

FAITH & HEALTH

(your link to wholistic health)



MAY 2007

What is the Connection Between Faith & Health?

Most of us have long recognized the healing power of faith and prayer. As a matter of fact, 82 percent of Americans believe in the healing power of prayer, 64 percent think doctors should pray with those patients who request it, and 63 percent of patients want their doctors to discuss matters of faith. Close to 99 percent of physicians say religious beliefs can make a positive contribution to the healing process. Just recently, most medical studies failed to consider the impact of spirituality in disease prevention or the healing process. Faith was the forgotten factor that was relegated by healthcare providers to the chaplain's office. Finally things are beginning to change. Scientists are finally catching up with what people already know – a personal relationship with God helps us make sense out of illness. It gives hope. It changes health-related behavior and thus reduces the risk of disease. But faith has an even greater impact. Studies have revealed that faith improves the immune system, enhances healing, reduces complications during major illnesses and much more.

www.calvaryperham.com

A Fourth of July Prayer

We lift up our hearts, O God, on this day of celebration in gratitude for the gift of being Americans.

We rejoice with all those who share in the great dream of freedom and dignity for all.

With flags and feasting, with family and friends, we salute those who have sacrificed that we might have the opportunity to bring to fulfillment our many God-given gifts.

As we deny all prejudice a place in our hearts, may we also clearly declare our intention to work for the time when all people, regardless of race, religion or sex, will be granted equal dignity and worth.

Come, O gracious God, who led your children Israel from slavery, keep us free from all that might hold us in bondage.

Bless our country and join our simple celebration that we may praise you, our Source of freedom, the One in whom we place our trust.

Source: Ed Hays. A Pilgrim's Almanac: Reflections for Each Day of the Year. p. 111.

Where Does God Go In the Summer?...He goes wherever you go!

Summer brings joy and challenges. One challenge is the temptation to neglect our prayer time. There are many ways to pray. Consider some or all of the following:

• **Plan ahead.** Look at the week ahead. Consider how you might overcome obstacles to prayer. Ask God to show you the way around, over or through the obstacles.

• **Consider finding and trying new ways to pray.** Pray outside. Pray while actively engaged in activities.

• **Recommit yourself to your relationship with God.** Choose to spend more time with Him, pray and ask God to draw you nearer to him this summer. Recognize that

He is with you wherever you go and whatever you do.

• **Walk with God.** Enjoy a nice walk at the beach, at a park, around the neighborhood. Imagine God walking alongside you. Pour out your thoughts, worries, praises and concerns to him as you would to a good friend. Read Matthew 11:28-30 & Luke 24:13-53.

• **Pray under the stars.** On a clear evening, look up at the stars. Ponder how immense God's plan is and your part in it. Read Genesis 1:14-19, Psalm 8 & Psalm 147:1-5.

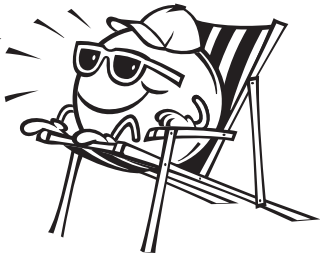
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June Health Observances

- Fireworks Safety Month www.preventblindness.org
- Eye Safety Awareness Week - June 27- July 5
- Home Safety Month www.homesafetycouncil.org
- National Headache Awareness Week - June 3 - 9 www.headaches.org
- National Men's Health Week - June 11 - 17 ... www.menshealthweek.org
- www.menshealthnetwork.org
- Helen Keller Deaf - Blind Awareness Week - June 24 - 30 www.hknc.org
- National HIV Testing Day - June 27 www.napwa.org
- Sun Safety Week - June 3 - 9
- National Cancer Survivors Day - June 3

