Coordinator’s Corner

We had a GREAT CNE program two weeks ago on Gift of Hope and organ donation. The Rev Jeff McPike presented along with Lola Lewis from Gift of Hope AND a wonderful couple shared their story. The gentleman received a heart in February 2016 at Barnes. He and his wife talked about the SUPPORT their church family gave them before, during and after the surgery. It was overall superb education that also touched our hearts. There is information inside this newsletter on Donor Sabbath and also an all day education program by Gift of Hope. Please review.

Last evening I spoke to our colleagues from the Kankakee program. We met at the Methodist church in Bradley and discussed the importance of documentation. It was nice to spend some time “up north”.

Although it looks like these summer temps will continue a bit longer it is hard to believe we are halfway through September. PLEASE think about how YOU can advertise the winter parish nurse class to your church members and co-workers. We need to have at least EIGHT attendees for the class to be held. Dates are in this newsletter.

Storms continue to plague the south and southeast, fires are claiming countless homes and natural treasures. It is definitely a time for us all to reflect and re-energize our work in preparing our churches for disasters. Even if right now we feel cocooned by being in Central Illinois we must be cognizant that in the spring we will be faced with tornadoes. Our churches in Watseka have now become experts at dealing with flooding. Many of the faith community nurses from that area said they did not have a disaster plan in place for the first flood but they certainly do now!

Will your church be responding to the people of Texas, Florida and beyond? If so, what is the plan? Are you collecting food, personal needs, clothing? Talk with your church committees and make sure the information is clear and that a plan for responding is in place.

Our final fall CNE program will be Saturday October 21 from 0830-1000 in the HOUSEWORTH room second floor of the Mills Cancer Center. Our speaker is an awesome nurse practitioner, Amy

(Continued on page 2)
Jessup, who will address allergies in the congregational setting. Think potlucks and nursery for starters 😊! She is a STRONG speaker and we are blessed to have her return on this topic. Understanding the allergic response and how it is treated today is eye-opening. Since many of us went to school, there is much more information out there. Please mark your calendars now to attend.

Prayers for all of our colleagues who are struggling with health challenges. Know that Bev and I hold each of you in our hearts. For every person reading this missive take a moment, take a breath and THANK GOD for the blessings you have. Prayers of gratefulness make your heart smile 😊

Blessings,
Faith

Prayer List

- Prayers of Thanksgiving—Linda Andris (Winter 2007) - her son Nathan who had a bone tumor removed—recent abnormality was not recurrence but a response to a fracture!
- Prayers of healing for Linda Morgan (Fall 2001) as she begins her chemo and radiation in tandem
- For years of service—Lilia Peters (Fall 1997)
- Kim Mulvain (Winter 2010) prompt recovery from surgery
  - Connie Reynolds (Spring 1998)
  - Rica Saligan (Fall 2011) continued healing
  - Faye Williamson (Fall 1998)
- For the parish nurse receiving radiation and chemo
- For the parish nurses caring for one of our own……….gratitude beyond measure
- For the parish nurse struggling to build a relationship with their pastor
- For the nurses caring for a family member
- For the parish nurse who feels alone in their efforts to bring health ministry to their congregation
- For all nurses considering faith community nursing—that they will listen to that small silent voice within
Best wishes on your retirement Lilia. Your service and passion for this work has not gone unnoticed. THANK YOU for twenty years of parish nursing!

Lilia Peters (Fall 1997), St. Patrick’s Catholic Church, Urbana.

EDUCATIONAL RESOURCES

Winter 2018 Parish Nurse Class—Champaign County

Dates for our next class have been confirmed!

February 9 & 10
March 2 & 3

Classes include all dates and additional online work

Fridays 5:30-9:30 pm
Saturdays 9:00 am—4:00 pm

Parish Nurse Education Series

Allergy Education for Parish Nurses
Amy Jessup, NP, Carle Food Allergy Education

There is no cost to attend and all are welcome.

October 21 – 8:30-10:00 am
Houseworth Conf Room
2nd floor of Mills Cancer Institute
Park in South garage

If you are interested in attending, please email Bev at beverly.talbott@carle.com or call (217) 326-2583 to sign up.
National Donor Sabbath Resources

National Donor Sabbath is Nov 10-12. Resources with bulletin inserts, flyers, Facebook advertisements and web banners is at the link below.

https://www.donatelife.net/nds/

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Organ & Tissue Donation Conference

**Friday, October 20, 2017**

8:30 am—3:00 pm

**Fee:**

- Free for our parish nurses
- $50 (MD, DO, DC); $15 (residents, students); $25 (others)

