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beneficial effects on health. The chemical reactions of the body during times of happiness and gratitude produce beneficial results for the physical body. Endorphins are released into the blood stream and their effects include: strengthening and enhancing the immune system which leads to increased resistance to disease and quicker recovery time during an illness. Another physical reaction is the dilating of blood vessels which leads to a relaxed heart.  On the other hand, negative emotions can lead to poor health. Research shows those who are depressed are more likely to suffer a stroke. The negative emotions such as worry, anger, and hopelessness decrease the number of white cells in the blood stream and increase the level of adrenaline. Adrenaline constricts blood vessels, raises blood pressure and damages arteries. This "fight or flight" response over a sustained amount of time is detrimental to health.  Some tips from Dr. Howell's Mind over Matters helps us to discover everyday miracles. He suggests that we take some of the following steps.   * Look into the eyes of a child. * Listen to beautiful music. * Try to feel charitably toward a person you really dislike. * Win when you knew for sure you would lose. * Lose when you knew for sure you would win. * Talk to God. * Suffer injustice without simply blaming the bad guy. | | **Building an Heritage of Gratitude** *-from Focus on the Family. Jan. 2002*  Have bedtime prayers become a time with only requests to God? If you want to build an **attitude of gratitude** in you child's nightly ritual or in your family's devotional time you might want to try the following ideas.   1. Develop a tradition of reading scripture. 2. Repeat the following chorus as an opening for each family member to share what or how God has blessed their day. **"Count your blessings, Name them one by one, Count your many blessings, See what God has done."** 3. Follow with thanks and requests to God. 4. End by listening and waiting for God's quiet response or sense of His peace and presence.   Even on difficult days, this practice can help us realize that God is always doing something. "It's a really simple thing, but it makes you think about what you are grateful for, even you've had a terrible day. And it also brings us together as a family," says 13-year-old Kayla.  Why not try this simple recipe for a week and see how God will bless the results? Who knows, it might become a part of your family heritage. It is already being used by many families.  For more heritage builder ideas visit on line at [heritagebuilders.com](http://www.heritagebuilders.com). | | **Integration of Faith and Health** *-from Spirituality and Health, Winter 2002*  Science has a new measure of gratitude. To study anything effectively, you need to measure it. At Southwestern Methodist University, a measure of gratitude is being developed to find out how gratitude scores relate to one's health and well-being. They note six key factors to understand the role gratitude plays in one's life. Take a moment and complete the survey.  **Choose a number from this list for questions A--D.**   1. Strongly disagree 2. Disagree 3. Slightly disagree 4. Neutral 5. Slightly agree 6. Agree 7. Strongly agree   A. I have so much in life to be thankful for. B.If I had to list everything I felt grateful for, it would be a very long list. C.I am grateful to a wide variety of people. D.As I get older, I find myself more able to appreciate the people, events and situations that have been part of my life history.  **Choose a number from this list for questions E and F.**   1. Strongly agree 2. Agree 3. Slightly agree 4. Neutral 5. Slightly disagree 6. Disagree 7. Strongly disagree   E.When I look at the world, I don't see much to be grateful for. F.Long periods go by before I feel grateful for something or someone.  *See Finding and Interpreting Your Score below to see how you did.* | | **Finding and Interpreting Your Score** *Continued from Spirituality and Health, Winter 2002*  To get your total GQ score, add up your scores for all six items. This number should be between 6 and 42. (Remember, for E and F the numbers are reversed.)  Then compare your score to the benchmarks from the 1,224 adults who recently took the GQ on SpritualityHealth.com.  **If you scored…** **42** you scored among the top 13% of our sample **41** or higher, you scored among the top 25% **38** or higher, you scored among the tope 50% **35** or higher, you scored among the top 75% **34** or lower, you scored in the bottom 25%  In our research we correlated people's gratitude scores with their scores on standard measures of psychological health. We found that compared to their less grateful counterparts, grateful people are higher in positive emotions and life satisfaction, and lower in negative emotions such as depression, anxiety, and envy. They also appear to be more socially oriented - they are more empathetic, forgiving, helpful, and supportive than are their less grateful counterparts. In addition, grateful people are less focused on material goals. Finally, people with stronger dispositions toward gratitude tend to be more spiritually and religiously minded. They score higher, not only on measures of traditional religiousness, but also on nonsectarian measures of spirituality that assess spiritual experiences (such as a sense of contact with a divine power) and sentiments (such as the belief that all living things are connected).  If you scored low - or simply would like to score higher Ð on the gratitude scale, feel grateful. Why? Our research suggests that this beneficial emotional state can be learned and nurtured. A low score means that some simple practices will likely make you happier and healthier. | | |  | | **New Search**  Top of Form  Search for:  Bottom of Form | | |  | |  | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | ****Bulletin Insert: February 2002****http://www.valleyparishnurseministry.org/images/colorrule.jpg **Childhood Lifestyles** Often times we have focused the information about heart health and healthy lifestyles on the adult. Here is a quiz that deals with information about the nutritional and physical lifestyles of children today. This quiz is based on information is from statistics from the Center for Disease Control.   |  |  | | --- | --- | | 1. | What percentage of children, aged 5 - 10, have one or more heart disease risk factors, such as high cholesterol, high blood pressure, abnormal insulin levels?  a) 6% b) 13% c) 19% d) 27% | | 2. | What percentage of overweight children, aged 5 - 10, have 1 or more heart disease risk factors?  a) 15% b) 30% c) 60% d) 90% | | 3. | By what amount has the prevalence of overweight among children and adolescents increased since 1980?  a) 25% b) 50% c) 100% d) 200% | | 4. | The obesity epidemic has been linked with an unprecedented outbreak of what disease among young people?  a) psoriasis b) adult onset - Type II non-insulin dependent - diabetes c) osteoporosis | | 5. | On the average, how many teaspoons of sugar per day do U.S. adolescents get from soft drinks?  a) 5 b) 10 c) 15 d) 50 |   *For the answers see below, please.*  **spacer** | | **Childhood Lifestyle Quiz Answers**   |  |  | | --- | --- | | 1. | The answer is d) 27% of all children, aged 5-10, have 1 or more heart disease risk factors. | | 2. | The answer is c) 60% of overweight children, aged 5-10, have 1 or more heart disease risk factors. | | 3. | The answer is c) The number of overweight youth has increased by 100% since 1980. | | 4. | The answer is b) Adult onset, Type II, non-insulin dependent diabetes are all names for the same type of diabetes and it has increased in incident among young people. | | 5. | The answer is c) Adolescents, on the average, consume 15 teaspoons of sugar from soft drinks per day. |   Poor eating habits and physical inactivity are known risk factors for heart disease, cancer, stroke, diabetes, high blood pressure and osteoporosis. Healthy eating and regular physical activity help young people not only avoid future ill health concerns, but also helps them feel good now. As with any age, the better you feel the better you can perform. When healthy life style choices are practiced, children can have increased capacity to learn, they are absent from school less often and they are physically fit and mentally alert.  **spacer** | | **Tests That Help Evaluate the Heart** Valley Parish Nurse Ministry February 2002 Tests that help Evaluate the Heart If your doctor has ordered some tests to help him find out the cause of your symptoms, you may want to know more about the testing. Here are some common tests that help a doctor evaluate your heart's condition.  **Electrocardiogram (EKG or ECG)** is a test that records the electrical activity of your heart through 10 small electrode patches attached to the skin of your chest, arms and legs.  **Chest X-ray** is an image of heart, lung and chest bones produced on film using a very small amount of radiation.  **Cardiac cath** also called coronary angiogram. The test involves inserting a long, narrow tube called a catheter into a blood vessel in your arm or leg, and guiding it to your heart with the aid of a special X-ray machine. This is a test that shows the doctor how well your heart is functioning.  **Exercise stress test** also called a stress test, an exercise EKG, or a treadmill test is a test used to provide information about how your heart responds to exertion. Usually you walk on a tread mill or pedal an exercise bike at increasing levels of difficulty. You are monitored for heart rate, blood pressure and EKG.  **Dobutamine stress echo** is a test that involves taking a medication that will stimulate your heart as if you were exercising. You are closely monitored. The test is also used to determine how well your heart tolerates activity when your are unable to use a treadmill or stationary bike.  **MRI - Magnetic Resonance Imaging** is a test that produces high-quality still and moving pictures of the heart and major blood vessels. No X-ray exposure is involved. This technique obtains information about the heart as it is beating.  **Echocardiogram,** often called and echo is a test in which ultrasound (high-frequency sound waves) show a picture of the heart valves and chambers. An echo is often combined with Doppler ultrasound and color Doppler to evaluate blood flow across the heart's valves.  **spacer** | | **Integration of Faith and Health** *Definition of Wellness*  Model and definition adapted with permission from the National Wellness Institute, Inc. For more information check online at [nationalwellness.org.](http://www.nationalwellness.org)  Wellness is an active process of becoming aware of and making choices toward a more successful existence. The key words in this first sentence are process, aware, choices and success.   * **Process** means that we never arrive at a point were there is no possibility of improving. * **Aware** means that we are by our nature continuously seeking more information about how we can improve. * **Choices** mean that we have considered a variety of options and select those that seem to be in our best interest. * **Success** is determined by each individual to be their personal collection of accomplishments for their life.   Wellness is multidimensional. A popular model adopted by many university, corporate, and public health programs encompasses 6 dimensions: social, occupational, spiritual, physical, intellectual and emotional.  The spiritual dimension involves seeking meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.  As you travel the wellness path, you'll begin to believe as we do, that - spiritually -   * It's better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.   It's better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.  **spacer** | | | VPNM | | **New Search**  Top of Form  Search for:  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | Browse through our Bulletin Inserts  Top of Form  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | [Home](http://www.valleyparishnurseministry.org/mainframe.html) • [About VPNM](http://www.valleyparishnurseministry.org/about.html) • [Services](http://www.valleyparishnurseministry.org/services.html) • [Events](http://www.valleyparishnurseministry.org/events.html) • [Get Involved](http://www.valleyparishnurseministry.org/involved.html) [Bulletin Insert](http://www.valleyparishnurseministry.org/bulletin.html) • [Our Archives](http://www.valleyparishnurseministry.org/archives.html) • [Contact Us](http://www.valleyparishnurseministry.org/contact.html) | | |  | | --- | | ****Bulletin Insert: March 2002**** http://www.valleyparishnurseministry.org/images/colorrule.jpg **Integration of Faith and Health** *Blood Pressure Sunday*  Blood Pressure Sunday is coming up May 5, 2002. Last year over 300 persons were screened at 19 area churches. Some were advised to see their doctor. They received the treatment that prevented complications that high blood pressure can cause. Preventing or properly managing high blood pressure can save lives. It can promote quality of life.  If you are a health professional interested in participating in Blood Pressure Sunday, let us know at Valley Parish Nurse Ministry by calling 330-382-9440. Please leave your name, address and church affiliation. We will provide you with a packet that includes information about performing this valuable service in your faith community. It includes the American Heart Association suggestions for appropriate advice to give according to the BP reading that you get. It also includes educational material to hand out to participants.  Each one of you should use whatever gift he has received to serve others, faithfully administrating God's grace in its various forms. *- 1 Peter 4:10*  If you are a church member wanting this service at your church, seek out others interested in this service. Identify members who are trained in taking Blood Pressures. Talk with them and your pastor about the event.  So that there should be no division in the body, but that its parts should have equal concern for each other. *- I Corinthians 12:25 NIV*  If you are a minister that would like to see your church involved in this health ministry, identify interested health professionals. Involve an individual to send for a packet. Mobilize a committee to organize the event.  One man helps another, one says to the other, "Keep on!" *- Isaiah 41:6*  **spacer** | | **Our World** If we could shrink the earth's population to a village of precisely 100 people, with all the existing human ratios remaining the same, it would look something like the following. There would be:   * 57 Asians * 21 Europeans * 14 from the Western Hemisphere, both north and south * 8 Africans * 52 would be female * 48 would be male * 70 would be non-white * 30 would be white * 70 would be non-Christian * 30 would be Christian * 89 would be heterosexual * 11 would be homosexual * 6 people would possess 59% of the entire world's wealth and all 6 would be from the United States * 80 would live in substandard housing * 70 would be unable to read * 50 would suffer from malnutrition * 1 would be near death * 1 would be near birth * 1 (only 1) would have a college education * 1 would own a computer.   When one considers our world from such a compressed perspective, the need for acceptance, understanding and education becomes glaringly apparent. What will I do to increase acceptance, understanding and education? Am I willing to become involved with my brothers and sisters?  **spacer** | | **National Kidney Month** This month of March is National Kidney Month and here is some health information about the kidneys. There are two of us. We are about the size of your fist. We are located at the small of your back below the ribs. Our jobs are : 1) to get rid of fluid and waste- about two quarts a day, 2) to clean your blood- we filter about 2 pints every minute, 3) to help keep your blood pressure normal- by releasing hormones that help regulate blood pressure 4) to control the production of red blood cells and 5) to make a vitamin that promotes growth.  The proper functioning of the kidneys is important to the health of the body. Blood pressure and blood sugar levels within normal limits help protect the health of the kidneys. Another important fact to remember in protecting the health of your kidneys is that kidneys can be harmed by the overuse of some over-the-counter pain relievers.  Doctors can use blood and urine tests to determine the health of the kidneys. You can notice changes that may show that you should seek medical evaluation for the health of your kidneys. Early warning signs that may indicate that your kidneys may not be working well include the following: high blood pressure; blood and/or protein in the urine; a creatinine blood level greater than 1.2 for women and 1.4 for men; more frequent urination, particularly at night; difficult or painful urination; puffiness around eyes or swelling of hands or feet. Having one or more of these early warning signs would indicate the need to work with your doctor to determine the treatment of choice to improve kidney health.  **spacer** | | **National Nutrition Month**  Whatever you eat or drink or whatever you do, do all to the glory of God. *- 1 Corinthians 10:31*  March is also recognized as National Nutritional Month. Here is focus on healthy eating habits. Food is not only a necessary part of our lives; it is also a source of much pleasure, both sensory and social. God has provided us with an amazing variety of healthy, nurturing foods. As a species, we have broadened that variety to include processed, packaged and preserved foods with questionable nutritional value.  Give thanks to God for food and the enjoyment you feel in eating. Ask God to help you in your choices and amounts. Remember that we should eat to live rather and live to eat. It is in your power to make healthy choices and therefore preserve and develop the body God gave you. Pray that God will help you be a good steward of the gift of the body.  The food you put in your body has been compared to the gas you put in your car; it is the fuel that keeps you going. Like the fuel for your car, the fuel for your body must be the right kind and the right amount for you to operate efficiently.  The Food Guide Pyramid can help you put nutritional guidelines into action. Keep a daily food diary and write down everything you eat for at least two days. Keeping a food diary is a good way to increase your awareness of the types and amounts of foods you are eating. At the end of two days take a careful look at your food diary. Compare it to the Food Guide Pyramid. Are you getting a balanced intake from all the food groups? Does it show that you are eating more or less calories than needed? Set a specific goal for yourself that will improve your nutritional habits.  **spacer** | | | | |  | | | |  | | |  |  | | --- | | Top of Form  Bottom of Form | | Browse through our Bulletin Inserts  Top of Form  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form |   . | |  | |  | |  | | |  | |  | | | |  | |  | | | |  | | --- | | Top of Form  Bottom of Form | | Browse through our Bulletin Inserts  Top of Form  Bottom of Form | | | |  | | --- | | Top of Form  Bottom of Form | |  | | | | |  | | --- | | Top of Form  Bottom of Form | | Browse through our Bulletin Inserts  Top of Form  Bottom of Form | | | |  | | --- | | Top of Form  Bottom of Form | |  | |  |  | | --- | | Top of Form  Bottom of Form | | Top of Form  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | **Bulletin Insert: April 2002 http://www.valleyparishnurseministry.org/images/colorrule.jpg**  **Nutritional Tidbits to Aid Cancer Control** Science is once again proving some of the awesome works of God that many faithful people already believe. Last month we referred to the variety of healthy and nurturing foods that God has provided for us. Here is some research that shows God provides.  Biochemist, Shiow Y. Wang, PhD., led research that shows that fresh herbs have high antioxidant activity. The oregano family of herbs had up to 20 times more benefit than other herbs studied. Other fresh herbs also ranked higher in antioxidant activity than fresh fruits and vegetables. This doesn't mean that you should give up eating fresh fruits and veggies. But if you use dried herbs, you may consider switching to fresh herbs.  