

Kansas Parish Nurse
MINISTRY

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Kansas Parish Nurse Ministry
serving God through wholistic
ministries.

**"Love has nothing to do
with what you are ex-
pecting to get - only what
you are expecting to
give."**

Katherine Hepburn

**"What we give to the
poor is what we carry
with us when we die."**

Peter Marin

**"To share often and
much To know even
one life has breathed
easier because you have
lived, this is to have suc-
ceeded."**

Ralph Waldo Emerson



Stats & Stories

Kansas Parish Nurse Ministry, Inc. ..

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Pennies from heaven



Oh how I loved getting pennies when I was child. I would rush to the corner store and make the big decisions about what to spend my money on. I could fill my pockets with penny candy. And penny candy was the best! How time has changed! Now, I often am annoyed to get pennies back as change because they take up a lot of room in my coin purse. The U.S. Mint says it now takes about two pennies to make one penny. So, what good are they anymore? Have they not served their purpose? In the economy of our day, what use is a penny?

Oh, does that penny have power!!! It has prayer power. The words proclaimed in tiny capital letters above the bust of Abraham Lincoln, the 16th President of the United States, are "IN GOD WE TRUST."

Think for a moment. What would happen if each time a penny passes through your hands, appears at your feet as you are walking, or you drop it into a penny bank you just repeated those powerful words?

On my spiritual walk I have repeated those words numerous times. Trust is what it's all about! Our loving God has given us such a simple, yet evident, way to pray often. He is there to assure us that He will care for us. We don't have to doubt or worry. He is there for us-- He is present.

Find a penny, say a prayer. Call it the "theology of the penny," but the physical act of holding up a penny and declaring my trust in God lifts burdens from me. When I take back my problems (as all too often I tend to do) all I have to do is find another penny and recommit my trust in my God who is so good.

A penny and a prayer to you today!



Indicators that someone may be feeling suicidal:

- Feeling or expressing hopelessness
- Feeling tired most of the time
- Gaining or losing a significant amount of weight
- Withdrawing from family and friends
- Losing interest in activities
- Stockpiling medication or obtaining a weapon
- Giving away personal possessions
- Neglecting personal appearance
- Abusing alcohol or drugs
- Sleeping too much or too little
- A dramatic change in personality
- Agitation or frequent angry outbursts
- Making statements such as:

“I won’t be around much longer”

“Everyone would be better off without me”

“Nothing matters anymore”

“Life is not worth living”





Statistics related to suicide in the elderly population:

- While older adults only make up 13% of the population, they account for 19% of all suicide deaths.
- Someone who is age 65 or older commits suicide every 90 minutes.
- 85% of all suicides involve symptoms of mental illness (usually depression) and most of these cases were undiagnosed and untreated.
- White males over 85 commit suicide at almost six times the national average.
- Over the age of 65, there is 1 completed suicide for every 4 attempts. Causes appear to be: The older person is more committed to the act for its own sake than as a means of manipulating others, and the older person is more competent to plan and execute the act.
- Kansas has the 18th highest suicide rate in the nation.

Sign Chi Do

Acute stress is the most common form of stress. When it occurs, you know exactly why you are stressed. (For example, if you run out of gas.) The effects are short-term and do not cause severe or permanent damage to the body.

Recurrent stress is when acute stress occurs on a regular basis. Often it is viewed as temporary and sounds like this..."I just have a million things going on right now", or "Things are always crazy around here". It is so habitual that most people resist changing until they suffer severe physical symptoms.

Chronic stress is stress that wears you down day after day and year after year with no visible escape. It affects both your physical and emotional state of health. It ALWAYS leads to chronic medical problems.

How does SignChiDo help to combat stress?

The practice of SignChiDo stimulates the autonomic nervous system to release certain chemicals called neuropeptides that affect the body and begin the relaxation process. Serotonin, also known as the 'feel good' chemical, has a profound effect on mood and anxiety.

High levels of serotonin result in serenity and optimism and have been known to improve sleep. Endorphins are morphine-like substances found naturally in the body. They promote a sensation of calmness. The main function of this chemical is that it helps to reduce pain and stress. SignChiDo has been found to increase endorphin levels, thereby enhancing overall health and wellness.

For more information about SignChiDo, please click on the link to access the website:
<http://www.signchido.com>.

Memberships to SignChiDo are also available on the website. Personal testimony: SignChiDo is probably the most wholistic program we as parish nurses can bring to ourselves and our congregations. Use it for yourself or others.



Live Laugh Learn Love

When we choose not to focus on what is missing from our lives but are grateful for the abundance that's present....we experience heaven on earth."

"Life is not about waiting for the storms to pass...
it's about learning how to dance in the rain!"