FIVE WAYS TO HEALTHIER EYES

1. Have your vision checked annually after age 65 and every two years before that, unless you have a family history of eye disease. In that case you should be checked annually. Make sure the doctor dilates your pupils in order to detect changes within your eyes.
2. Eat foods rich in antioxidants. Foods high in vitamins A, C, and E qualify in this category. Foods rich in vitamin A help to improve night vision. Some examples are spinach, kale, green peas, brussel sprouts, green beans and carrots. Bilberries, a cousin to blueberries, are known to slow the effects of visual aging. They benefit a bevy of vision disorders and its nutrients can improve night vision. Some foods rich in vitamin C are oranges, grapefruit, strawberries and kiwi. Foods like almonds, mango and broccoli provide an excellent source of vitamin E.
3. See an ophthalmologist immediately if your vision changes, dims, or if you have redness or swelling. Many eye conditions can be reversed or the progression slowed if treated at an early stage.
4. Do a little yoga for your eyes. Stretch eye muscles on a regular basis to improve tone and elasticity. Here are two exercises you can try. To begin, you'll want to get yourself in a comfortable sitting position. Blink quickly to relax eye muscles.
Eye stretch exercise-look down as far as you can without moving your head. Now look up as far as you can. Close your eyes. Relax. Repeat this process four times.
Visual stretch drill - holding a pencil vertically in your hand in front of you, follow the eraser head with your eyes as you move the pencil clockwise in a large circle before you, "stretching" your vision as far as possible. Repeat this process four times. Blink to relax eye muscles. Close your eyes for a few moments to rest. Then repeat this process counter clockwise. Blink and close eyes to rest.
5. Wear a hat and sunglasses to protect eyes from ultraviolet light. Even in winter, Snow reflects UV light and requires protection. Purchase glasses with UV protection and anti-reflectant coating. This can lessen your chance of getting cataracts.



Source: [Access](#), Vol. 9, No. 1, Spring, 2007

June is National Men's Health Month

Why is men's health also a women's issue? Men's health issues don't affect only men; they have a significant impact on everyone around them. Because women live longer than men, they see their fathers, brothers, sons, and husbands suffer or die prematurely. More than half of premature deaths among men are preventable. By educating yourself about potential male health problems and passing that information on to the men you love, you may be able to save a life.

Identifying the problem. In 1920, women outlived men by an average of one year. Today, that difference is more than five years. Why? It's because men:

- Die younger-and in greater numbers-of heart disease, stroke, cancer, diabetes, and many other diseases.
- Don't take care of themselves as well as women.
- Are more likely to engage in unhealthy behavior.
- Don't seek medical attention when they need it.
- Are less likely than women to adopt preventive health measures.
- Are less likely to have health insurance.
- Are more likely to work in dangerous occupations.

BluePrint for Men's Health: A Guide to a Healthy Lifestyle, discusses the main health issues that men face today. Each chapter focuses on a single condition or group of related conditions affecting men. You can obtain this book by going to www.mhnstore.org, or for more information on men's health, visit www.menshealthnetwork.org.

Source: Mens Health Network

July Health Observances

- UV Safety Monthwww.aao.org
- Lead Poison Control Week www.aap.org
- www.Lead411.org
- www.nlm.nih.gov
- National Youth Sports Week - July 10-14
- National/International Group B Strep Awareness Month
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Burn Injuries Don't Take A Vacation!

Burns are the most common cause of preventable injury. 250,000 people are burned each year seriously enough to require medical attention, leading to the hospitalization of almost 40,000 children each year and 1,000 deaths.

Here are some tips on different types of burns:

Sunburn. Avoid direct sunlight during peak hours, 10 a.m and 4 p.m. Apply sunscreen (with a SPF Factor of 15 or greater) 30 minutes before going outside. Reapply sunscreen every two hours and again after exercise or water play.

Beaches. Sand and asphalt can severely burn your feet. Always bring footwear to the beach. Use a beach umbrella for extra sun protection.

Automobiles. Cars left in the sun become solar ovens. Hot interior surfaces can burn. Park in the shade whenever possible. Use a cardboard window-shield inside to block the sun. Before placing children in restraint systems or on seats, test surface temperatures.

Barbecue grills. Supervise children at all times when grills are in use. Establish a three-foot "Keep Away Zone" for children around grills.

Campfires. Adult supervision is especially important around campfires. Flaming food could ignite hair or clothing.