Remember that antioxidants are compounds that may prevent damage to cells by destroying free radicals. Researchers show that stopping this damage to cells may prevent cancer and heart disease and stroke.  Paul Talalay, MD and researcher shows that cauliflower and broccoli have a compound that aids an enzyme in the body that protects cells and decreases the risk of bladder cancer. By eating your homegrown broccoli sprouts, you will benefit even more.  Remember that we are encouraged to eat five servings of fruits and vegetables. Other nutritional cancer preventing tips include: choose whole grains instead of processed; limit intake of meats high in fat, especially processed meats; and maintain a healthy weight.  **spacer** | | **www.valleyparishnurseministry.org** *That's right, we've gone online!!*  In an attempt to communicate with busy people at a time when they are available, we have begun a web site. With irregular and demanding hours that health professionals work, it will be more convenient to access information. At the click of a mouse, now, you can easily learn about health ministry and Valley Parish Nurse Ministry. You can search our archives and locate a previous bulletin insert. Perhaps you want to provide education about the roles of a parish nurse or want practical facts about your denomination's beliefs about organ transplants. Search our archives for these and more faith and health matters.  However, health professionals are not the only ones who can benefit from visiting our site. Church leaders and members of the congregation will find helpful advice that deals with health ministry and wholeness of health. The Integration of Faith and Health articles provide visitors the opportunity to learn more about what health ministry can do for them.  You can explore the special events that Valley Parish Nurse Ministry sponsors and organizes. If the information that you seek is not available, you may email us at [info@valleyparishnurseministry.org.](mailto:info@valleyparishnurseministry.org)  Special thanks to the designer and everyone who made this site possible. VPMN is your resource for health ministry.  A heart at peace gives life to the body. *- Proverbs 14:30 NIV*  **spacer** | | **Cancer Prevention and Early Detection Suggestions** In addition to choosing healthy nutritional intake, other healthy measures to observe to aid in the prevention of cancer include:   * Be physically active. Five days a week or more do moderate activity for 30 minutes or more. * Maintain a healthy weight. * Limit or abstain from drinking alcohol. * Avoid Tobacco * Regular Medical Check-up   Early detection is important for effective treatment. Your doctor encourages yearly or regular testing that will detect early signs of cancer. You can perform monthly self-examinations that may prove helpful in early detection.  In addition, some signs to watch for and report to your doctor include:  **C**hange in bowel or bladder habits **A** sore that does not heal **U**nusual bleeding or discharge **T**hickening or lump in breast or elsewhere **I**ndigestion or difficulty swallowing **O**bvious change in wart or mole **N**agging cough or hoarseness  If you or a loved one experiences any of these warning signs, it may not indicate anything serious, but if it is related to cancer, it is important to receive health care as soon as possible.  **spacer** | | **Attention: Health Professionals and Clergy** *Blood Pressure Sunday*  We are excited to announce that **Blood Pressure Sunday** is **May 5** this year. Any health professional interested in assisting with blood pressure screening or any clergy interested in holding this in your church please let Valley Parish Nurse Ministry know at 330-382-9440 and we will be glad to provide you with a packet and more information. You can also register online at [www.valleyparishnurseministry.org.](http://www.valleyparishnurseministry.org/events.html)  **Valley Parish Nurse Ministry, Inc.**, is a nonprofit organization established in 1998. It is under the direction of a community ecumenical Board of Trustees. This ministry is funded through contributions from individuals and member churches, and community and church denominational grants. The day to day activity is accomplished through the efforts of the Director and Assistant Director and several volunteers.  We offer thanks to our 11 member churches for their donations and prayerful support. We are thankful for the support and resource that East Liverpool City Hospital provides. We are thankful for denominational grants from the Presbyterian Church , the Episcopal Church and Catholic Charities. We thank individuals who have donated to this health ministry resource.  **spacer** | | | VPNM | | **New Search**  Top of Form  Search for:  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | Browse through our Bulletin Inserts  Top of Form  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | [Home](http://www.valleyparishnurseministry.org/mainframe.html) • [About VPNM](http://www.valleyparishnurseministry.org/about.html) • [Services](http://www.valleyparishnurseministry.org/services.html) • [Events](http://www.valleyparishnurseministry.org/events.html) • [Get Involved](http://www.valleyparishnurseministry.org/involved.html) [Bulletin Insert](http://www.valleyparishnurseministry.org/bulletin.html) • [Our Archives](http://www.valleyparishnurseministry.org/archives.html) • [Contact Us](http://www.valleyparishnurseministry.org/contact.html) |   **Bulletin Insert: May 2002 http://www.valleyparishnurseministry.org/images/colorrule.jpg**  **Older Adults in the Congregation** How do we help this group of people that are so urgently in need? It is difficult. Sometimes it is easier to ignore and neglect this area of church ministry. Meeting the needs of the elderly could also be an opportunity for creative utilization of skills within the congregation. Let's explore some ways in addition to the regular communion call that can address this.  Churches can plan special programs for those who have difficulty getting out of the house every Sunday. Make the extra effort to include those members who are unable to get out of the house easily. A good example is to plan a special event once or twice a year and provide transportation. Include advance invitation so the member can anticipate the event. Reassure them that the effort on your part is not as great a burden as it may seem from their view. Consider planning it during daylight hours and during a season of less chance for inclement weather. Consider keeping the event to a moderate 1 hour time span. A noonday luncheon or presentation by groups from within the church can be a good starting point.  Churches can send regular communication by mail to those who are shut in. Send bulletins weekly, thinking of you cards, cards of encouragement with scripture, cards made by the children's Sunday school class or large print daily devotional booklets. Even if the member has difficulty reading, a visitor or caregiver may be looking for a means to interact with the shut in.  Churches can plan special events, announcements, and bulletin boards to honor and celebrate older members of the church who are able to attend church regularly. To include intergenerational activities benefits all ages.  **spacer** | | **Points to Ponder** *From Older Adult Week Planning Guide by Congregational Ministries Division Presbyterian Church (U.S.A.)*   * Have you recorded or written your parents' histories, childhood, education, work life, values they wish to pass on, hopes and dreams for their later years? * Do you spend quality time with your parents as they age? To hear their stories, to know them well, to gain from their knowledge and experience of life, their wisdom? If not, consider starting now. * Are decisions that have to be made about your family members made by the family all together, including the family member who needs care? Is each member given some responsibilities, including those who live in distant places? * Has your family discussed end-of -life issues, medical ethics issues that may become a reality somewhere along the journey? * Do you have all the needed legal papers in order for yourself and your parents? Living Wills, Durable Powers of Attorney, Powers of Attorney for Health, deeds to properties owned, record of where important papers (CD's, wills, car titles, etc.) are kept? * Have you identified the services available in the county where you reside, such as to meet transportation, home health and mealtime needs?   **spacer** | | **About Eldercare Locator** The Eldercare Locator is a national toll-free directory assistance public service of the U.S. Administration on Aging that helps people locate aging services in every community throughout the United States. The primary goal of the service is to promote awareness of and improve access to state, area agency and local community aging programs and services. Since its inception in 1991, more than 660,000 calls been received from families, friends, caregivers, aging professionals and older persons seeking direction on where to begin to look for aging services and programs.  The Eldercare Locator is absolutely FREE. There is no charge to use the service, and there is no charge for the information. Individuals calling this service or using the website have access to state and local information & referral service providers identified for every ZIP code in the country. Individuals calling the Eldercare Locator can connect to more extensive information sources for a variety of services including:   * Alzheimer's hotlines * Home delivered meals * Transportation * Legal assistance * Housing options * Adult day care and respite services * Home health services * Long term care ombudsman   The Eldercare Locator is administered by the National Association of Area Agencies on Aging ([www.n4a.org](http://www.n4a.org)) in cooperation with the National Association of State Units on Aging ([www.nasua.org](http://www.nasua.org))  Normal Operations: Call the Eldercare Locator toll-free by dialing 1(800) 677-1116. Monday thru Friday 9:00AM to 8:00PM(ET). For calls after normal hours of operation: After hours, a message recorder is available for the caller to leave a name and a telephone number. Calls will be returned the next business day.  **spacer** | | **May 5, 2002 is Blood Pressure Sunday** On May 5, 2002 several area churches will be participating in Blood Pressure Sunday. Please take time to get your blood pressure checked. High blood pressure may not present any signs or symptoms. That is why it is known as the silent killer. When you take time to get your blood pressure checked regularly, you can monitor the pattern that it is setting. Early intervention with life style changes to promote good health may keep your blood pressure level within normal limits. Working with your doctor to keep blood pressure normal is a winning team.  One of the questions frequently asked during blood pressure screenings is: How accurate are the blood pressure units that are used at home or the ones in the stores? The answer to this question involves an educational process.  Blood pressure readings are dynamic. That means that they can vary several points within minutes of the blood pressure readings. However that reading should be within the same range as the previous reading.  When taking your blood pressure, it is best to take it at the same time everyday following the same type of activity. Then you will establish a pattern of the readings. If you notice a change in the pattern, then you can make your doctor aware.  To answer the question of the accuracy of sphygmomanometers (blood pressure cuffs), a doctor once explained. The most accurate is the mercury and the least accurate is the cuff that obtains a reading at your wrist. Remember though that even that cuff will establish a pattern for you. The ease with which you can take your pressure facilitates continuing checking it.  The normal blood pressure values were established when the person was at rest in a sitting position for 15 minutes. As established by the American Heart Association the responses to the values of the ranges are as follows.  Below 140/90 - normal blood pressure reading.  140-159/90-99 - get your blood pressure checked again within 2 mo.  160-179/100-109 - check with your doctor within a month.  180-209/110-119 - check with your doctor within a week.  210 or over/ 120 or over - check with your doctor immediately.  **spacer** | | | VPNM | | **New Search**  Top of Form  Search for:  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | Browse through our Bulletin Inserts  Top of Form  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | [Home](http://www.valleyparishnurseministry.org/mainframe.html) • [About VPNM](http://www.valleyparishnurseministry.org/about.html) • [Services](http://www.valleyparishnurseministry.org/services.html) • [Events](http://www.valleyparishnurseministry.org/events.html) • [Get Involved](http://www.valleyparishnurseministry.org/involved.html) [Bulletin Insert](http://www.valleyparishnurseministry.org/bulletin.html) • [Our Archives](http://www.valleyparishnurseministry.org/archives.html) • [Contact Us](http://www.valleyparishnurseministry.org/contact.html) |   **Bulletin Insert: June 2002 http://www.valleyparishnurseministry.org/images/colorrule.jpg**  **First Aid and the Physical Dimension** *From "Seasons for Wholeness: Vol. III"*  When we think about First Aid, we usually consider treatment of injuries and accident prevention for our bodies, and indeed this is an important concern. As Christians, thinking about our bodies needs to be grounded in our relationship with God, "For you created my innermost being, I praise You because I am fearfully and wonderfully made" Psalm 139:13-14. We can care for our bodies by making sure our homes have a well supplied First Aid Kit. You can buy one or assemble one yourself. It should include:   * Hand cleaner, antiseptic solution, antibiotic ointment * Scissors, tweezers, cotton swabs * Various sized bandages, gauze pads, & tape * Cold packs, a small elastic wrap, gloves, plastic bags * Medications to relieve allergic symptoms and pain * Syrup of Ipecac, Poison Control Information   The Poison Control Number 1-800-222-1222 will put you in contact with a local poison control center. So take this number on vacation with you. You may save precious time that would be spent looking for the number in the area phone book. You can also use this number in your home area.  You may want to stop at the American Red Cross and purchase their handbook guide on First Aid. This is a quick reference guidebook that you can use on the scene.  **spacer** | | **Helpful Information to Request** As a follow up to your blood pressure screening, you may want to learn more about blood pressure and ways to avoid or control high blood pressure. You can send away for free literature from The National Heart, Lung, and Blood Institute. Be sure to work with your doctor as you take responsibility for your health. You may send to:  NHLBI Information Center PO Box 30105 Bethesda MD 20824-0105  To receive a free copy of:   * "The DASH (Dietary Approach to Stop Hypertension) Diet," request item # 01-4082 * "Lowering Blood Pressure," request item # 00-3281.   **spacer** | | Prevent Blindness America is offering two free brochures to help you learn how to protect your eyes. You may call 1-800-331-2020 and request: "Ultraviolet Radiation: A Hazard to Sight" and "Sunglasses: Selecting Good Protection for Your Eyes."  **spacer**  Valley Parish Nurse Ministry will offer a free presentation about Parish Nursing and Health Ministry. For more information call 330-382-9440 or email us with your name, phone number, best contact time and the name of your church organization at [info@valleyparishnurseministry.org](mailto:info@valleyparishnurseministry.org).  **spacer** | | **Fun in the Sun** *Adapted from "Seasons of Wholeness: Volume III"*  **What can I do to prevent skin cancer?** Skin cancer is among the easiest cancers to prevent because nearly all cases are related to excessive sun exposure. You can easily reduce your risk by staying out of the direct sunlight or by covering exposed skin with clothing or sunscreen. To minimize your risk, stay out of the sun during the time when the rays are the strongest, which is 10:00 am to 3:00 pm. In addition to over exposure to natural sunlight, sun lamps, tanning beds and tanning lotions/pills should also be avoided.  **What does SPF on my sunscreen stand for?** These are the initials for Sun Protection Factor.  **What SPF should I use?** If you always burn, use a product with an SPF of 10-15. If you usually burn, use a product with an SPF of 6-12. If you sometimes burn use a product with an SPF of 4-6.  **What are the warning signs of skin cancer?** The warning signs of melanoma, the more serious skin cancer, can be remembered as ABCD.   |  |  | | --- | --- | | **A**symmetry | A suspicious growth is one in which one side does not match the other side. | | **B**order Irregularity | The edges are blurred or ragged. | | **C**olor | The growth has irregular coloring. | | **D**iameter | The growth has a diameter of more than 6 millimeters. |   Other types of skin cancer are basal and squamous cell. These are highly curable. Over 700,000 cases occur each year. Any change in mole or growth should be brought to the attention of your doctor. Early detection is the most important factor is effective treatment.  **spacer** | | **June is National Scleroderma Awareness Month What is Scleroderma?** Scleroderma is an autoimmune disease classified as one of the rheumatic diseases. It is a highly individualized disease and may either be visible, as when the skin is affected, or invisible, as when only internal organs are involved. Its involvement may range from mild symptoms to life threatening.  **Who has Scleroderma**? An estimated 300,000 persons in the United States have Scleroderma. Approximately 4 times more women than men develop the disease.  **What are the symptoms of Scleroderma?** May include one or more of the following: Raynaud's Phenomenon (abnormal sensitivity to cold in the extremities). Swelling of the hands and feet. Pain and stiffness of the joints. Thickening of the skin. Joint contractures. Digestive system and gastrointestinal tract problems. Sjogren's Syndrome (dry mucus membranes).  **How is Scleroderma diagnosed?** The diagnostic process may require consultations with rheumatologists (arthritis specialists) and dermatologists (skin specialists) as well as blood studies and a variety of specialized tests depending upon which organs are affected. The treatment program varies depending on the type and severity of the symptoms. Diagnosis may be very difficult, particularly in the early stages, because many of the symptoms are common to, or may overlap with those of other diseases, especially other connective tissue diseases such as rheumatoid arthritis, lupus, and polymyositis.  **spacer** | | | VPNM | | **New Search**  Top of Form  Search for:  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | Browse through our Bulletin Inserts  Top of Form  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | [Home](http://www.valleyparishnurseministry.org/mainframe.html) • [About VPNM](http://www.valleyparishnurseministry.org/about.html) • [Services](http://www.valleyparishnurseministry.org/services.html) • [Events](http://www.valleyparishnurseministry.org/events.html) • [Get Involved](http://www.valleyparishnurseministry.org/involved.html) [Bulletin Insert](http://www.valleyparishnurseministry.org/bulletin.html) • [Our Archives](http://www.valleyparishnurseministry.org/archives.html) • [Contact Us](http://www.valleyparishnurseministry.org/contact.html) |   **Bulletin Insert: July 2002 http://www.valleyparishnurseministry.org/images/colorrule.jpg**  **First Aid and the Spiritual Dimension** *From "Seasons for Wholeness: Vol. III"*  As children of human parents and children of God, we need 'first aid and accident prevention' in our spiritual life.  First, to cleanse our wounds, we need confession. "If we confess our sins, He who is faithful and just will forgive our sins and cleanse us from all unrighteousness," *- I John 1:19.*  Second, we need to dress our wounds; we "…clothe yourselves with the Lord Jesus Christ," *- Romans 13:14.*  Third, we need to be healed of our diseases and infirmities, "…the punishment that brought us peace was upon Him, and by His wounds we are healed," *- Isaiah 53:5.*  Fourth, as we are nourished with the Word, we are enabled to live healed lives in which we "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength … Love your neighbor as yourself," *- Matthew 26:28; Mark 12:30-31.