

FAITH & HEALTH

(your link to wholistic health)



AUGUST/SEPTEMBER 2007

What It Means To Be Whole

Wholistic health from a Christian viewpoint emphasizes the whole person and the interdependence of different aspects of the person. Wholistic health sees a person not only as an isolated individual but as someone living in relationship with God, other people, and the whole of creation, including animals, plants, earth, water, and air. Individual, community and global health are all vitally important.

We draw on understandings of health in the Bible. In the Hebrew tradition, a human being was a living *nepshesh*-unity of body and soul. When individuals were in right relationship with God, they were in a state of *shalom* (health/wholeness/peace). In Christian Greek tradition, persons who are whole had *soteria* (salvation). Salvation was viewed as a spiritual and a physical state.

Healing does not necessarily mean curing. As Christians, we believe that to be healed is to be made whole. Jesus ministered to the whole individual; He healed people physically, emotionally, spiritually, and socially. Jesus was concerned about the whole of creation. He healed in a variety of ways-by touch (garment or person), words, prayer (from a distance or in person, response to a parent's plea). But the basis of each healing was the person's faith. Jesus was not the only one to consider creation as a whole. Paul revealed his view of interconnectedness of humanity and creation in his letter to the Romans (Romans 8:22-23)

Some additional scripture verses that you may find helpful as your congregation continues ministries of healing:

Matthew 25:31-46

John 13:1-20

Matthew 26:6-13

I Corinthians 12:12-31

Mark 5:23-43

II Corinthians 4:7-18

Luke 10:25-37

Are you beginning your fall planning? Why not take a Walk to Bethlehem?

If you're looking for a great way to motivate your congregation to take healthy steps this fall, why not consider a Walk to Bethlehem?

The Walk to Bethlehem is a church/community wide walk that covers all aspects of wellness: physical, emotional and spiritual. This program has proven successful in churches and organizations throughout the United States, Canada and the UK. It motivates congregations to exercise body, mind and spirit and spans all generations. Walkers keep track of their own miles each week and log them on Sundays. While walking, they are encouraged to pray for local and global neighbors. Devotions are provided as well as information on the countries and cultures.

To help you plan your walk, "The Walk to Jerusalem/Walk to Bethlehem" booklet/CD are available for purchase as well as "Passports to Good Health" in both the adult and child version and a "Walk and Pray" prayer booklet. Look for a supplemental devotional guide coming soon which is specific for The Walk to Bethlehem.

We know that fall is another one of those seasons of new beginnings. People are ready to bring structure to their "summertime" lives and begin new programs. The Michigan weather is also perfect during the fall for walking and enjoying the color changes. Come walk with us to Bethlehem!

For further information email walktojerusalem@stjohn.org.

August Health Observances

Cataract Awareness Month www.ao.org
National Immunization Awareness Month www.cdc.gov
..... www.partnersforimmunization.org
Children's Eye Health and Safety Month www.preventblindness.org
Psoriasis Awareness Month www.psoriasis.org
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School Lunches

Use school lunches as a chance to steer your child toward good choices. You can't force a child, but you can make it easier to eat healthy. Especially with younger kids, start by explaining how a nutritious lunch will give them the energy to finish the rest of the school day and enjoy after-school activities. Here are some other steps to take:

- Look over the cafeteria menu with your child. Ask what a typical lunch includes and which meal he or she likes. Recommend items that are healthier, but be willing to allow your child to eat favorite lunch items occasionally.
- Ask about foods like chips, soda, and ice cream. Find out if and when these foods are available at school.
- Encourage your child to pack a lunch, at least occasionally. This can put you back in the driver's seat and help you ensure that your child is getting a nutritious midday meal.

For healthier alternatives, encourage your child to choose cafeteria meals that include fruits, vegetables, lean meats and whole grains, such as wheat bread instead of white. Choose milk or water as a drink. If you're helping your child pack a lunch, start by brainstorming foods and snacks that he or she would like to eat. Try pitas or wrap sandwiches stuffed with grilled chicken or veggies. Try soups and salads, and don't forget last night's leftovers as an easy lunch box filler.