Microwaves. Did you know that you can suffer a severe burn from microwaved food and liquids? Microwaved water and other liquids can actually get super-heated and not bubble when they reach the boiling point. The super-heated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it. It can instantly "blow up" in your face when moved. To prevent this from happening and causing injury, do not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for thirty seconds before moving it or adding anything to it.

First Aid For Minor Burns

Minor burns are burns that cover only a small area of the body, no longer than a few square inches of skin.

DO:

Apply cool (not cold) water immediately for about 15 minutes. This helps lessen the pain and stops the heat from penetrating deeper.

- Leave blister intact.
- Wash wound gently with a mild soap and water, especially if blister has burst.
- Protect area from heat, sun and dirt. Cover the burn with a clean, dry cloth.

DO NOT:

Apply butter or grease. This holds in the heat and can cause infection.

When Should You Call for Help or Go To The Nearest Emergency Room?

- For any burn to a child less than two years.
- For increased pain, redness, swelling or fever.
- For burns that cover a large portion of the body.

Scope & 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 3. Outcomes Identification

The faith community nurse identifies expected outcomes for a plan individualized to the patient or the situation.

Measurement Criteria:

The faith community nurse:

- Involves the patient, spiritual leaders, and healthcare providers in formulating expected outcomes when possible and as appropriate.
- Derives culturally and spiritually appropriate expected outcomes from the identified diagnoses.
- Considers spiritual beliefs and practices, associated benefits, costs, risks, current scientific evidence, and

What's New?

Congratulations to *1st Presbyterian Church of Birmingham* and their parish nurse, *Sue Gore*, as they join the St. John Health Parish Nurse Partnership!

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Dates to remember:

Health Ministries Association Annual Conference, June 21-24, 2007, Hyatt Regency Hotel, San Antonio, Texas. For further information, visit www.HMAAssoc.org.

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

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In appreciation

Pastors and parish nurse/health ministry leaders are enthusiastically invited to attend one of the following events this month. We do appreciate what you do and who you are, so come let us celebrate you!

Tuesday, May 15, 2007. 6 p.m. Dinner at St. Germaine Catholic Church, 28301 Little Mack, St. Clair Shores.

Wednesday, May 23, 2007. 11:30 a.m. Lunch at Family Victory Fellowship, 19421 W. 10 Mile Road, Southfield.

R.S.V.P. at HealthConnect 1-248-849-3279 by May 8. Contact your parish nurse coordinator if you need more information. Hope to see you there!

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Where Does God Go In the Summer?...continued

• **Patio prayers.** Enjoy a refreshing glass of tea or lemonade out on the patio or deck while reading your Bible. Consider how God refreshes you and strengthens you. Read Genesis 18:1-5 & John 4:4-42.

• **Gardening with God.** As you work with the soil, work out your problems with God as your counselor. Read Genesis 2:4-15 & Mark 4:26-29.

• **Vacation prayers.** You can pray in a car full of children, or in the silence of nature's beauty. God watches over you and listens. Read Psalm 139:1-10 & Matthew 14:13-33.

Source: Women's Cornerstone, Corpus Christi Parish

Scope & Standards of Practice Faith Community Nursing...continued

clinical expertise when formulating expected outcomes.

- Defines expected outcomes in terms of the patient, patient values, faith beliefs and practices, ethical considerations, family perspectives, cultural practices, environment, or situation with such considerations as associated benefits, risks, and costs, and current scientific evidence.
- Develops expected outcomes that focus on patients attaining, maintaining, or regaining health or healing, with a particular emphasis on patient-identified spiritual well-being.
- Identifies expected outcomes that incorporate spiritual beliefs and practices with current scientific evidence and are achievable through implementation of evidence-based practices.
- Includes a realistic time estimate for attainment of expected outcomes.
- Develops in a collaborative process expected outcomes that provide direction for continuity of care.
- Modifies expected outcomes based on changes in the desires of the patient, the status of the patient, or evaluation of the situation.
- Documents expected outcomes as measurable goals.

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

WHO'S RESPONSIBLE?

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