*  The emphasis of Health Ministry is on first aid and accident prevention. As we consider how we can limit accidents and live healthier lives, we can focus on the "First Aid" and healing possible with our great God.  *"…I will bring health and healing to it; I will heal my people and let them enjoy abundant peace and security," Jeremiah 33:36.*  **spacer** | | **How To Remove Particles From A Child's Eye** Now that summer time is here, children are playing outside more hours of the day. With that the need to remove dirt, sand or pieces of grass from a child's eye may occur. Doctors commonly recommend that the eye be flushed with clean water from the faucet or from a clean container. If both eyes are affected, the victim could be placed in a very gentle shower. If no shower is available, fill a clean bowl with water and have the victim place closed eyes in the bowl. However a child may not always be cooperative in these procedures. Perhaps the following suggestions will obtain cooperation from the child.   * Use a clear glass or bowl filled to the top with clean water. * Place the container on top of a colorful picture that will probably get wet. * Have the child close his eye and move his face close to the rim of the container. * Ask him to tell about the picture hiding under the container. * Explain that blinking his eye will make it easier to see the picture. * You may see the particle as it is freed from the eye. * Then have the child raise his head and sit with his eye closed for a few minutes. * If it continues to irritate him, notify his doctor.   **spacer** | | **Keeping Safe** In the summertime when children are no longer in school, they may have some additional free time. As they have the opportunity to experience some independent time, you will want to equip them. Share with them some tools that will assist them in growth toward making wise decisions. You can remind your children of the "keeping safe rules" that you have already taught them. Remind them that these suggestions hold true for the trusted guardian that you might put in charge of them in your absence. Here is a list of suggestions to review with them.   * Be sure that they know their home phone number, address and who they are to contact if they can not reach you. * Remind the child to ask permission before they go somewhere. Information that they need to know and share includes who they are going with, how they will get there, where they are going, what they'll be doing and when they will be back. * It is safer to play outside or go places with friends than to play alone. Remind the child never to get into a car or leave with anyone, even if it is someone that they know. * Remind them to check with you or the person you have put in charge before agreeing to a change in plans. Remind them they have the right to say no when someone attempts to touch them in ways that make them feel frightened or uncomfortable. They should tell you immediately.   **spacer** | | **Macular Degeneration** Macular Degeneration may also be called AMD or Age- related Macular Degeneration. It is the most common cause of blindness and impaired vision for individuals in the U.S. who are older than 50.  **What is AMD?** AMD is a progressive disease occurring in the eye when the macula becomes damaged. There are two types of Age-related Macular Degeneration.  Dry or Nonneovascular AMD occurs in about 90% of AMD cases. The layers of cells under the retina function poorly and deposits build up. This causes a gradual loss of center vision.  Wet or Neovascular AMD is the other type. It is caused by new blood vessel growth and leakage beneath the retina. In this type there is a rapid loss of center vision. This loss of vision occurs over days to weeks with continued loss of sight over time.  **What is the macula?** The macula is a small part of the retina. The retina is that area in the eye that sends signals for sight to the brain. The macula is responsible for the center field of vision.  **What are the risk factors?** AMD is more common in women and in those with a family history of AMD. Caucasians are at greater risk for developing Wet AMD. Cigarette smoking, high cholesterol levels and other risk factors that cause heart disease may be additional risk factors for AMD. Age is an important risk factor.  **What can I do?** Notify your doctor of any blurred central vision. Get regular eye exams to prevent disabling vision damage from AMD. Your doctor may give you the Amsler grid to detect changes in central vision.  **spacer** | | | VPNM | | **New Search**  Top of Form  Search for:  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | Browse through our Bulletin Inserts  Top of Form  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | [Home](http://www.valleyparishnurseministry.org/mainframe.html) • [About VPNM](http://www.valleyparishnurseministry.org/about.html) • [Services](http://www.valleyparishnurseministry.org/services.html) • [Events](http://www.valleyparishnurseministry.org/events.html) • [Get Involved](http://www.valleyparishnurseministry.org/involved.html) [Bulletin Insert](http://www.valleyparishnurseministry.org/bulletin.html) • [Our Archives](http://www.valleyparishnurseministry.org/archives.html) • [Contact Us](http://www.valleyparishnurseministry.org/contact.html) |   **Bulletin Insert: August 2002 http://www.valleyparishnurseministry.org/images/colorrule.jpg**  **Integration of Faith and Health** We consider ourselves thankful for the gift of good health. It is a gift from God. We should take responsibility and care for our health. Like any gift, it too can be used to give glory to God. We can live healthy lifestyles to prevent disease. We can get screenings for early detection.  But what if during the screening, further testing is suggested and the diagnosis of cancer is given. Then what? Why now? Why me? Or, I have it so how do I get rid of it? What is expected of me? Will I be brave? Do I fight this alone? Can I count on family and friends? Illness involves an interaction of body, mind and spirit. Cancer includes the physical, intellectual and spiritual dimensions.  There are some healthful factors that will assist in taking control in the battle with cancer. A confident patient-doctor relationship is helpful. If you can talk openly with your doctor, you will be able to express your concerns and discuss preferred treatments and make your choices.  An openness of communication with family members and close friends develops a support system. Walking with another in the journey of life is beneficial.  A positive outlook can play a significant role in recovery from cancer. Cancer is not a wasting incurable disease. With early detection most cancers have a 90% survival rate.  Maintaining faith can successfully promote the removal of fear and stress. It helps you to cope and gives insight into life's priorities.  *"For this momentary light affliction is producing for us an eternal weight of glory beyond all comparison, as we look not to what is seen but to what is unseen; for what is seen is transitory, but what is unseen is eternal." - II Corinthians 4:17-18.*  **spacer** | | **Men: Take Control of Your Health** Women go to the doctor more often than men. They also live longer than men do. Going to the doctor leads to longer a life? Is there a connection? Doctors believe that there is. They believe that the death rate of men would be reduced if men took a more active role in their health and sought treatment earlier - at the beginning of their symptoms.  Health concerns are normal. It is advised that men take notice of changes in their body and report them to the doctor. Finding a doctor about your same age may be helpful in discussing health concerns. [Healthfinder.gov](http://www.healthfinder.gov) has a service directed toward men's health. It provides health information and resources. It is geared to meet men's special health needs.  Accessing the website is one means to educate oneself. With information about the most common types of cancer in men, their warning signs, methods for early detection, treatment and knowledge of risk factors; you are prepared with the facts. When one has an interest in a sport, historical event or other subject, one would explore and learn the facts as a natural reaction to know more. So it is also the natural reaction to learn more, to take responsibility for your health.  Armed with the facts, design a plan that you can keep. Set up a realistic health maintenance plan. Select a time of year that works best for your schedule to have your annual screenings done.  Remember this: the fact is, most of the things that have the biggest impact on your health are within your control. | | **Men & Heart Disease**  Heart disease is still the leading cause of death for men in the United States. Heart disease is also the leading preventable cause of death in the United States.  One of six American men age 45 - 64 has some form of heart disease or experiences some type of stroke. For men over 65 years of age, the rate becomes one in three.  Yearly blood pressure screenings are recommended. Cholesterol screenings should be every three to five years, more often if there is a history. An electrocardiogram should be taken to establish a baseline and then as the doctor orders.  If diagnosed with high blood pressure or high cholesterol, these conditions should be taken seriously by following doctors' orders relating to diet, exercise, medication and any other recommendations. Healthful lifestyle changes can keep you strong.  Remember, knowing the facts can give you control in reporting signs of health issues early. Then medical attention can be given and the treatment is more effective.  *A heart at peace gives life to the body. - Proverbs 14:30*  **spacer** | | **Men and Cancer Screenings** Here are some recommendations from the American Cancer Society (ACS) as to why, when and how often men should be tested and screened for cancer. Remember that early detection is the key to long term survival.  **Prostate Cancer Screening** *Why?* One in six men will get this disease. 31,000 men will die from prostate cancer this year.  *When?