

Increase Kindness in Your Life

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

—Galatians 5:22-23

We must learn to view the fact that we have negative feelings not as an irreversible personal defect or as some kind of setback on our path to liberation, but simply as the result of conditioned habits of mind.

Even the Dalai Lama says about himself, “I don’t know why people like me so much.” And then he says, “It must be because I try to be compassionate, to have bodhicitta, that aspiration of compassion: Bodhicitta is the bedrock of Tibetan Buddhism, a wish for the happiness, welfare, and freedom from suffering for all beings everywhere, along with the commitment to work toward that end. Notably, even the Dalai Lama doesn’t claim complete success; he claims a dedication to really trying.

Ways of Increasing the Force of Kindness in Your Life

- Reflect on someone in your life who has reached out to you in kindness-how do you regard him or her?
- Notice how the mood of someone in a chance encounter-such as the checkout person in the supermarket, or a bank teller-affects you.
- Think about your degree of confidence in yourself. What factors have helped enhance it or decrease it?
- Reflect on why kindness might be considered a force instead of a weakness.
- Make the effort to thank someone each day. Notice what is created between you and the other person in that way.
- Reflect on who you admire in life, and why.

“When we are devoted to the development of kindness it becomes a movement of the heart so deep and subtle it is like a movement of the seas close to the ocean floor, all but hidden, yet affecting absolutely everything that happens above. That’s the force of kindness.”

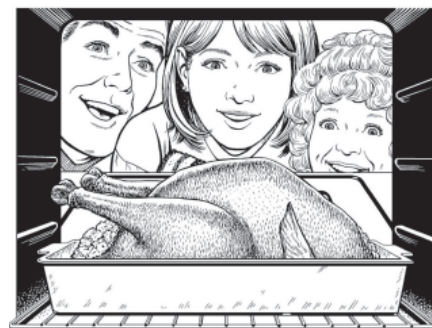
Source: Sharon Salzberg “The Force of Kindness: Change Your Life With Love and Compassion”

Thanksgiving Reflection

The roots of thanksgiving and gratitude stem from the human universal need to express gratitude through prayer, gift-giving and celebrations practiced throughout the world. Of all the profound gestures of the human heart, thanksgiving is the most communal and the most basic. Its presence creates a universal bond that transcends differences.

- “We are grateful for the eyes of faith,
for believing in the presence of God...
- We are grateful for the treasure of loved ones
whose hearts have encouraged us to be
who we are...
- We are grateful for the great adventure of life
that challenges and comforts us at one and
the same time.
- We are grateful for the messengers of God-
who come to us at just the right time and
help us to grow.
- We are grateful for God calling us to work with
our gifts...
grateful that we can be of service...
- We are grateful that we have the basic necessities
of life,
that we have the means to hear the cries
of the poor and to respond with our
abundance.
- We are grateful for the miracle of life-
grateful that we have it within our power
to bring a divided world to peace.”

Exerpts from Joyce Rupp



October Health Observances

- National Breast Cancer Awareness Month
..... www.nbcam.com
..... www.cancer.org
..... www.komen.org
..... http://cancernet.nci.nih.gov
- National Depression and Mental Health Month
..... www.psych.org
..... www.mentalhealthscreening.org
..... www.wfmh.com
- National Depression Screening Day 10/11/07
..... www.mentalhealthscreening.org
- National School Lunch Week-10/15-10/19
..... www.asfsa.org
..... www.eatright.org
..... www.kidshealth.org

WHEN THE MIND CAUSES PAIN

October is National Depression and Mental Health Month. Available to all partnership churches is an educational program consisting of a CD-ROM and video which fall under the title “When the Mind Causes Pain: Understanding the Physical Symptoms of Anxiety & Depression.” The video tells the story of real people who suffer with painful physical symptoms that were disrupting their lives. The individuals share their personal stories and their efforts to understand what was causing these problems and how to find relief. When they learned that their emotional state was driving their pain, their journey to recovery began. The CD-ROM contains valuable educational and promotional materials that can be customized including fact sheets on mental health issues, women’s health concerns, children and

adolescent mental health issues and stress management. There are also PowerPoint presentations on Anxiety Disorders and Depression.

