

Kansas Parish Nurse  
MINISTRY

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Kansas Parish Nurse Ministry serving  
God through wholistic ministries.

# Stats & Stories

Kansas Parish Nurse Ministry, Inc. ..

October 2008

## Why should I be a member of KPNM?

Did you have someone to call when you needed to know about parish nursing? Was there someone to help you? Were there specific educational programs available to learn more (basic prep)? Do you attend monthly network meetings to learn more about what agencies/ resources are available in the community? Do you attend the annual conference? Or other wholistic educational events? If you were a student nurse did you learn about parish nursing in class and then have the opportunity to be mentored by a parish nurse?

Then, you might want to become a member of Kansas Parish Nurse Ministry.

KPNM became a nonprofit organization (501(c)3 tax exempt) to provide these needs for YOU and others of all faith communities. The fact is that it takes money to keep an organization going day to day. Presently, the office is in my home so I pay for all expenses. I have my own laptop, LCD projector, speakers, etc. that I need. So, for the most part, we exist on "in kind" donations. However, in the future this may not always be true. We must become a sustainable organization which means at some point we need to be able to pay a decent wage to the Executive Director and hopefully staff members plus office supplies, etc. We are a long ways from that goal but we must keep working towards it. Membership is one way of making our goals happen.

Membership assures us that someone will be there to help new nurses become parish nurses. It assures us that a conference will be planned for next year. It assures us that we will continue to grow as the need for parish nursing increases and expands in the future.

The board has goals of increasing membership and developing fundraising tools to help sustain us. We welcome you — and your church — to become members.

What do you get back? We don't have a long list of "things" you get. We can't afford to do that. But we can assure you that we will continue to be here if we have paying members. We will continue to host educational events and an annual conference --- if we have members. And, as members, you will get a discount on the admission price.

Please join us! If you have questions please call JoVeta. Thank you for supporting YOUR ministry.



**"We realize that what we are accomplishing is a drop in the ocean. But if this drop were not in the ocean, it would be missed."**

Mother Theresa  
"Random Acts of Kindness, 1994"



**"If You Need Help, Ask God. If You Don't, Thank God"**



**"Don't judge each day by the harvest you reap but the seeds you plant."**

Robert Louis Stevenson  
Words of Wisdom

## ***SIMPLE STEPS TO IDENTIFY IF SOMEONE HAS HAD A STROKE***

**S \*\*\* SMILE \*\*\*** Ask the person to smile -- also to stick out their tongue

**T \*\*\* TALK \*\*\*** Ask the person to say something like "It's a sunny day."

**R \*\*\* RAISE ARMS \*\*\*** Ask the person to raise both arms

If the person cannot do these things call 911 immediately and get them to the nearest stroke unit.



**When you don't understand  
When you can't see his plan  
When you can't trace his  
hand**

**Trust his heart.**



## Exercise your mind .....

- Challenge yourself with activities. Try a crossword puzzle, take a class, or build something.
- Create to-do lists to help you remember appointments and activities.
- When learning something new, make sure you are not distracted. Give it your full attention, and use all of your senses to become familiar with it.
- Break an activity into multiple steps, and stretch it out over several days. For example, take a few days to learn how to program a new electronic device.
- Go over in your head what it is you want to remember, and be habitual in your tasks. Put things in the same place, for example.
- Get plenty of social interaction, sleep and regular physical exercise.
- Reduce stress whenever possible.



## Wash your hands .....

(HealthDay News) -- Fewer Americans are regularly washing their hands, even though it's one of the best ways to prevent colds and flu, says the fourth annual Soap and Detergent Association (SDA) Clean Hands Report Card.

"Americans should prepare for the onslaught of the cold and flu season. Cleaning your hands regularly throughout the day can help keep you out of the doctor's office or the emergency room," Nancy Bock, SDA's vice president of education, said in an SDA news release. The group has designated Sept. 21-27 as National Clean Hands Week to raise awareness of the need. The report card, based on a national telephone survey of 916 people conducted in August, gives Americans a C-minus for their hand hygiene habits, the same score they had in 2006.

Here are some of the findings:

- Only 85 percent of respondents said they washed their hands after going to the bathroom, down from 92 percent in 2006.
- 46 percent said they wash their hands 15 seconds or less. Fifteen to 20 seconds of hand washing with soap is recommended by the U.S. Centers for Disease Control and Prevention and the SDA.
- 39 percent of respondents said they seldom or never wash their hands after coughing or sneezing, compared to 36 percent in 2006.
- 35 percent said they don't wash their hands before eating lunch, compared to 31 percent in 2006.
- 37 percent wash their hands fewer than seven times on an average day.
- Only 56 percent of respondents knew that hand washing is the most effective way to prevent colds.

## Office of the National Nurse

- Unbeknownst to many Americans, a grassroots campaign to create an [Office of the National Nurse](#) has been underway for several years. While many in the nursing community recognize that the Surgeon General plays an important role in managing and overseeing the health and health education of the nation, it is also recognized that nurses are woefully underrepresented when it comes to our national priorities vis-a-vis healthcare and prevention.