* Yearly. Men who are 50 years and older should be tested yearly. Two groups of men who are at high risk for this cancer are African Americans and men with a family history of this disease. Besides the screenings by the doctor, the ACS advises that men take notice of changes in their body and report them to the doctor.  **Testicular Cancer Screening** *Why?* Testicular cancer generally occurs in younger men between the ages of 20 - 35. Two to three men in 100,000 develop this annually. This cancer is usually noticed as a small, firm and painless lump.  *When?* Monthly. Beginning at age 15 a self-exam once a month is recommended. Yearly. At your regular check-up the doctor should also screen for this cancer.  **Colon Cancer Screening** *Why?* If diagnosed early, this cancer is easier to cure than almost any other internal cancer.  *When?* A yearly screening for occult blood is recommended for men over 40. If the man is at high risk for colon cancer, then your doctor may order this screening more often. If over 50, the sigmoidoscopy is recommended every other year.  **spacer** | | | VPNM | | **New Search**  Top of Form  Search for:  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | Browse through our Bulletin Inserts  Top of Form  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | [Home](http://www.valleyparishnurseministry.org/mainframe.html) • [About VPNM](http://www.valleyparishnurseministry.org/about.html) • [Services](http://www.valleyparishnurseministry.org/services.html) • [Events](http://www.valleyparishnurseministry.org/events.html) • [Get Involved](http://www.valleyparishnurseministry.org/involved.html) [Bulletin Insert](http://www.valleyparishnurseministry.org/bulletin.html) • [Our Archives](http://www.valleyparishnurseministry.org/archives.html) • [Contact Us](http://www.valleyparishnurseministry.org/contact.html) |  |  | | --- | | **Bulletin Insert: September 2002http://www.valleyparishnurseministry.org/images/colorrule.jpg**  **Don't Worry, Be Happy** Do you remember that phrase from a few years back? A little bit of worry can be good, but too much can be life shattering. At some time we may all worry about something - our health, money, work or lack of work, our families. Sometimes the tasks at hand are too much. Worry divides our energy. When we worry unduly about the concerns of tomorrow, we can no longer function to attend to the tasks of today. While we are at a level of anxiety that permits us to act rationally, we can turn to God and His Word for guidance. Here are some helpful ways to prevent worry from weighing you down.  Direct worry into positive directions. Break a large project down into smaller tasks. Completing one step will offer encouragement to proceed to the next. Get a worrisome task done early in the day. When it's done and out of the way, it no longer holds you in its bonds.  Set a plan of action to use when feelings of worry begin to overwhelm you. Take a relaxation break from your worries. Use a breathing technique or soothing water to bring luxurious comfort to a weary self. Invite God into the circumstances of concern. Only in God is my soul at rest, for from Him comes my hope. Turn to your favorite Bible stories and verses that promote comfort. Laughter is the best medicine. Watch a favorite comedian or movie that gets you laughing.  Adopt healthful lifestyles. Leave space in your schedule to take time to catch your breath and slow down. Eat a balanced diet. Spend time outdoors. Exercise regularly. Spend time with friends whose company you cherish.  Consult your doctor. When worry and anxiety symptoms invade your quality of life, consult your doctor. Treatment is available when an anxiety disorder is diagnosed.  Sing and smile and pray and you'll drive the clouds away.  **spacer** | | **Integration of Faith and Health** While we are at a level of anxiety that permits us to act rationally, we can turn to God and His Word for guidance. We can trust that we are not alone and that God is in control. We are limited in our ability to deal with that, which is beyond our control. With God at our right hand, we will not be disturbed. We can take comfort that though the trials of a just man may be many; God will deliver him from them all.  Here are some examples of Bible verses that offer comfort in time of worry. Please add you own and share with others before worry turns to an unhealthy level.  Psalm 23  My favorite Bible verse of support and comfort in time of worry is : -------------------------------------------------------- --------------------------------------------------------  "Cast all your anxiety on Him because He cares for you." I Peter 5:7  "So don't worry about tomorrow, because tomorrow will have its own worries. Each day has enough trouble of its own." Matthew 6:34  "Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus." Philippians 4:6,7  **spacer** | | **Anxiety** Some may term this age as an age of anxiety. Unsettling events occur. They can affect our lives on a personal level. They can have an affect on our communities and on nations. Threats to our well being that are beyond our control are a real concern. Thoughts may then focus on the "what ifs?" What if my test comes back positive for some awful disease? What if my mother can no longer care for herself? What if my child becomes lost? What if the worst case scenario occurs?  Anxiety is an uneasy feeling, a worry or troubled thought about what may happen. In one stage anxiety can be expressed as an eager desire to correct an unjust situation. At this level it can be a positive motivating factor that serves its useful purpose of accomplishment and then wanes. At another level, there can be feelings of dread, concern and apprehension. The level of anxiety may quickly spiral into an uncontrollable reaction that benefits no one. When it becomes a paralyzing fear, it prevents thoughts that are in the realm of reality. At this level, we can no longer take purposeful action.  A doctor may make the diagnosis of an anxiety disorder when anxiety symptoms are severe enough to interfere with the quality of life. Common anxiety disorders are generalized anxiety disorder, panic disorder, phobias, post traumatic stress disorder and obsessive-compulsive disorders. Treatments fore these disorders are available to help restore quality of life.  Chronic anxiety is linked to many diseases. When our stress and immune systems are compromised due to frequent or continuous response to anxiety, illness can occur. Anxiety can be a factor in the cause of stomach disorders, heart trouble, migraine headaches, thyroid malfunctions and high blood pressure. Anxiety is not just an emotional experience. Its effects are made known on our intellectual and physical dimensions. See below to learn about the various levels of anxiety and some of the variety of ways it affects us.  **spacer** | | **Responses to Anxiety Mild Level of Response**  Intellectual - Motivating for optimal learning, thoughts are rational and problem solving abilities are excellent.  Emotional - Reality based responses.  Physical - Muscle tone is normal. Senses are sharp. Speech is clear and normal. Eye contact is regular.  **Moderate Level of Response**  Intellectual - Selective inattention. One may fail to notice anything outside focus of attention. Learning can occur but thinking ability is decreased. Thinking and rethinking remain fixed on one aspect of the occurrence.  Emotional - Feelings of nervousness occur. Irritability increases in response to loud noises. One may feel alone and worried. Concern about the situation increases.  Physical - Increased muscle tension occurs. Perspiration, heart rate, and respiration become increased. Rate of speech increases. Actual symptoms may include dry mouth, tightening of the throat, flushed face, sighing, stomach upset, selective hearing.  **Severe Level of Response**  Intellectual - No learning is possible. One appears distracted and preoccupied.  Emotional - Feelings of strangeness, insecurity, helplessness and powerlessness occur. One can be angry or crying.  Physical - Muscles are tense enough to cause tremors or fists may be clenched. One may respond by wringing hands and pacing. Speech is high pitched or loud and usually fast. Perspiration is profuse. Hyperventilation may occur along with being light-headed or faint. The person in this stage will not hear what you say.  **Panic Level of Response**  Intellectual - In this stage awareness of reality is poor, details are blown out of proportion, capability to cooperate is gone.  Emotional - Feelings of terror and dying occur.  Physical - Aimless running or shouting may occur or the person may be immobile and speechless. Communication is difficult or impossible to understand.  **spacer** | | | VPNM | | **New Search**  Top of Form  Search for:  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | Browse through our Bulletin Inserts  Top of Form  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | [Home](http://www.valleyparishnurseministry.org/mainframe.html) • [About VPNM](http://www.valleyparishnurseministry.org/about.html) • [Services](http://www.valleyparishnurseministry.org/services.html) • [Events](http://www.valleyparishnurseministry.org/events.html) • [Get Involved](http://www.valleyparishnurseministry.org/involved.html) [Bulletin Insert](http://www.valleyparishnurseministry.org/bulletin.html) • [Our Archives](http://www.valleyparishnurseministry.org/archives.html) • [Contact Us](http://www.valleyparishnurseministry.org/contact.html) |  |  | | --- | | **Bulletin Insert: October 2002http://www.valleyparishnurseministry.org/images/colorrule.jpg**  **Tips for Care Giving** Giving care to a loved one can present many challenges. Here are some suggestions to help meet some of those areas that can become troublesome. Some of the tips may prevent trouble areas and provide you with a safe environment.  **Safety**   * A room on the ground floor close to a bathroom may prevent your loved one from falls and conserve your energy. Balance the change of sleeping quarters with familiar bedroom furniture when possible. Your loved one may not want to change the normal order of living arrangements. Being assertive and reassuring will promote ease of new routines. * Bathroom safety measures include grab bars, non-slip surfaces and bathtub chair. Stand by assistance or hands on help will be preventive safety measures for those who are not quite able to be independent in their self care. * Avoid throw rugs, glass table tops and highly waxed floors. * Place frequently used and emergency phone numbers near the phone. Use large and dark print. * Provide an alert system to summon help if your loved one can spend time alone.   **Mealtime** Modified utensils are available if needed so that independence in eating can be maintained.  **Sleep** Trouble sleeping is a significant problem for nearly 30% of the elderly. The reasons include depression, grief, breathing difficulties and medical conditions. The first place to begin is to make the doctor aware of the sleep problem. If the poor sleeping is due to a medical condition, the doctor can make recommendations. The next steps include:   * Setting up a regular schedule for getting up and going to bed. * Set up bedtime habits such as reading or listening to music. * Avoid meals within an hour or two of going to bed. * Avoid caffeine avoid daytime naps.   **Bathing** If this is an awkward task for the family caregiver or for the care receiver, consider hiring assistance. A personal care aide may accomplish this task easily. The frustration avoided will promote a better day for other areas of care.  **Medications** Medication organizers are helpful. Filling the medication organizer at a quiet time will allow you to sort through the confusion that can sometimes occur with medication administration. It helps avoid double dosing and skipping doses and answers the question, "Did I take my medication yet or not?"  **Recreational** Include physical activity when possible to promote rest and reduce stress. Games, reading material or audio books, if eyesight is poor, can stimulate the mind.  **Emotional** Visits from family, friends, church members and the pastor will promote a sense of community and decrease the sense of isolation.  **Financial** Learn the extent of insurance coverage. Talk with social worker and work with the doctor. Learn about what expenses are eligible for Medicare coverage.  **End of Life Planning** Pre-planning a funeral offers peace of mind to many. Making these decisions ahead of time together permits you to know and plan for the wishes of loved ones.  **Legacy** Recording memories, stories, facts, thoughts and feelings of events that the care receiver has experienced will prove valuable. It will provide information that will help keep next generations aware of their relatives, more than just a name and some dates on a family tree.  **spacer** | | **Care for the Caregiver** Whether you are caring for an elderly parent or tending to the needs of a spouse undergoing medical care, you compromise other areas of your life. Being the caregiver for a loved one is demanding work. It puts demands on your energy and time. Most importantly it requires compassion. May you find peace in the process of growth that results from your labor of compassionate living and care giving.  **Career** Explore your options. Consider taking a leave of absence to avoid quitting your job. Perhaps a temporary leave without pay would be an option. Up to 12 weeks of unpaid leave per year is guaranteed through the Family Medical Leave Act if the company employs more than 50.  **Assistance** Ask for help. Assign tasks to other family members. Look into local community resources. Ask your Parish Nurse for referral guidance and for tips about giving care. Schedule respite care. Give yourself time away to fully refresh.  **Stress Reduction Techniques** If you wait until there is more time or things have quieted down, your time to relax will be delayed indefinitely. The caregiver must take time to reduce stress to keep exhaustion and illness away. Just 15 minutes a day for yourself to relax, can keep you coping. Pamper yourself with a soak in the tub, a cup of tea, your favorite music, and prayerful meditation. Eat healthy nutritional choices. The number one stress reducer is physical activity. This benefits both mind and body. Take time to laugh. Keep your sense of humor. Take time to talk with other people, join a support group, and talk with your pastor.  **spacer** | | **Independent Caregiver vs. Agency Caregiver** When giving care to a loved one, the time may come when you have made the decision that outside help is necessary in order to keep a loved one home. Once that decision is made, another decision is needed. Do I hire someone from an agency or do I hire someone on my own? Here is a list of factors to consider when making the decision that best suits your needs.   * Consider your needs: Do you want some one to assist with personal care of your loved one? Do you want help with household chores - cleaning, meal preparation? Make a list of tasks you want help with performing. * Consider hours: Do you help want help for a few hours a day, a few hours a week, or live in care? * Consider costs: an agency may be more expensive vs. the independent caregiver may be less expensive. * Consider benefits: an agency can provide a back up person if the primary person becomes ill. * Other considerations: an agency may have a staff RN. * Consider training: What type of certification does the caregiver have? * Consider experience: What needs of the client does the caregiver have experience meeting? How long has the agency been in business? * Consider insurance: Does the agency provide caregivers that are bonded? * Consider transportation needs: Do you need someone to assist with transportation for doctor appointments? Does the caregiver have insurance, a driver's license? * Consider references: Can letters and phone numbers of reference be provided? 3-5 references should be evaluated. * Consider personality/values: Does this person enjoy providing care? Are they trustworthy and honest? Do they treat your and your loved one with respect and promote a sense of human dignity?   **spacer** | | | VPNM | | **New Search**  Top of Form  Search for:  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | Browse through our Bulletin Inserts  Top of Form  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | [Home](http://www.valleyparishnurseministry.org/mainframe.html) • [About VPNM](http://www.valleyparishnurseministry.org/about.html) • [Services](http://www.valleyparishnurseministry.org/services.html) • [Events](http://www.valleyparishnurseministry.org/events.html) • [Get Involved](http://www.valleyparishnurseministry.org/involved.html) [Bulletin Insert](http://www.valleyparishnurseministry.org/bulletin.html) • [Our Archives](http://www.valleyparishnurseministry.org/archives.html) • [Contact Us](http://www.valleyparishnurseministry.org/contact.html) |  |  | | --- | | **Bulletin Insert: November 2002http://www.valleyparishnurseministry.org/images/colorrule.jpg**  **November is National Alzheimer's Disease Awareness Month** From the Alzheimer's Association the following information and so much more is available at their website <http://www.alz.org>. Perhaps you have access to the website and could be the link to someone in need of the information. The Alzheimer's Association national toll-free number is 1-800-272-3900. The Greater Youngstown Chapter serves our area. It sponsors a support group the first Thursday of every month at St John's Lutheran Church.  Alzheimer's disease is a complex disease that affects the brain. Approximately 4 million Americans have this disease. Although many things about Alzheimer's remain a mystery, research continues to bring us a better understanding of the disease, more accurate diagnoses, and more effective treatments.  No two people experience Alzheimer's disease in the same way. People with the disease can maximize their ability to function in daily life with drug treatments and adjustments to daily routines. As time goes on, the need for care assistance will increase.  The Alzheimer's Association, a national network of chapters, is the largest national voluntary health organization dedicated to advancing Alzheimer's research and helping those affected by the disease. Having awarded $136 million in research grants, the Association ranks as the top private funder of research into the causes, treatments, and prevention of Alzheimer's disease. The Association also provides education and support for people diagnosed with the condition, their families, and caregivers.  They have available brochures that provide information just for children and just for teens to give them an explanation of this disease at an age appropriate level. The website contains valuable information about care giving, Safe Return and planning ahead. You will also find lists of additional resources that are helpful to families.  **spacer** | | **Ten Warning Signs of Alzheimer's Disease** The Alzheimer's Association believes that it is critical for people with dementia and their families to receive information, care, and support as early as possible. To help family members and health care professionals recognize warning signs of Alzheimer's disease, the Association has developed a checklist of common symptoms.   1. **Memory loss.** While it's normal to forget appointments, names, or telephone numbers, those with dementia will forget such things more often and not remember them later. 2. **Difficulty performing familiar tasks.** People with dementia often find it hard to complete everyday tasks that are so familiar we usually do not think about how to do them. 3. **Problems with language.** Everyone has trouble finding the right word sometimes, but a person with Alzheimer's disease often forgets simple words or substitutes unusual words, making his or her speech or writing hard to understand. 4. **Disorientation to time and place.** People with Alzheimer's disease can become lost on their own street, forget where they are and how they got there, and not know how to get back home. 5. **Poor or decreased judgment.** Those with Alzheimer's may dress without regard to the weather, wearing several shirts or blouses on a warm day or very little clothing in cold weather. 6. **Problems with abstract thinking.** Someone with Alzheimer's disease could forget completely what the numbers are and what needs to be done with them. 7. **Misplacing things.