If you are interested in checking out these materials, please contact your Parish Nurse Coordinator or call Sally (586-753-1484) or Mary Jo (248-849-3279) at either office. What an exciting opportunity to educate

your faith communities about such an important topic that rarely gets the attention it deserves.



The Importance of Breast Self Examination (BSE)

A breast-self examination is a technique that women can use to check their breasts and underarms for breast abnormalities. This examination is done by using varying degrees of pressure to the breasts to monitor for any possible changes that might indicate breast cancer. Along with clinical breast examination (CBE) and mammograms, BSE’s are one of the main screening tools for breast cancer.



The purpose of a monthly BSE is for women to gain familiarity with their breasts so any changes in texture, including the presence of a lump can be detected early. The goal of BSE’s is to detect breast cancers when the cancer is in its earliest stages.

Once breast cancers are large enough to

cause symptoms, they are often more advanced than those detected during a routine screening. Breast cancer detected during routine screening are usually smaller and less likely to have spread to other areas in the body.

BSE may be recommended for women starting as early as women in their 20’s, even though the incidence of breast cancer in this age group is extremely low. In addition to annual screening mammograms and CBE’s for women over 40, some experts also recommend performing monthly BSE.

Faith Community Partnerships’ resource rooms have a variety of materials available to sign out to use for any displays or educational events you may choose to sponsor in your church. There are breast cancer display boards, simulated breast lump models, breast lump necklaces and a variety of literature. Contact your coordinator to reserve materials.

Source: <http://nbcf.healthology.com/breast-cancer/breast-cancer-prevention/article3848.htm>

November Health Observances

American Diabetes Month www.diabetes.org
Diabetic Eye Disease Month www.preventblindness.org
Great American Smokeout-11/15 www.cancer.org
Donor Sabbath Weekend- 11/9-11.....
..... www.giftoflifemichigan.org
..... www.organdonor.gov
National Hospice Month- November 1-30
..... www.mihospice.org
..... www.nhpco.org
Lung Cancer Awareness Month
..... www.smokefreemichigan.org
..... www.lungusa.org

Diabetes Epidemic

Over 20 million people have diabetes mellitus (DM)—1/3 of this number are children. An alarming number of children are developing a condition called “Diabetesity”. This is a condition where obese/overweight children are developing type 2 DM (adult onset) at a younger age. Statistics show that children born after the year 2000 will be the first generation that won’t outlive their parents.

Children who develop type 2 DM will experience complications at a much younger age than adults.



Unfortunately, parents and the schools can be directly responsible for this growing problem. More fast foods, decreased requirements for gym classes, cuts in school budgets

that eliminate extra physical activities, and an increase in video/computer games are directly linked as causes of overweight children. Education for parents, teachers/counselors and church groups can inform people on what can be done to reverse this problem. Nutrition information, exercise programs and looking at school lunch programs/cafeteria vending machines are a first step to changing how children look at nutrition and exercise.

(source: American Diabetes Association: med2000-Diabetesity Epidemic)

Palliative Care – Living Better With Chronic Disease

Advances in modern medicine have resulted in unprecedented gains in human longevity. But the fact is that eventually most adults will develop chronic illnesses with which they may live for years. Research indicates that for most people, advanced disease is characterized by big trouble: inadequately treated symptoms; fragmented care systems; poor communication among physicians, patients and families; and enormous strains on family caregivers.

The overwhelming majority of people living with advanced illness require both life-prolonging and palliative treatments. Palliative care is the medical specialty that provides interdisciplinary care focused on relief of suffering. Non-hospice palliative care is offered at any point in a serious illness, along with life-prolonging treatments. It is not dependent upon prognosis.

Using palliative care programs staffed with properly trained professionals, hospitals benefit from increased patient satisfaction and decreased length-of-stay. Patients and families benefit from increased satisfaction and higher quality care. Given the demographics of our aging population, palliative care programs are a necessity.

