjects, and each offered a unique perspective. Rev. Delois Brown-Daniels spoke about the injustices and disparities in the U.S. Health care system, and challenged parish nurses to serve as advocates for improvement of the system, making it a justice issue. This subject is dear to my heart, especially since hosting a weekend seminar on this very subject at my church in 2004, titled “Universal Health Care: Faith, Justice and Advocacy”.

The second keynote speaker was Dr. Timothy Johnson, the Medical Editor of ABC News, and an ordained clergyman. He spoke from the heart about his faith journey, how it’s OK and even healthy to have questions about God and religion, and how important it is to keep asking the questions. It is only if we keep asking questions do we start to find the answers. I purchased his book “Finding God in the Questions: A Personal Journey”, and am finding it very interesting and easy to read.

The third keynote speaker, Rosemarie Matheus, RN, MSN, a parish nurse educator and consultant, spoke directly to my nurse’s heart about the choices we make, both personally and professionally, and how we arrive at those choices. I will never forget a PowerPoint slide she used in her presentation, with the word “choices” spelled out several times on the slide. Then the letters all started spinning around all over the slide, (in typical Powerpoint magic) until they eventually landed in their correct neat space. That was such a visual impact of how I feel sometimes, with all the choices running around in my head. Yet, knowing that eventually, with some prayer and planning, everything will fall into place.

Another highlight of the conference for me was the Sunday morning closing worship service, conducted by Rev. Deborah Patterson, which included an inspiring message by the President of Eden Theological Seminary, Rev. Dr. David Greenhaw, and a very special hymn written by Rev. Patterson just this fall and titled “Oh God of Love, of Healing and of Wholeness”. We sang it to the tune of Londonderry Air (or Danny Boy). The words were so powerful—I hope to use it at my church in the future. I also purchased her new book, “Healing Words for Healing People”, and am finding it very enjoyable.

I attended a very interesting workshop on “Sign Chi Do”. It is a combination of Tai Chi and sign language. The physician who gave the workshop taught us sign language to some common prayers—she called it “the moving art of prayer”. It was very unique and powerful, and could be helpful with speech impaired folks who still want to be reached in a spiritual way.

The exhibitor booths were varied and enticing. Not often do you find a “Parish Nurse shopping mall” all in one place!

I especially enjoyed the networking with other parish nurses and conference attendees, (which came from all across the country and 7 other countries) and also with the east central Illinois parish nurses who I got to know during the van ride to St. Louis and back. However, a major bonus was finding out that the roommate I was assigned to room with, was another nurse from Carle, whom I did not know. (I work there too). She was a great roommate and I feel like I have a new friend at Carle.

All in all, Westberg was an informative, stimulating and professional conference, and it’s in our own backyard!

Linda Morgan
Fall 2001
I was blessed to receive a Westberg scholarship. The experience is a time of both revival and renewal. We leave ready to take on new challenges.

The speakers and breakout sessions were indeed thought provoking and inspiring. Aside from that, I found that this year one experience will stay in my mind. It involved, I believe, God allowing people to be in the right place at the right time. Let me explain.

I was seated at a back table during the afternoon breakout session entitled: “Rainbows on the Horizon: A Collaborative Approach to Dementia Care for the Whole Family”. To my left was a woman probably near the age of 40. To my right was a woman who I would guess to be nearing 65 years of age. They both lived outside the state of Illinois. During the session I noticed the woman to my left was weeping softly from time to time. I sensed this was indeed a difficult presentation for her to attend.

At the close, I reached over and told her I observed her distress and asked her if she would care to share what was troubling her. As she began her story, the older woman joined us. She began her story by saying her mother was recently diagnosed with Alzheimer’s. She shared what life has been like for her, her siblings and her mother the last few months. The emotional load was very heavy. There were many questions about care now and in the future.

I, as a Public Health nurse, have worked with families who have dealt with similar situations so I offered her some suggestions. The other woman had just retired from a facility that dealt primarily with residents afflicted with Alzheimer’s and dementia! She shared a wealth of knowledge.

For nearly an hour afterwards we visited in that area. Leaving, we agreed to continue to pray for her and her mother. We felt God arranged the seating for that session!

Mary Anderson
Fall 2003

What a great experience it was to attend the Westberg Symposium in St. Louis! There were 450+ people in attendance with parish nurses from all over the world, including Australia, Canada, England, Korea, US and even Switzerland. There were great programs to attend and inspirational speakers.