** A person with Alzheimer's disease may put things in unusual places. 8. **Changes in mood or behavior.** 9. **Changes in personality.** 10. **Loss of initiative.** The person with Alzheimer's disease may become very passive, sitting in front of the television for hours, sleeping more than usual, or not wanting to do usual activities.   If you recognize any warning signs in yourself or a loved one, the Alzheimer's Association recommends consulting a physician. Early diagnosis of Alzheimer's disease or other disorders causing dementia is an important step in getting appropriate treatment, care, and support services.  **spacer** | | **"Please Take Me Home!"** *What does a loved one with dementia or Alzheimer's Disease mean when they request this?*  Often times the loved one with dementia continuously asks, "Please take me home, I want to go home." This may happen when a change of living quarters occurs. It can also occur when the dementia progresses and there has been no location change. This request can leave us feeling frustrated. Some have tried to return their loved one home only to be disappointed that no positive reaction occurred.  It may help for us to understand some reasons why this request is made. There is a sense of feeling lost that happens when a person no longer recognizes his surroundings. When everything around has lost meaning, there is an overwhelming sense of feeling lost and maybe even fearfulness. Someone with dementia may no longer comprehend the use of once familiar objects.  It is human nature to want the comfort of something familiar. The loved one with dementia can verbalize this as I want to go home. Consider the anxiety that would occur if you awoke in a place not recognizable to you. You, too, would probably ask for a familiar place. You, too, would want to go home to something familiar.  So it is not an actual place that is being requested but a desire to feel more comfortable and less anxious. Useful tips to create such an atmosphere are in the next section.  **spacer** | | **"Please Take Me Home!"** *What can families do for a loved one when this request continues?*  Families of loved ones with dementia or Alzheimer's Disease may become frustrated at this request, "Please take me home." By creating an atmosphere of calm, acceptance, reassurance and friendly relationship, you will have created the comfortable place that we associate with home. The following statements will provide helpful information to assist you in offering your loved one the understanding that they are seeking.   * Sometimes attempts to divert attention by distraction and discussion are effective. * It's also helpful to maintain a friendly tone of voice and a smile. The lack of a smile may be mistaken to represent someone who is angry. * The most effective method is to recognize your loved one's concerns. Statements that echo what your loved one must be feeling are helpful. "You must feel uncomfortable here," or " Tell me more about your home." Engaging in activities that provide diversion will be more successful once the loved one feels you understand his heart. * Use of pictures and photo albums of family and gatherings at holidays from recent to past will help your loved one locate himself in the era that he may be living in. Then a feeling of comfort can occur, rather than the anxiety that would occur from trying to pull him into your reality.   **spacer** | | | VPNM | | **New Search**  Top of Form  Search for:  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | Browse through our Bulletin Inserts  Top of Form  Bottom of Form |  |  | | --- | | Top of Form  Bottom of Form | | [Home](http://www.valleyparishnurseministry.org/mainframe.html) • [About VPNM](http://www.valleyparishnurseministry.org/about.html) • [Services](http://www.valleyparishnurseministry.org/services.html) • [Events](http://www.valleyparishnurseministry.org/events.html) • [Get Involved](http://www.valleyparishnurseministry.org/involved.html) [Bulletin Insert](http://www.valleyparishnurseministry.org/bulletin.html) • [Our Archives](http://www.valleyparishnurseministry.org/archives.html) • [Contact Us](http://www.valleyparishnurseministry.org/contact.html) |  |  | | --- | | **Bulletin Insert: December 2002http://www.valleyparishnurseministry.org/images/colorrule.jpg**  **A Gift That Money Can't Buy: *Tissue and Organ Donation***  Did you know that 1,300 people in Northeast Ohio are now on the national list for the following organ transplants?  900 waiting for kidney 164 waiting for liver 093 waiting for heart 070 waiting for kidney/pancreas 051 waiting for pancreas 022 waiting for lung *- as of October 2001*  **If you want to know more:** Donation information for faith communities is available through: LifeBanc, 20600 Chargrin Boulevard, Suite 350, Cleveland, Ohio 44122-5345.  Educational services are available free of charge to faith based, social, civic or service groups and businesses within LifeBanc's 20 county service area. lifeBanc also has free educational programs for students age pre-K through college.  For more information on age and content appropriate programming, please call LifeBanc's Education and Public Affairs department at 216-725-LIFE (5433) or 888- 558-LIFE (5433) or visit their web site at [www.lifebanc.org](http://www.lifebanc.org).  **spacer** | | **Frequently Asked Questions If I have a donor card or a designation on my driver's license, why should I discuss organ and tissue donation with my family?** In December 2000, Ohio Governor, Bob Taft, signed a bill to create a statewide donor registry beginning in summer 2002, which means you can sign up to be a donor at the Bureau of Motor Vehicles.  **The bill makes your donor designation legally binding in Ohio**  **Make sure your loved ones know about your decision to donate life.**  Many donor families have reported that, for them, donation has given some meaning to their loss.  **If the hospital knows I want to be a donor, will the documents still try to save my life?** Despite what you have seen on some TV dramas or motion pictures, emergency room doctors and transplant surgeons are totally separate medical teams. Organ and tissue donation takes place only after all efforts to save life have failed and the donor has been declared legally dead and their family has been consulted.  **What does organ and tissue donation cost my family?** Donation costs nothing to the donor's family or estate. After a patient has been declared dead and if donation is to take place, the organ procurement organization of the region is responsible for all costs related to the donation process.  **Will donation affect funeral arrangement?** The removal of organs and tissue is a respectful procedure performed by highly trained medical professionals. In most cases, traditional funeral practices, including open-casket viewing, may follow the family desires.  **spacer** | | **Donate Life** More than 2,400 Ohioans who need an organ transplant are on the national waiting list. The Ohio Donor Registry is one important step in addressing the critical donor shortage here and across the United States. As of July 1, 2002, the Ohio Donor Registry has been up and running. Each time that you go to your local BMV to obtain or renew your driver's license or state ID card, you will be asked *"Do you want to make an anatomical gift?"* Saying *"Yes"* covers the anatomical gift of organs, eyes and tissues. It does not include blood, bone marrow or total body donation.   * Joining the Ohio Donor Registry is way to help ensure that your decision to be a donor is known and carried out. * Nearly 80,000 who need an organ transplant are on the national waiting list. Of that number, more than 1,300 are in Northeast Ohio. A new name is added to the waiting list every 13 minutes. * Every day, at least 17 people die due to the shortage of donated organs. * One donor can help save or improve the lives of more than 50 people. Needed organs include heart, kidneys, liver, lungs, pancreas and small intestine. Donated tissue includes bone, corneas (eyes), connective tissue (ligaments and tendons), heart valves, skin and veins/vessels. Tissue transplants can help patients suffering from cancer, arthritis, severe trauma, degenerative joint disease and other conditions.   -information supplied by LifeBanc.  **spacer** | | **Integrating Faith and Health *Would My Religion Approve of Organ Donation?***  According to National Kidney Foundation (NFK) most major religions of the world permit and support organ donation and transplantation. There is a variation in specific views for each denomination. For more specific information about the beliefs of your denomination, speak with your clergy.  **Baptist** Donation is supported as an act of charity and the church leaves the decision to donate up to the individual.  **Catholicism** Transplants are acceptable to the Vatican and donations is encouraged as an act of charity and love.  **Episcopal** The Episcopal Church passed a resolution in 1982 that recognizes the life-giving benefits of organ, blood and tissue donation. All Christians are encouraged to become organ, blood and tissue donors "as part of their ministry to others in the name of Christ, who gave His life that we may have life in its fullness."  **Lutheran** In 1984, the Lutheran Church in America passed a resolution stating that donation contributes to the well-being of humanity and can be "an expression of sacrificial love for a neighbor in need." They call on "members to consider donating organs and to make any necessary family and legal arrangements including the use of a signed donor card."  **Presbyterian** Presbyterians encourage and support donation. They respect a person's right to make decisions regarding their own body.  **Protestantism** Encourage and endorse Donation.  **Unite Methodist** "The United Methodist Church recognizes the life-giving benefits of donation , and thereby encourages all Christians to become donors by signing and carrying cards or driver's licenses, attesting to their commitment of such organs upon their death, to those in need, as a part of their ministry to others in the name of Christ, who gave His life that we might have life in its fullness."  **spacer** | |
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