With a global nursing shortage in full swing at this pivotal historical time, we still see that neither presidential candidate in the current race fully acknowledges (or plans to adequately address) the shortage and its potentially devastating effects on the health and healthcare of the country. Many involved in the campaign to create an Office of the National Nurse feel that the office *"would strengthen efforts by nurses in every community to assist in initiating a nationwide shift to prevention to yield improved health outcomes"* nationwide.

Since 1871, the Surgeon General of the United States---the nation's "chief health educator"---has overseen and guided the health of Americans. Charged with overseeing the U.S. Public Health Service, the Surgeon General is appointed by the President and approved by Congress for a four-year term. According to the official website of the Surgeon General, this individual's duties include, but are not limited, to:

Protect and advance the health of the Nation through educating the public, advocating for effective disease prevention and health promotion programs and activities, and, providing a highly recognized symbol of national commitment to protecting and improving the public's health

- Articulate scientifically based health policy analysis and advice to the President and the Secretary of Health and Human Services (HHS) on the full range of critical public health, medical, and health system issues facing the nation
- Provide leadership in promoting special Departmental health initiatives, e.g., tobacco and HIV prevention efforts, with other governmental and non-governmental entities, both domestically and internationally
- Administer the U.S. Public Health Service (PHS) Commissioned Corps, which is a uniquely expert, diverse, flexible, and committed career force of public health professionals who can respond to both current and long-term health needs of the Nation
- Provide leadership and management oversight for PHS Commissioned Corps involvement in Departmental emergency preparedness and response activities
- Elevate the quality of public health practice in the professional disciplines through the advancement of appropriate standards and research priorities, and

Fulfill statutory and customary departmental representational functions on a wide variety of federal boards and governing bodies of non-Federal health organizations, including the Board of Regents of the Uniformed Services University of the Health Sciences, the National Library of Medicine, the Armed Forces Institute of Pathology, the Association of Military Surgeons of the United States, and the American Medical Association.

- From a nurse's perspective, what is missing from the Surgeon General's overall equation is the more robust input of a nurse who would serve more as an equal to the Surgeon General in terms of his or her ability to effect and implement healthcare policy in the interest of the American people. At this time, the U.S. Public Health [Chief Nurse Officer](#) (CNO) serves as Assistant Surgeon General, representing the Surgeon General's interests and opinions, and otherwise working in a subjugated role that the medical community might deem fit for a nurse.

The goal of the organizations and individuals behind the drive for an Office of the National Nurse is *"to elevate and enhance the Office of the PHS Chief Nurse to bring more visibility to the critical role nursing occupies in promoting, protecting, and advancing the nation's health."*

The proposed role of the National Nurse would be to:

Assist in the initiation of a nationwide cultural shift to prevention.

- Bolster efforts to focus the public on healthy living.
- Intensify roles for nurses, including students and retirees, in community health promotion.
- Provide greater support to the Surgeon General in calling for improvements in health literacy and reduction in health disparities.
- Encourage all nurses to spread prevention messages in their communities.
- Encourage participation of nurses in [Medical Reserve Corps \(MRC\)](#) units.
- Provide leadership to network with existing volunteer health promotion efforts.
- Strengthen linkages with providers, nursing programs, and public health leadership.
- Serve as a visible national spokesperson for professional nursing.
- Increase public awareness of nursing roles and contributions.
- Enhance nursing recruitment and education throughout all communities.
- Support and justify additional funding for nursing education, research and service.

The National Nurse would work to slow the growth of preventable diseases; promote health awareness, increase health literacy, and reduce health disparities; promote health careers and increased resources; enhance visibility and public recognition of nursing.

It is the opinion of many involved in the call for the establishment of the Office of the National Nurse that it is time for nursing to have a seat at the nation's healthcare table. While some might argue that the aforementioned Chief Nurse Officer of the U.S. Department of Public Health already adequately fulfills that role, most still see that role as one of subservience to the Surgeon General rather than one of professional equality. Just as nurses are rarely consulted by the media for their expert opinions vis-a-vis the various challenges faced by the nation and its beleaguered healthcare system, the government also fails to fully utilize nursing's unique and crucial input to the fullest extent possible, in the interest of the health and well-being of the American people.



**FACT:**

Every week, the average person gets:

- 682 e-mails
- 12 text messages
- 10.8 pieces of junk mail
- 1.5 personal letters

Feeling appreciated is one of the strongest human desires. How appreciated do you feel with an e-mail? Why not take a minute today and write someone a personal note letting them know you care? Do it today! Do it for them .... and for you!

To forgive is to set a prisoner free and discover that the prisoner was you."

*"Travelers, there is no path, paths are made by walking."*  
--Antonio Machado

The soul never thinks without a picture.  
Aristotle

If your vision is for a year: plant wheat.

If your vision is for ten years, plant trees.

If your vision is for a lifetime, plant people.

Chinese Proverb

Treat people as if they were what they ought to be, and you help them become what they are capable of becoming.  
Goethe

"When You Pray, Move Your Feet."

