Coordinator’s Corner

I had a great visit with a group of Peoria parish nurses and those interested in faith community nursing this week. Carol Smith from Decatur and Jo Samara from Bloomington were also there and gave information on their upcoming classes to be held this fall. Central Illinois continues to have several options for completing basic preparation classes.

It must be getting nicer out as we have had several calls from nurses/congregations scheduling their health fairs! We have a dynamite resource on health fairs (2 copies for loan) from the Detroit area parish nurses program. Please call Bev if you would like to review these materials.

Last week a group of parish nurses that were dedicated a year ago this month met for dinner with me. It was wonderful to see everyone and to catch up on how things are going. Lots had been accomplished from Walk to Jerusalem to Vial of Life to disaster preparedness. As always it is so good to “be” with you and I am blown away by your many gifts and talents that you share with others.

I am attaching two pieces of mail received this week. I urge you to read them and communicate with your congregational leaders as to how this information could best be disseminated in your faith family.

Blessings,

Faith

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Prayer List - Please Pray for:

Judy Hinton
June
Sheri Sikma and her husband
52 y/o church member diagnosed with breast cancer—son is vent dependent
The parish nurse who is inactive due to poor health
The church who is desperately hoping for calm leadership during a rough transition of power
Thanksgiving for Kathie Buttitta and her husband who demonstrate the power of love and faith for all of us to see
Carol Vogel
Julie Sawyers
James Boehme
Thomas
Rosemary Mathy
Connie Parker
The Buttitta Family
Diane Buswell
Kay Thames
Coletta Ackermann & her daughter Meg—Thanksgiving ☺!
The continued growth of health ministry
The parish nurse who is struggling with weight issues
The Parish Nurse who is struggling
The parish nurses of Westville

Congratulations to Nurse Exemplars!

Congratulations to Parish Nurses Mary Bigelow and Connie Gewirtz! They have named Nurse Exemplars at Carle Foundation Hospital. This award is significant because it is voted on by their peers in the unit where they practice.
**Virginia Tech Tragedy**

Dear Colleagues,

I can’t think of anything more fitting in light of the recent Virginia Tech shootings then this timely email. Today more than ever we should be very careful about turning back the clock on mental illness rather advocate for a deeper understanding and awareness of something that could affect everyone. Today more and more families are impacting by mental illness. Antidepressants are the #1 prescription drug in this country. Our children are diagnosed more and more with depression, anxiety disorders as well as other psychiatric disorders. We hide our heads in the sand and forget what has happened.

For Parish Nurses: reach out to those in your faith communities who may now be fearful of the backlash that could occur from this tragic event, educate your faith communities on mental health as well as mental illness. Become advocates for this growing population. Let us turn this senseless tragedy into something positive. Promote mental health awareness and understanding.

Thank you,
Fran

Fran Zoske MSN, FCN, RN
Director
Faith Community~Parish Nurse Program
Seton Health
Troy, NY

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**FEDERATION OF FAMILIES FOR CHILDREN’S MENTAL HEALTH**

*In Response the Tragedy at Virginia Tech University*

**April 17, 2007**

We are all once again stunned and in pain as the tragedy at Virginia Tech University fill our television screens. Stories about scores of wounded and dead students and the fact that it is the largest mass murder in our country’s history left us with shock and disbelief. The national Federation of Families for Children’s Mental Health would like to express our sincere condolences to the families of the lost and injured in this great tragedy.

No one is untouched by this tragedy -- not the victims or the survivors, not the families and friends of the alleged shooter, not the family watching the news in a far away state. None of us are immune. Human reactions to such crisis are varied, but there are some very common and “normal” reactions. They include:

♦ increased feelings of fear and vulnerability,
♦ intense anger,
♦ a need to blame (the parents, the kids, the schools ... ),
♦ shock,
♦ inability to concentrate, to think clearly or to problem solve, and
♦ depression.

The dangers for those of us raising, loving and teaching children with mental health issues, include

♦ further stigmatization,
♦ inappropriate responses to our

(Continued on page 4)
children’s “normal” reactions to this public trauma, and
♦ overly punitive juvenile justice legislation.