**To register:**

Call (217) 326-4535 or email conferences@carle.com

**Website:**


Cancellation Policy: All cancellations must be received in writing no later than seven (7) days prior to the conference. Refunds for cancellations will only be refunded via the method in which they were paid. After the seven (7) days prior to the conference, refunds are not available. Registrations may, however, be transferred to another person to attend this event. Notice of cancellations and/or transfer requests must be made in writing to conferences@carle.com.
National Health Observances

October

National Breast Cancer Awareness Month
American Cancer Society
250 Williams Street NW
Atlanta, GA 30303
(800) 227-2345
Www.cancer.org
Materials available

October 2-8
Mental Health Awareness Week
National Alliance on Mental Illness
3803 North Fairfax Drive, Suite 100
Arlington, VA 22203
(703) 524-7600
Www.nami.org
Materials available

November

American Diabetes Month
American Diabetes Association
1701 North Beauregard Street
Alexandria, VA 22311
(800) DIABETES (342-2383)
Materials available

November 16
Great American Smokeout
American Cancer Society
250 Williams Street NW
Atlanta, GA 30303
(800) ACS-2345 (227-2345)
Materials available

Senior Exercise Resource

**Grow Young Fitness**

I found a pretty good site called Grow Young Fitness and it has a daily exercise and nutrition series for seniors with chair exercises. You can buy into it for $20.00 a month for much more detailed information but the free part seemed good and he sends you emails of encouragement. It’s a young man from Minnesota who is an exercise therapist in a hospital.

[Visit Grow Young Fitness](https://growyoungfitness.com/exercises-for-seniors)

Marlys Morris
American Lutheran Church, Rantoul
Fall 1997 class

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**Rides to Cancer Treatment**

When transportation is a cancer patient’s biggest roadblock to treatment, the American Cancer Society provides rides that can help save lives. The American Cancer Society Road To Recovery program offers cancer patients free transportation to and from cancer related appointments. For those who cannot drive themselves or have no other means of getting to treatment, volunteers donate their spare time and the use of their personal vehicle to give cancer patients in their community a much-needed ride.

This service is available in most communities. There are qualified, trained volunteers ready and willing to help! If you need assistance with transportation, or if you are interested in becoming a volunteer driver, please call your American Cancer Society at 1.800.227.2345 or visit [www.cancer.org](http://www.cancer.org).

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**Westberg Institute—Faith Community Nurses**

Are you on the platform?

The Westberg Institute for Faith Community Nursing (formerly the IPNRC) online platform connects and serves Faith Community Nurses locally, nationally, and internationally. Discover and create groups, share resources, and meet fellow FCNs in your area! For more information or to request an invitation for yourself or your network, go to: [https://westberginstitute.org/fcn-knowledge-sharing-platform](https://westberginstitute.org/fcn-knowledge-sharing-platform)

Got questions? Contact Sherrie Lemons at lemons@churchhealth.org

Westberg Institute
for Faith Community Nursing
The Downward Spiral of Payday Loans

What are payday loans?

A payday loan is a small amount of money loaned at a high interest rate, with the agreement that the borrower will repay the loan with his or her next paycheck. People with poor or no credit, who are denied bank loans, take out payday loans. Typically, the loans are for an amount of about $500, but often one week’s loan rolls into a new loan, generating substantial late fees and interest payments because the borrower could not pay off the initial loan. For more information on payday loans, visit www.consumerfinance.gov.

How do payday loans affect your congregation?

A study by The Pew Charitable Trusts estimates that 12 million Americans use payday loans each year. Financial insecurity is a sensitive topic for most people, and broaching the subject without making people defensive can be tricky. Still, members of your congregation could be taking out payday loans. One of the best ways to ease into a conversation is to offer a broad, community-wide informational session covering financial topics such as budgeting, investments, and of course, loan options.

What can your church do to help?

- Depending on your church’s budget, one of the most effective ways to help your congregation is to offer your own small loans with more fair terms. Protect the church’s finances by setting limits on the amount you put at risk.
- Start a conversation with local businesses to offer a similar loan program to their workers, beginning with business owners in your congregation.
- Partner with Society for Financial Awareness (SOFA), a nationwide nonprofit dedicated to spreading financial education so people can learn to manage their money effectively. Workshops by volunteers often cost nothing or little. For more information on SOFA, visit www.sofausa.org.
- Advocate for reforms on payday loans in your state. Form a congregational financial committee that works to organize educational opportunities, advocates for fair lending, and acts as a focal point for any financial questions members of the congregation may have.

This article was featured in the Church Health Reader—Spring 2017: The Nature of Care print issue. Click here to see the complete table of contents.

http://chreader.org/downward-spiral-payday-loans/
Community Parish Nurse Program
611 West Park Street
Urbana, IL  61801

Happy Fall