Whether you think you can or you can't,
you are right."
Henry Ford

"A child mirrors your behaviors. Are you giving a good reflection?"
Peter K

"If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him."
James 1:5 (NIV)

Forget love...I'd rather fall in chocolate. --
Unknown

If you don't read the newspaper you are uninformed, if you do read the newspaper you are misinformed.
-- Mark Twain

Christ has no body on earth but yours;
no hands but yours, no feet but yours.

Yours are the eyes through which He is to look with compassion on the world.

Yours, the feet with which He is to go about doing good.

And yours, the hands with which He is to bless us now.

St. Teresa of Avila



If I imagine a god so small as to favor those who think like me, worship like me and act like me, then I know very little of life and less of faith. I can't help but think this world would be in better shape if the gods most of us believed in were a little bigger.

-- Steve Goodier



CDC's Healthy Communities Program Web Site Goes

Live <http://www.cdc.gov/healthycommunitiesprogram/>

CDC is very pleased to announce that the Healthy Communities Program (formerly know at the Steps Program) web site went live on Friday, February 6, 2009.

Is your home safe from germs? www.henrythehand.com

Share your love by going to The Hunger Site every day. They will even send you a daily reminder. <http://www.thehungersite.com>

Watch for Caregiver Training information — pray that we get the grants that I have applied for so we can do this needed program.

**May you always have
Love to Share,
Health to Spare,
and Friends that Care.**

Attention Bloggers

We have a blog — a faster way to keep up with changing news — go to <http://www.kansasparishnurseministry.blogspot.com>

Difficult times have helped me to understand better than before, how infinitely rich and beautiful life is in every way, and that so many things that one goes worrying about are of no importance whatsoever.

Fine tune our ears to God's voice...not to the sounds of the world

Life is short, Forgive quickly, Kiss slowly, Love truly, Laugh uncontrollably, and never regret anything that made you smile. ~

"This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in."

Theodore Roosevelt

"Each time someone stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope."

Robert F. Kennedy

Quotes from Abraham Lincoln

I have been driven many times upon my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom, and that of all about me, seemed insufficient for the day.

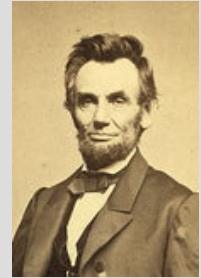
16th President of the US

Whatever you are, be a good one.

Better to remain silent than to be thought a fool than to speak out and remove all doubt.

I will prepare and someday my chance will come.

If I were two-faced, would I be wearing this one?



A prayer for these difficult economic times

Heavenly Father, You are with me always.

You bless me with countless gifts. I thank you for these gifts today, especially the gift of your Son, Jesus, and the gift of the Holy Spirit. You give me life in this world and promise me life eternal if I but follow Jesus. Let me not become lost in the journey of life.

I cannot serve two masters.

I seek to serve you O Lord.

May I see your face in each and every person. May I love them as you love them O Lord. I pray for my neighbors who have lost their jobs and for those who struggle in these uncertain times.

Open my eyes to see the ways that I may help them.

Bless our city, our nation and our world. May this time of uncertainty awaken within the human race the truth that you are God and Father of us all.

Deepen my faith.

Strengthen my hope.

Multiply my charity.

In you, O God, I place my trust.

Amen



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Bulletin Board

SAVE THE DATE

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12th Annual Parish Nurse Conference

“Hear I Am Lord”

Oct. 14 & 15, 2009

Spiritual Life Center, Wichita, KS

Speakers include: Pat Schwiebert, Bev Foster, Mike Yankoski, Rachel Kail & Mary Sharp, Joy Johnson, Tom Jacobs and more

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BASIC PREP

July 18-25, 2009
Spiritual Life Center
Wichita, KS

Brochures available
(payment plans also available)

Everyone calling themselves a parish nurse should attend this intensive preparation
Would you be an ER, peds, OR nurse without preparation?
Would you be legally protected without training?

Please pray for:

- Those who are most in need of our prayers
- For those who have lost their jobs
- For the sick, the lonely, the homeless, the desperate
- For new board members for KPNM
- For health ministry worldwide
- For the success of our Oct. conference and basic prep
- That pastors will understand who we are as parish nurses and what our mission is
- For the growth of parish nursing in our community
- For our families and friends — and for those that aren't as loveable
- For the one who will die today and has no one to pray for them
- For life





Henry the Hand's 4 Principles of Hand Awareness:

- 1) WASH your hands when they are dirty and BEFORE eating.
- 2) DO NOT cough into your hands.
- 3) DO NOT sneeze into your hands.
- 4) Above all, DO NOT put your fingers into your eyes, nose or mouth!

Use your church newsletters, bulletins, and bulletin boards to spread the word about handwashing and coughing or sneezing into your sleeve versus hands. This is prevention at the basic level and something we can also do. In addition, be a role model. Practice what you teach!



