Coordinator’s Corner

I’m baaaaaaaaack! Was felled by a kidney stone for three weeks and have learned way too much about the renal system!

Annual meetings are continuing and it is a blessing to be able to reconnect with so many of you. I remain in awe of the work that you do for your congregations and how health ministry is unfolding in your churches.

The dates for the fall class are set and it will be held in Champaign County. Please start conversations now with nurses in your faith family to see if they can set aside the time to attend. We will again utilize the two weekend format with on-line content between. See inside newsletter for details.

We continue to receive a steady stream of requests from students wanting to interview a parish nurse or shadow one for a few hours. Due to the proliferation of on-line programs we hear from all over. If you would be willing to help with these requests please let Bev know. Thanks to parish nurses from St Matthew Catholic and New Horizons Methodist in Champaign for stepping up when asked. Thanks also to the parish nurses in Danville and Westville who have helped these students gain a deeper appreciation for what faith community nursing entails.

There is information inside this newsletter about a Chronic Illness: Finding Meaning and Connection workshop. It looks good and I hope to see some of you there. Finding

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

CE that fits our specialty can be a challenge so wanted to make sure you were aware of this event. It is at the Chiara Retreat center in Springfield which is a beautiful place and they do offer reasonable overnight accommodations if interested.

THANKS to the parish nurses of Lincoln for a delightful dinner at Lincoln Christian Church. It is always good to see everyone.

Westberg is this April 4-7 in Memphis We are offering scholarships to cover registration and lodging. If interested see info in newsletter.

American Lutheran Church in Rantoul offered a two week program on medical issues for their congregants. The content covered is listed in this newsletter.

March is Social Worker Month. Please take a moment and thank our colleagues that help us all “put the pieces together”. Would be a great time to honor those social workers that belong to your church.

Blessings, 

Faith

Prayer List

Love and prayers for the family of Lee and Ruth Woods (Fall 2004) on the loss of their son Mark

Continued healing for Bev Clark (Fall 2003)

For the nurses caring for a family member

Prayers for love and comfort Chrystal Overby (Winter 2007)

Prayers of Thanksgiving for all of the good works done in congregations by their faith community nurses
Congratulations to Dr. Joanne Huff and JoAnn McGrain retired faculty members of Parkland!! The Parkland College Foundation and Parkland College Board of Trustees have named the simulation lab for these two esteemed colleagues. Both JoAnn and Joanne also served as Directors of the Parkland Nursing Program and Dr. Huff also served as Life Science Division Chairman. I know many of you had one or both as instructors while at Parkland.

They both attended the Spring 1998 parish nurse class and have been faithful parish nurses at St Matthew Catholic in Champaign ever since. We are THRILLED to see them receive such well deserved recognition and offer our heartiest congratulations!

HANDS2FEET was founded in 2012 as a grass roots Christian outreach among friends who worked together in a rural health care facility. Hands2Feet is all about touching the homeless, in the Springfield area, with the love of Christ by washing/caring for their feet. Foot clinics are set up in local shelters and churches and provide not only foot care, but also provides each homeless individual with a new pair of socks and shoes. What they do is relational at its core, imitating the love that Christ had for the poor, mentally ill, and the outcasts. H2F, as they are called, strives to represent Jesus in concrete, practical ways through serving, listening and caring for the individual person.

Ed Tibbits, founder of Hands2Feet and once homeless himself, encourages churches and small groups to join them in this ministry by sponsoring a homeless person. Your gift of $30 not only provides new shoes/socks and foot-care, it demonstrates that someone cares in a world that is often harsh and uncaring. For sponsorship or volunteer opportunities you can contact Ed through his website@ www.hands2feet.org. They also have a Facebook page: Hands2Feet.