Later, as the collective emotional chaos eases, we must look to prevention and ways to de-toxify the environments where our children are growing up. The Federation of Families for Children’s Mental Health will continue to support efforts to raise awareness, promote policies and advocate for appropriate services and supports, including prevention.

For now, we must turn to one another for support. We must create safe holding environments for our children, our families, our teachers and our communities. The attached checklists are offered as a way for you and your neighbors to answer the hardest and most immediate questions:

1. Could this have been MY kid? How to identify youth at risk of violent behavior.
2. What about my child with SED? (serious emotional disorder)

Sandra Spencer
Executive Director
Federation of Families for Children’s Mental Health

WHAT ABOUT THE CHILD WITH SERIOUS EMOTIONAL DISTURBANCE?

A Checklist for Parents and Teachers in the Aftermath of Public Tragedy

WATCH FOR AND ATTEND TO
♦ Sudden changes in behavior
♦ Feelings of fear, anger, or hopelessness
♦ Withdrawal
♦ Agitation

BE SUPPORTIVE BY
♦ Listening
♦ Sharing your own feelings in an honest and “real” way
♦ Helping children and youth find realistic ways to feel safer
♦ Supporting children and youth express their anger, fear and vulnerability in safe ways
♦ Walking with children who are agitated or anxious

At School
♦ Offer small facilitated discussion groups where young people can talk about their feelings of anger and fear
♦ Provide an adult partner to walk and walk and walk with the child who cannot sit in a discussion group
♦ Identify an adult partner for each child to go to anytime they feel the need to walk, to talk, and to be heard
♦ Provide a nurturing “safe place” for the children to retreat when they are anxious. Fill it with books, puzzles or quiet music
♦ Post important resource phone numbers for children and youth in well-traveled areas near telephones
♦ Call the national Federation of

(Continued on page 5)
Families for Children’s Mental Health at 703-684-7710 to get information about your local chapter.

Always reach out to your local community-based supports: mental health centers, churches, cultural elders, spiritual leaders, friends and neighbors.

The Federation of Families for Children’s Mental Health offers this checklist as a guide to help your child or student with emotional, behavioral or mental disorders cope with public tragedies. It is not to replace individual therapeutic supports, but to help you support your child or student.

Could this have been my child?

How to identify youth at risk of violent behavior

A Checklist for Parents and Teachers to Identify Youth at Risk of Violent Behavior

Youth likely to engage in violent behavior may:

♦ have a history of early trauma – or of abuse
♦ believe they do not have a future
♦ have been exposed to violence at home or in the community
♦ have participated in the drug economy or have a history of repeated theft
♦ have experienced abandonment
♦ express feelings of humiliation or shame
♦ express distorted notions of justice
♦ display a lack of compassion

What to do:

1. Form or facilitate a relationship based on trust.
2. Guide the young person toward positive expression of his feelings.
3. Entrust that relationship to a mental health expert.

“...troubled boys, who are most likely to act out violent scenarios when they reach the desperate point of no return – when they, depressed, angry, ashamed, and humiliated, are bent upon action to relieve their intolerable state of mind and heart through violent behavior at home, on the streets, or in school.”

Garbarino, James

BLOOMINGTON/NORMAL AREA

Bloomington Parish Nurse Course

The class dates for the 2007 Bloomington Parish Nurse Class are:

- August 24 & 25
- September 14 & 15
- October 26, 27 & 28

Fridays 5:30 pm—9:30 pm
Satutorials 8:00 am—5:00 pm
Sunday 2:00 pm—4:00 pm
Classes are held in Bloomington.

Contact Lyn A’Hearn or Jo Samara at (309) 268-3506 or e-mail: parishnursing@bromenn.org

Moms In Touch

The latest newsletter from Moms In Touch is available at:
www.momsintouch.org/newsletter/07SpringNews.pdf

Other information on Moms in Touch is at their main website:
www.momsintouch.org/
Education Resources

Take Time to Smell the Roses—Care for the Caregiver

Please join us on
Thursday, May 10, 2007
Pollard Auditorium in the Forum at Carle
7:30 a.m. to 4:00 p.m.

for our next Russell D. Acton Professional Practice Series entitled:

“Take Time to Smell the Roses – Care for the Caregiver”

Featuring Diane Sieg, RN, CLC

Conference Objectives:
♦ Discuss personal and work related stressors and your response to them
♦ Identify the physical effects of stress
♦ Identify specific lifestyle changes to reduce stress
♦ Describe the impact of spirituality on life

Registration deadline for this program is

This program is free to Carle employees and parish nurses.