Kansas Faith Community Response to Healthcare

"A Faith-Inspired Vision of Health Care"

As people of faith, we envision a society where each person is afforded health, wholeness and human dignity.

That vision embraces a system of health care that is inclusive... accessible... affordable... and accountable.

Vision ~ Inclusive: Health care is a shared responsibility that is grounded in our common humanity. In the bonds of our human family, we are created to be equal. We are guided by a divine will to honor each person's dignity and to live together as an inclusive community. Affirming our commitment to the common good, we acknowledge our enduring responsibility to care for one another. As we recognize that society as a whole is healthy only when we care for the most vulnerable among us, we are led to discern the human right to health and wholeness. Therefore, we are called to act with compassion by including everyone in the sharing of our abundant health care resources.

Vision ~ Affordable: Health care must contribute to the common good by being affordable for individuals, families and society as a whole. We believe that in the sacred act of creation we are endowed with the talents, wisdom and abundant resources necessary to meet the needs of one another, including the health care needs of all. Therefore, in our calling to be faithful stewards, we understand our responsibility to use our health care resources effectively, to administer them efficiently, and to distribute them with equity.

Vision ~ Accessible: All persons should have access to health services that provide necessary care and contribute to wellness. We believe humanity is sacred and that all persons should benefit from those actions which contribute to our health and wholeness. Therefore, we are called to act with justice and love, to ensure that all of us have access to the health care we need in order to live out the fullness of our potential both as individuals and as contributing members of our society. We must work together to identify and overcome all barriers to and disparities in such care.

Vision ~ Accountable: Our health care system must be accountable, offering a quality, equitable and sustainable means of keeping us healthy as individuals and as a community. We believe that as spiritual and sacred vessels, we are responsible for the care of our bodies to the best of our ability and for the care of one another regardless of individual circumstances. Therefore, individuals, families, governments, businesses, and the faith community are called to work in partnership for a system that ensures fully-informed, timely, quality and safe care that treats body, mind and spirit.



Fall Prevention

Falls are no joking matter. Every year, about a third of Americans age 65 and older have a fall, and more than a quarter of them end up in the hospital. Falls are the leading cause of brain trauma and the number one cause of fractures among older people—upwards of 500,000 per year.

An osteoporosis-related fracture occurs every 20 seconds in this country. One-third of all women and one-sixth of all men will fracture a hip in their lifetime, and 12 to 20 percent of these fractures will end in death. Of those who survive, half will require long-term nursing home care.

The good news is that you can prevent *yourself* from becoming a statistic, simply by taking a few easy steps.

Make sure your medications aren't setting you up for a fall

One of the biggest, and often overlooked, causes of falls is medications. Individuals who take one “high-risk” medication—such as a psychotropic drug—or more than three or four other drugs on a regular basis have double or triple the risk of falling.

A research team from the University of North Carolina at Chapel Hill came up with an extensive list of problematic medications as part of a study designed to assess this relationship. Not surprisingly, the most dangerous are antidepressants, anti-convulsants, sedatives, hypnotics, and other drugs that affect the central nervous system.

Muscle relaxants, opioids, and some meds used to treat gastrointestinal problems and arrhythmias are also on the list. Seek the advice of your medical doctor if you are concerned about any of the medications you are taking.

Prevent falls with calcium and vitamin D

Many people are surprised to learn that you can reduce your risk of falling simply by taking the right vitamins. Swiss researchers found that when older people took a combination of calcium (at least 512 mg) and alfacalcidol (a synthetic form of vitamin D) for nine months, they slashed their risk of falling by 55 percent.

This is not the first study to show that vitamin D and calcium reduce risk of falls, but for some reason the word isn't getting out. Make sure you're getting enough of these essential nutrients by taking 1,000 to 1,500 mg of calcium and 600 IU vitamin D every day.

Eat and drink your way to stronger, healthier bones

Strong bones are your best insurance against falls—and fall-related injuries. To keep your bones healthy, avoid soft drinks, colas and related drinks, which Americans guzzle by the gallon, and contain chemicals called phosphates that cause calcium loss. A healthier option is green tea, which is a good source of vitamin K, a nutrient that improves bone mineralization.

It's also important to eat vegetables. A green salad is a virtual feast for your bones—it is high in calcium, vitamin K, boron, and other bone-building nutrients.

Take advantage of the protective power of exercise

No single therapy is as effective at countering age-related bone loss and preventing falls as weight-bearing exercise. The stress exercise exerts on the bones stimulates the production of new cells, and the greater the stress, the greater the benefits.

Brisk walking helps maintain bone mass, but weightlifting actually increases it. Adding two or three weekly sessions of moderate weight training to your exercise regimen is imperative for anyone over age of 50. - Julian Whitaker, MD

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www.KansasParishNurseMinistry.org



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THE FAMILY CIRCUS



"You really ring the bell, so we drew our Forever Stamp of Approval."

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