I especially enjoyed visiting with new people at each meal and learning about their personal experiences with parish nursing.

I brought home new ideas and resources to use at my home church.

Even the road trip allowed me to get acquainted with several more of our own parish nurses who I haven’t met yet.

A special thanks to Faith and Bev for all their hard work for us.

Dee Slezak
Spring 1999
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Mary Anderson
Fall 2003

One other session that I attended was the health survey of the church. Participants were given an assessment tool to survey the congregation to see what health needs and programs that the parish nurse needs to be concerned with. The presenter demonstrated how the health survey affected the community that she serves and how the hospital supported program extended its services. I have been talking to the pastor about conducting a survey. My goal is to complete the survey by October 2007.

Once again I would like to say thank you from the bottom of my heart for supporting me with a scholarship opportunity for the Westberg Symposium. The symposium was a rejuvenation of my spirit.

Charlotte Connerton
Fall 2000
Education Resources

Save the Date—HMA Annual National Conference

Navigating the River: 
Journey With Us Through Health Ministries' Healing Waters

HMA's 18th Annual National Conference & Exhibition
June 21—24, 2007
San Antonio, Texas

www.hmassoc.org

RESOURCES

National Health Observances

December

Safe Toys and Gifts Month
Prevent Blindness America
211 W Wacher Drive, Suite 1700
Chicago, IL 60606 (800) 331-2020
www.preventblindness.org
Materials available

Liability Insurance

Just a note…

Liability Insurance coverage runs from February to January. We will be sending out new forms next month to be completed and signed by your pastor.
The Champaign-Urbana Public Health District sponsored a Pandemic Flu Preparation Summit on Friday, October 20, 2006.

Representatives from CUPHD, Champaign County Public Health, McKinley Health Center, EMA and Red Cross shared material and information regarding a possible Pandemic Flu and how we can prepare for it.

Dr. Robert Palinkas, Director, McKinley Health Center, UIUC, presented “What is Pandemic Flu?” He explained the characteristics of a pandemic flu and how it is spread.

He described how influenza becomes a pandemic and what to expect if Champaign-Urbana had a pandemic outbreak. There are plans in place to set up a SURGE hospital for the very ill and areas have been designated to set up distribution centers where people could go for vaccines.

Travel would be restricted, public events will be cancelled and people will be instructed to stay home to reduce risk of exposure. All U of I students who are able will be sent home. The goal would be to form a ring around the outbreak.

Melissa Hengoed of the American Red Cross offered tips on individual and family preparedness. The American Red Cross offers brochures on its website on how to prepare a family disaster kit.

Awais Vaid, Epidemiologist with Champaign-Urbana Public Health District, lectured on the importance of infection control and prevention. He advised us to adopt good hand washing habits, get vaccinated for the flu, make sure all our vaccinations are up to date and “Cover Your Cough.” Downloads of the “Cover Your Cough” posters are available on the CDC website.

Julie Pryde of Champaign-Urbana Public Health District explained the “Stock 2 For Flu” campaign. Pryde said in the event of a pandemic, Public Health will announce a “snow day quarantine.” People will be urged to stay home and local businesses will be closed. The agencies known for disaster relief will not be able to feed or care for all of the victims. She explained that is why it is so important to prepare. She used the acronym YOYO, which means “You’re on your own!”

CUPHD recommends that we plan and store enough food and water for our families for a two-week period. A list of those food items recommended can be found on the CUPHD website. Local IGAs will be placing “Stock 2 For Flu” cards on shelves near these food items.

The website also has fliers explaining Avian/Bird flu, how to make a plan for our families, how to prepare at work, and school and so on, that can be downloaded. Pre-printed fliers are also available for pick up at the CUPHD office.

Ms. Pryde said the CUPHD employees are available to come to local interest groups, businesses, work, schools, etc. to speak and bring displays regarding Stock 2 For Flu.

Dr. Palinkas said that while a pandemic is not inevitable it is best to be prepared. Julie Pryde pointed out that even if a pandemic does not occur, at least we will be prepared for any other type of disaster that might occur.


Thanks to Jamie Nickell (Spring 1998) for attending the meeting and providing us with this information.

We will be mailing out a “Pandemic Flu Planning Checklist for Individuals & Families” provided by the CUPHD. We have a limited number of additional copies available in our office if you need more.