Non-paying participants who do not attend and do not cancel before the program will be charged $50 to defray expenses.

To register for the program, please call the Education Department at Carle Hospital at 383-3022. Remember to mention you are a parish nurse.

Decatur Parish Nurse Course

The class dates for the 2007 Decatur Parish Nurse Class are:

September 7 & 8
October 5 & 6
November 2, 3 & 4

Fridays 5:30 pm—9:30 pm
Saturdays 8:00 am—5:00 pm
Sunday 12:00 pm—4:00 pm

Classes are held in Decatur.

Contact Carol Smith (217) 876-4445 or e-mail: Crlsmth@aol.com
Documentation Classes

Need a refresher? Never taken documentation? Documentation classes are scheduled for:

May 12th
8:30 am
Central Christian Church
1101 N Vermilion, Danville

OR

May 22nd
5:30 pm
Physicians Conference Room
Forum at Carle Hospital
611 W Park Street, Urbana

Call Bev at (217) 326-2583 to sign up!

Diabetes Support Group—Vermilion County

The next Diabetes Support Group meeting in Vermilion County will be:

May 8th
7:00 pm
Church of Christ
715 W. Vermilion St.
Catlin

Speakers include:
Dr. Ronald Serfoss—Optometrist

All are welcome to drop by, including those with diabetes, family members, etc.

For more information or directions, please contact the church at (217) 427-2166.

15th Annual Concordia Conference for Parish Nurses and Congregational Health Ministries

“15 Years of Blessings”
May 30—June 1, 2007

Parish nurse alumni, church workers, clergy, anyone interested in faith and health, you are invited to celebrate.

Pre-Conference—May 30
Rev. Steven Smith, Campus Pastor

“Forgiveness and Healing”
“and forgive us our sins, just as we have forgiven those who have sinned against us.”
Matthew 6:12 (The Living Bible)

Concordia University Wisconsin
Parish Nurse Ministries
12800 North Lake Shore Drive
Mequon, WI 53097-2402
Phone: 262-243-4233
Email: carol.lueders.bolwerk@cuw.edu
**HMA National Conference**

The 18th Annual HMA National Conference & Exhibition:  
June 21—24, 2007  
in San Antonio, TX

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

For more information: [www.hmassoc.org](http://www.hmassoc.org)

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**New additions to the library**

These 2 books have been added to the parish nurse library:

*How Did I Become My Parent’s Parent?*  
By Harriet Sarnoff Schiff

*At the Heart of Alzheimer’s*  
By Carol Simpson

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**E & M ElderCare—Helpful Websites**

Alzheimer’s Association  
[www.alz.org](http://www.alz.org)

Alzheimer’s Disease Education and Referral Center  
[www.alzheimers.org/adear](http://www.alzheimers.org/adear)

American Association of Retired Persons (AARP)  
[www.aarp.org](http://www.aarp.org)

Illinois Advance Directives  
[www.idph.state.il.us/public/books/advin.htm](http://www.idph.state.il.us/public/books/advin.htm)

Caregiver Magazine (online newsletter)  
[www.caregiver.com](http://www.caregiver.com)

Eldercare Locator  
[www.aoa.dhhs.gov](http://www.aoa.dhhs.gov)

Family Caregiver Alliance  
[www.caregiver.org](http://www.caregiver.org)

Medicare  
[www.medicare.gov](http://www.medicare.gov)

National Academy of Elder Law Attorneys  
[www.naela.com](http://www.naela.com)

National Association of Professional Geriatric Care Manager  
[www.caremanager.org](http://www.caremanager.org)

National Council on Aging  
[www.ncoa.org](http://www.ncoa.org)