When packing your child's lunch, wash your hands first and toss in a moist towelette to remind kids to wash their hands before eating-and to clean themselves up afterward.

Source: kidshealth.org



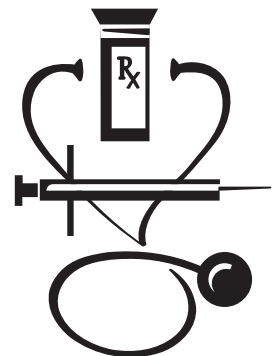
FLU BUSTERS CLINICS

Believe it or not, it's that time of the year again! Visiting Nurse Association of Southeast Michigan offers the opportunity for you to schedule your faith community's fall flu clinic. VNA anticipates adequate amounts of vaccine this year and invite you to schedule your clinic now to secure your site's needs.

It is anticipated that CDC will recommend high-risk individuals receive priority for the month of October; therefore, VNA will begin scheduling community sites October 29. The cost per each immunization is \$25 for influenza; \$40 for pneumonia. Medicare Part B, HAP, Care Choices, BCN Advantage Plan, and Medicare Advantage Plan Plus insurances are accepted.

Also available is the tetanus with pertussis (whooping cough) booster vaccine. CDC has noted increases in the rise of whooping cough because the immunity created through childhood vaccinations is proving not to be life long. The cost of the booster is \$50 and lasts 10 years.

Service agreements are available through your Parish Nurse Coordinator or from VNA of Southeast Michigan. For questions or concerns call VNA at 248-967-8755 or contact your Parish Nurse Coordinator.



September Health Observances

Leukemia & Lymphoma Awareness Month lls.org
National Cholesterol Education Month ... www.nhlbi.nih.gov
..... www.americanheart.org
National Pain Awareness Month www.theacpa.org
..... www.painconnection.org
..... www.nho.org
Prostate Cancer Awareness Month
..... www.fightprostatecancer.org
Ovarian Cancer Awareness Month www.ovarian.org
.....

Taking Control of Your Pain

At times it is hard to understand pain. Some people believe pain is a punishment from God and that they should just suffer with it. PAIN IS NOT A PUNISHMENT. It is the body's way of telling you that something is wrong.

Pain may be acute or chronic. Acute pain is severe and lasts a relatively short time. It is usually a signal that the body tissue is being injured in some way, and the pain generally disappears when the injury heals. Chronic pain may range from mild to severe, and it's present to some degree for long periods of time.

Treatments to reduce pain do not remove the cause of pain. They help you to feel better so that you can do the things that are important to you. Not all the pain you feel is caused by your medical condition. People may still get other kinds of pain that are not related to their medical problem.

Both drug and non-drug treatments can be successful in helping to prevent and control pain. Pain medications can be non-narcotic or narcotic (also called "opioid".) Non-narcotic medications can be bought without a prescription, such as aspirin, acetaminophen or ibuprofen.

Opioid pain medications must be prescribed by your physician. You may know the term "narcotic" and be afraid that you will become an "addict". These medications have been given a bad name by people who have illegally used them to get a "high" or "rush" and who have become addicted. This is not the case with patients who have severe pain. You are using the medicine to help your physical pain. Addiction rarely occurs when opioids are prescribed by your doctor and used correctly to control pain. Some examples of opioid medications that may be ordered for pain are: codeine, oxycodone, morphine, methadone, hydromorphone and fentanyl. Most of these medications can be given in a pill form or by injection or IV.

Non-drug treatments can be used to relieve your pain. Relaxation exercises, massage therapy, meditation, and putting heat or cold on the spot that hurts, are things you can do to decrease your pain. Prayer and music is also known to lessen pain and help to bring peace and calmful feelings.