Lincoln area parish nurses Deb Hoover, Mary Anderson, Penny McIntosh, and Ruth Freeman are members of this group.
Resources

National Health Observances

**March**

**National Colorectal Cancer Awareness Month**
Prevent Cancer Foundation  
1600 Duke Street, Suite 500  
Alexandria, VA 22314  
(800) 227-2732  
[www.preventcancer.org/colorectal](http://www.preventcancer.org/colorectal)
Materials available

**National Social Work Month**
National Association of Social Workers  
750 First Street, NE • Suite 700  
Washington, DC 20002-4241  
[www.socialworkers.org/pressroom/swmonth/](http://www.socialworkers.org/pressroom/swmonth/)
Materials available on website

**National Nutrition Month**
Academy of Nutrition and Dietetics  
120 South Riverside Plaza, Suite 2000  
Chicago, IL 60606-6995  
[www.eatright.org/nnm](http://www.eatright.org/nnm)
Materials available

**17 - 23 National Poison Prevention Week**
Poison Prevention Week Council  
American Association of Poison Control Centers  
515 King Street, Suite 510  
Alexandria, VA 22314  
(703) 894-1858  
[www.aapcc.org](http://www.aapcc.org)
Materials available

**April**

**National Donate Life Month**
Div of Transplantation, Healthcare Systems Bureau  
Health Resources and Services Administration  
U.S. Department of Health and Human Services  
Parklawn Building, Room 12C-05  
5600 Fishers Lane  
Rockville, MD 20857  
(888) 275-4772  
[www.organdonor.gov](http://www.organdonor.gov)

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

Held in Champaign County

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

Call (217) 326-2583 or email Beverly.Talbott@carle.com for a registration form
The Westberg Symposium, a dedicated conference and retreat for faith community nurses typically held in September, will be a part of the inaugural Church Health Conference on April 4 - 7, 2013 at the Memphis Marriott and Cook Convention Center in downtown Memphis, Tenn.

This symposium will identify the development and the many benefits of health ministries in faith communities. Objectives include examining strategies to build healthy communities of faith, evaluating the effectiveness of faith community nursing in sustaining ministries of health, and describing the call of discipleship for faith community nurses and other ministers in health ministries.

The conference will include an opportunity for faith community nurses to present workshops and poster sessions on research, best practices for ministry, education updates and other pertinent information on faith community nursing.

Conference registration fee is $300

For more information, visit their website at www.churchhealthcenter.org/westbergsymposium

Scholarships

A limited number of scholarships are available.

If you are interested, please call 217-326-2583 or email Bev at beverly.talbott@carle.com
Chronic Illness: Meaning and Connection

Wednesday, April 3, 2013
8:00 am—4:00 pm
Chiara Center, Springfield, IL

Speaker
Kelly Arora, PhD
Affiliate Faculty, Regis University, Denver
Facilitator, University of Colorado, Denver
Adjunct Faculty, The Iliff School of Theology
Spiritual Director

Background
According to the Institute of Medicine, chronic disease has emerged as a major public health problem, with more than one in four Americans having two or more chronic conditions such as arthritis, cancer, post-traumatic stress syndrome, and mental illnesses. Chronic conditions impact the social and economic lives of millions of Americans and their families and also significantly affect the individual’s sense of spirituality – of finding meaning in life.

Purpose
This conference will focus on how health care providers can help individuals living with chronic conditions, by assisting them with finding meaning and connection.

Learning Outcomes
At the end of the conference, participants will be able to:
♦ Reflect on spiritual struggles that are triggered by chronic illness.
♦ Explore models of illness and disability.
♦ Identify ways that health care workers and caregivers can help individuals find meaning

Target Audience
Health care professionals and students of all disciplines, nurses, physicians, social workers, pastoral care, parish nurses and ancillary care providers are welcome to attend the conference.

This program has been awarded 5.5 contact hours by the Hospital Sisters Health System Continuing Education Council (OH 374,12-5-13), which is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Registration—$75
Space is limited. Registration and payment is due by March 21, 2013. Email confirmation will be sent when registration AND payment are received.