National Institute on Aging  
[www.nia.nih.gov](http://www.nia.nih.gov)

National Institute of Health  
[www.nih.gov](http://www.nih.gov)

National Hospice and Palliative Care Organization  
[www.nhpco.org](http://www.nhpco.org)

Nursing Home Comparison  

Social Security Administration  
[www.socialsecurity.gov](http://www.socialsecurity.gov)

U.S. Administration on Aging  
[www.aoa.gov](http://www.aoa.gov)

U.S. Dept of Health & Human Services Long Term Care Guide  
[www.longtermcare.gov](http://www.longtermcare.gov)
Telemedicine Program

Telemedicine in the Regional Outreach Services Department at Carle Foundation Hospital has created a 21st century solution to the issue of patients accessing specialty health care in their local community. Telemedicine is a revolutionary delivery system for medical services that connects board certified sub-specialists at Carle with health care providers and their patients in their hometown. Patients are able to receive high quality medical services delivered by Carle physicians without leaving their local area.

Using the latest telecommunication technology, Telemedicine brings medical consultations, follow-up care and educational services directly to rural physicians and their patients at the local health care facility. Telemedicine uses the internet and the most advanced technology to instantly connect specialists with patients in rural communities across east central and southern Illinois. Telemedicine technology at Carle and participating hospitals and clinics enables doctors to examine, assess and evaluate patients and discuss treatments. Two-way “live” verbal and visual communication allows a patient to ask and answer questions and explain symptoms to their physician.

Current specialties that are being offered through Carle Telemedicine are:
- Neurology
- Certified Sleep Specialists
- Gastroenterology
- Cardiology
- Oncology
- Colon/Rectal Surgery

Child & Adolescent Psychiatry

Videoconferencing is another component of telemedicine that uses the same interactive technology to conduct continuing medical education, presentations and meetings. Carle uses dedicated videoconferencing equipment to communicate with many sites throughout the state of Illinois and across the nation. This has proven to be an effective mode for attaining continuing education credits for physicians, nursing and other allied health care professionals.

In addition to other health care education programs, Regional Outreach Services is offering two videoconference series created specifically for primary care providers and ancillary staff. One of these, “The Beat Goes On,” highlights topics from cardiology and the cardiovascular arena, while the other, “For Inquiring Minds,” addresses a wide range medical specialty topics from asthma to wound healing. Both educational programs cover illnesses and complaints seen frequently along with the latest research data and current trends for treatment.

For more information on Telemedicine or Videoconferencing contact Nancy Eisenmenger, R.N., (Fall 2002), Coordinator for Telemedicine and the Mobile Clinic, at nancy.eisenmenger@carle.com or 217-383-3647.
National Health Observances

May

Melanoma/Skin Cancer Detection and Prevention Month
American Academy of Dermatology
930 East Woodfield Road
Schaumburg, IL 60173
(888) 462-3376
www.aad.org
Materials available

National High Blood Pressure Education Month
National Heart, Lung, and Blood Institute Health Information Center
PO Box 30105
Bethesda, MD 20824-0105
(301) 592-8573
hin.nhlbi.nih.gov/nhbpep_kit/
Materials Available

National Bike Month
League of American Bicyclists
1612 K Street, NW, Suite 800
Washington, DC 20006
(202) 822-1333
www.bikeleague.org/programs/bikemonth
Materials Available

National Osteoporosis Awareness and Prevention Month
National Osteoporosis Foundation
1232 22nd Street NW
Washington, CD 20037-1292
(202) 223-2226
www.nof.org
Materials available

May 13-19
National Women’s Health Week
Office on Women’s Health
US Dept of Health & Human Services
200 Independence Ave, SW, Room 712E
Washington, DC 20201
(202) 690-7651
www.womenshealth.gov/whw
Materials available

Thank you to the parish nurses who helped with the Champaign County Health & Safety Seminar—3/22/07

Thanks to parish nurses Ruby Bohlen, Linda Morgan, Jan Causey and Lilia Peters for taking blood pressures at the Champaign County Health & Safety Seminar on March 22nd.

They had a record attendance of more than 77 participants at the event!

Amy Rademaker
Carle Regional Outreach