Source: Dr. Diane Meier, FACP, Director of the Center to Advance Palliative Care at the Mount Sinai School of Medicine

Great American Smokeout

Every year, smokers across the nation take part in the American Cancer Society’s Great American Smokeout by smoking less or quitting for the day. This year’s event will be held November 15. The event challenges people to stop using tobacco and to raise awareness of the many effective ways to quit for good. Challenge your congregation to participate this year. Here are some reasons to quit for good:

- Tobacco use is the number one cause of lung cancer. Ninety percent of lung cancers occur in people who smoke, and ninety percent of all smokers start using tobacco before age 18.
- Non-smokers who breathe second-hand smoke also die of lung cancer.
- Lung cancer is the leading cause of cancer death in Michigan and the most frequently diagnosed cancer among Michigan women.

The best way to prevent lung cancer is not to smoke and to avoid people who do!

Smokers can get help quitting by calling 1-800-ACS-2345 (227-2345) or 1-800-QUITNOW (784-8669) or visit the American Cancer Website listed below.

Source: www.cancer.org

Scope & Standards of Practice Faith Community Nursing

We continue to feature specific standards in each issue of "Faith and Health" so that we may better understand the scope and standards of faith community nursing (parish nursing.)

Standard 5. Implementation

The faith community nurse implements the specified plan.

Measurement criteria:

The faith community nurse:

- Collaborates with the patient and support system to implement the plan in a safe and timely manner.
- Collaborates with and empowers patients to enhance their spiritual well-being and healthy behaviors, reduce the occurrence of illness, modify health risk behaviors, and adapt to chronic changes in health status.
- Documents implementation and any modifications, including changes or omissions, of the specified plan.
- Utilizes evidence-based interventions and treatments specific to the diagnosis or issue.
- Utilizes resources and systems in the faith community and the community in which it is located to implement the plan.
- Collaborates with spiritual leaders, faith community volunteers, caregivers, nursing colleagues, and others to implement the plan.
- Fosters organizational systems and programs in the faith community that support implementation of the plan.

Standard 5A: Coordination of Care

The faith community nurse coordinates care delivery.

Measurement criteria:

The faith community nurse:

- Coordinates implementation of the plan of care.
- Advocates for the patient's desired plan of care with other professionals and healthcare agencies.
- Documents the coordination of care in a secure and retrievable format.

Source: Faith Community Nursing: Scope & Standards of Practice, 2005.

WHO'S RESPONSIBLE?

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248-849-2518 Fax: 248-849-5404
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Designer: Diane Apfel

DATES TO REMEMBER:

"Bringing Organ Donation Awareness To Our Faith Communities", A program for faith leaders, medical staff, health ministers, parish nurses and pastoral care providers. **Friday, September 21, 2007**, 9 a.m. - 2 p.m., Woodside Church, 1509 East Court Street, Flint, MI. Cost: \$10. Contact Cathy Warren at mmcc589@sbcglobal.net or 248-701-2323.

21st Annual Westberg Symposium, September 28-30, 2007, Adam's Mark Hotel, St. Louis, Missouri. For more information, go to www.parishnurses.org.

"Reflecting the Light: A Day of Reflection for Parish Nurses", Oct. 17, 2007, Archdiocese of Detroit, St. John Plymouth Center, 8 a.m. - 3 p.m. Details to follow.

St. John Faith Community Partnerships Fall Support Group, "Fall Into Health", Oct. 11, 2007, 1 p.m., St. Sylvester Church, 11200 E. 12 Mile Rd., Warren or Oct. 24, 2007, 6:30 p.m., St. Priscilla Church, 19120 Purlingbrook, Livonia. A program on "Stroke" will be featured with a CEU and packet for your church. Light refreshments. RSVP 248-849-3279.

What's New?

Welcome, **Sara Shirley**, new Coordinator for the "First Nurses" at First United Methodist Church of Birmingham! She replaces Barb Babb who will be relocating to Texas...we predict a continued successful program at FUMC Birmingham and wish Barb God's speed in her new home...we will miss her!

We welcome a new partnership with New Life in Christ Ministries in Detroit. **Yolanda Hart** leads the parish nurse ministry there in what we know will be a wonderful new program! Congratulations, Yolanda!

What's in a Name?

Did you notice the new verbage on the front page "Faith Community Partnership Newsletter"? Our department has officially changed its name from "Parish Nursing" to "Faith Community Partnerships". We believe this name serves to be inclusive of the diversity of faith communities in our service area and also is in line with the title of our professional specialty, Faith Community Nursing. Other changes may be forthcoming in the near future-stay tuned!