If you have advanced illness and suffer with chronic unrelieved pain, your doctor can refer you to a Pain Clinic and/or Palliative Care Service. Palliative care is both a philosophy of care and highly structured system of care. The goal of palliative care is to relieve suffering and improve the quality of life for people with advanced illness. Palliative care can be offered simultaneously with all other appropriate medical

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High Blood Cholesterol What You Need to Know!

Why is Cholesterol Important?

Your blood cholesterol level has a lot to do with your chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor is a condition that increases your chance of getting a disease. In fact, the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack. Heart disease is the number one killer of women and men in the United States. Each year, more than a million Americans have heart attacks, and about a half million people die from heart disease.

How Does Cholesterol Cause Heart Disease?

When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes "hardening of the arteries" so that arteries become narrowed and blood flow to the heart is slowed down or blocked. The blood carries oxygen to the heart, and if enough blood and oxygen cannot reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are because lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of a heart attack or dying of heart disease, even if you already have it. Cholesterol lowering is important for everyone-younger, middle age, and older adults; women and men; and people with or without heart disease.

Source: U.S. Dept. of Health and Human Services, National Institute of Health, National Heart, Lung, and Blood Institute; www.nhlbi.nih.gov/chd

Scope and Standards of Practice Faith Community Nursing

To better understand the scope and standards of faith community nursing (parish nursing), we will continue to feature specific standards in each issue of "Faith and Health."

Standard 4. Planning

The faith community nurse develops a plan that prescribes strategies and alternatives to attain expected outcomes for individuals, groups, or the faith community as a whole.

Measurement Criteria:

The faith community nurse:

- Develops an individualized plan considering patient characteristics, spiritual beliefs and practices, and the situation.
- Develops the plan in conjunction with the patient, spiritual leaders, and others, as appropriate.
- Includes strategies in the plan that address each of the identified diagnoses or issues, which may include strategies for promotion and restoration of health, spiritual enhancement, and prevention of illness, injury and disease.
- Integrates current trends and research affecting care in the planning process.
- Defines the plan to reflect current statutes, rules, regulations, and standards.
- Considers the economic impact of the plan and how the faith community and local community resources might be of assistance.
- Establishes the priorities in the plan with the patient, and others, as appropriate.
- Participates in the design and development of multidisciplinary and interdisciplinary processes to address the situation or issue.
- Incorporates an implementation pathway or realistic timeline in the plan.
- Provides for continuity of care and appropriate communication in the plan.
- Uses recognized terminology or standardized language to document the plan.
- Communicates the plan, with the consent of the patient, to others involved in providing care.
- Supports the integration of the resources of the faith community to enhance and complete the patient's decision-making processes.
- Utilizes the plan to provide direction to other members of the healthcare team.
- Contributes to the development and continuous improvement of the organizational systems of the faith community that support the planning process.

Dates to remember:

Saturday, August 4, 2007, 9 a.m. - 1 p.m. - Heartsaver CPR/AED training presented by St. John Health Parish Nurse Ministries. Providence Hospital, Fisher Auditorium, 1600l W. Nine Mile Rd., Southfield, MI. Cost: \$20. RSVP by July 31 to Mary Jo Leach at 248-849-3279.

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

Parish Nurse Core Curriculum Course - Tuesday evenings, **September 11 through November 13**, 6-9 p.m. Providence Hospital. Contact Parish Nurse Coordinator.

Archdiocese of Detroit Parish Nurse/Health Ministry Day of Reflection. **Wednesday, October 17, 2007**, St. John Center in Plymouth.

Taking Control of Your Pain...continued

treatment. It includes the physical aspects of care as well as the emotional, social and spiritual needs of the person and their family. Only your doctor can initiate a palliative care consultation by ordering it.

Information taken from Partners Against Pain. For more about pain management and prevention, visit their website at www.partnersagainstpain.com

WHO'S RESPONSIBLE?

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