Contact Bev Talbott (217-326-2583 or beverly.talbott@carle.com) for the brochure with detailed registration information.
Hard Choices for Loving People

Throughout most of our life medical treatment decisions are quite simple. We get sick. Our doctor prescribes a treatment. Since we can only benefit from the physician’s orders, we follow the treatment plan and return to our previous state of health. Yet as our health declines, medical decisions become more complex. Patients who have multiple medical problems, who are dependent on others for daily care like nursing home residents, or who have a terminal condition often face difficult treatment choices.

The 1st Sunday they presented on:
- EMT on emergency situation, Vial of Life and home DNR orders
- CPR
- G-Tubes, feeding and hydration
- Hospice protocol, pain management and Palliative Care

The 2nd Sunday:
- ER protocol, ventilators and dialysis
- Living Will and Medical Power of Attorney
- Having all critical papers in order
- Taking care of an invalid, total care person at home
- Spiritual issues related to any of the topics.

Recently during the Adult Sunday School hour, the parish nurses from American Lutheran Church in Rantoul had a panel of health care workers explain several options such as CPR, artificial feeding, ventilators, dialysis, hydration, comfort measures, pain management and Hospice. These are topics that need a conversation before a crisis occurs.

Diabetes Study

Title: Do you have diabetes? Are you overweight? Interested in a FREE physical activity program?

Body: I’m sure you’ve heard it before: being physically active is good for you! But it can be so hard to get active…and stay active. The Exercise Psychology Lab is conducting a new project: Regulating Efficacy & Wellness in Diabetes (the REWinD Trial)! We are hoping to equip older adults with tools to help you become and stay more physically active—and hopefully healthier and happier.

This study has a specific focus on metabolic health as controlling blood sugar becomes more difficult with age. We need adults with **type 2 diabetes** or **metabolic syndrome** between 50 – 75 years of age who do not regularly exercise to participate in a free physical activity program. You would be **randomly assigned** to one of two groups: a walking exercise group or a metabolic health education group. No matter which group you are assigned to, you will be paid $10 for completing testing at each time-point. If you complete the study, you can expect to receive $30 for participation.

The benefits for you include free physical activity, making new friends, and of course, making a contribution to the science and understanding of physical activity and the aging process.

*What if I don’t know whether I have metabolic syndrome?* That’s okay. Visit [www.epi.illinois.edu/proj_REWinD.html](http://www.epi.illinois.edu/proj_REWinD.html) for more information. Feel free to call project contact, Erin, at 217-300-5326 or email her at therewindtrial@gmail.com
Continuing Education

Phyllis Rogers shared some information on obtaining continuing education. It was written specifically for the nurses at McKinley, but most of it is applicable to any nurse who would like to get some continuing education FREE from home on the computer. She thought it might be particularly helpful to the nurses that are retired and may not receive the same announcements those who are working receive. They plan to update selections in about six months.

If you would like a copy of the information, email or call Bev at Beverly.Talbott@carle.com or (217) 326-2583.

Parish Nurse Article on Stroke

Article from “Parish Nurse Corner: Connie Reynolds (Spring 1998) & Midge VanCleave (Winter 2006)”

Your brain is irreplaceable! It helps you land your first job…it records and plays back your daughter’s wedding and son’s graduation…it helps you remember your anniversary and plan your retirement…it isn’t a broker, PDA, or personal assistant. It’s your brain! It’s what defines you as you—and it is irreplaceable. Stroke is our nation’s #3 killer and leading cause of serious, long-term disability. Each year 700,000 Americans have a stroke. Prevention is your best protection.

First, recognize and reduce your risk for stroke. You can control or eliminate high blood pressure (Parish Nurses conduct blood pressure screenings 1st Sunday of each month), smoking, physical activity & obesity (joining a 3D group to walk for exercise and lose weight), and high cholesterol (see your provider).

Second, learn the warning signs of stroke and treat it like the emergency that it is. Brain cells continue to die as long as a stroke isn’t treated. With strong, time lost is brain lost.
Community Parish Nurse Program
611 West Park Street
Urbana, IL  61801