~ African Proverb





## TIDBITS OF RESEARCH

- Berries lowered risk for cardiovascular disease, a new study reveals. Researchers recruited 72 slightly overweight men and women, average age 58, who were at risk for CV disease. Participants took a placebo or consumed 100 grams of whole bilberries and 50 grams of lingonberry nectar every other day and, on alternate days, consumed 100 grams of blackcurrant or strawberry puree along with 50 grams of raspberry-chokeberry juice. After eight weeks, those who ate the berries had a 5.2 % more good cholesterol (HDL), .3 mmHg lower blood pressure, less risk of abnormal blood clotting, and higher levels of polyphenols and vitamin C. The placebo group had 0.6 % better HDL, and greater risk of abnormal blood clotting. Blood pressure and levels of polyphenols and vitamin C did not improve in the placebo group. Doctors are now studying individual berries and cardiovascular disease risk.
  - John Hopkins warns about overly aggressive lowering of blood pressure in persons over 80. Data suggests that lowering below 140/90 may be detrimental. Symptoms of dizziness, weakness, or thinking problems should be reported to the physician.
  - Psychological stress and anxiety can make seasonal allergy attacks worse and linger longer, according to research presented at the annual meeting of the American Psychological Association in Boston.
  - According to several ongoing studies, **listening to music** plays an important role in regulating heart rate, blood pressure and respiratory rate during medical treatment and may be helpful in reducing feelings of fear and anxiety that can interfere with healing.
  - Low levels of vitamin D can boost older women's risk for hip fracture by more than 70%, according to University of Pittsburgh researchers. 50% of older people who suffer hip fractures end up in a nursing home and 20% will die within the first year due to complications. As little as 10 to 15 minutes of sun a day can give a person as much Vitamin D as they need.
  - Rising global temperatures could lead to an increase in kidney stones, according to research presented at the 103rd Annual Scientific Meeting of the American Urological Association. Dehydration has been linked to stone disease, particularly in warmer climates, and global warming will exacerbate this effect. As a result, the prevalence of stone disease may increase, along with the costs of treating the condition.
  - Too much or too little sleep increases the risk for stroke. In a study of 93,000 women researchers found that women who regularly slept more than nine hours had a 60-70% higher risk of having a stroke than those who slept seven hours. The risk of stroke was 14% higher for those who slept six hours or less.
  - Middle age is not too late to **adopt a healthy diet and lifestyle** to positively affect your heart, general health and longevity, says Dr. Dana King of the Medical University of South Carolina. King and colleagues studied some 16,000 men and women, ages 45 to 64, and found heart-healthy habits -- diet, exercise, maintaining a good weight and not smoking -- reduced their risk of death by 40% and their risk of heart problems by 35%.
  - **If 156 million adults in the U.S. took better care of themselves, Americans would live 1.3 years longer and heart attacks would fall by 63%** concludes a joint study of the American Diabetes Assoc. and The Cancer Society. There's our challenge parish nurses!!!
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***Coming soon: e-letters (cost of printing and mailing continues to rise so we must be good stewards of your dollars..... If you are not on our e-mail list please e-mail [jwescott5@cox.net](mailto:jwescott5@cox.net) IMMEDIATELY! Thanks.***

What do you know about **Sign Chi Do?**

Call JoVeta for more information. The best wholistic program available for you and your congregants!

### **Attention Bloggers**

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



***Please pray for:***

Each other. We never know when someone is needing our prayers.

The hungry, the lonely, the depressed, the homeless, the sick, the most vulnerable

For those who have mental illnesses that we might develop the ability to recognize, to listen, to encourage, and deeply care for them enough to help them seek treatment.

All parish nurses, especially the one who is hurting today

Those who are dying, especially those who have no one to pray for them.

For those attending the 11th Annual State Parish Nurse Conference.

*Quotes by*

**Isak Dinesen**

All sorrows can be borne if you put them into a story or tell a story about them.

God made the world round so we would never be able to see too far down the road.

The cure for anything is salt water: sweat, tears or the sea.

When you have a great and difficult task, something perhaps almost impossible, if you only work a little at a time, every day a little, suddenly the work will finish itself.

Who tells a finer tale than any of us. Silence does.

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.

Teachers are one group that does understand the importance of hand washing, suggests a separate survey conducted during

the 2008 National Education Association Expo in Washington, D.C., the SDA said. The survey of 230 teachers found that 97 percent knew that washing hands is the best way to prevent colds and flu, and 91 percent always or frequently clean their hands before eating lunch.

The SDA outlined how to wash hands to effectively remove germs:

- Wet hands with warm running water before applying soap.
- Rub hands together to make a lather. Do this away from running water so the lather isn't washed away.
- Wash the front and back of your hands, between your fingers and under the nails. Wash for at least 15 to 20 seconds.
- Rinse hands well under warm running water.
- Dry hands thoroughly with a clean towel or air dryer.
- Hand sanitizers or hand wipes are useful alternatives if soap and water aren't available for washing your hands.

The establishment of the Office of the National Nurse would set a new standard for a more accurate and realistic recognition of nursing's importance to health and healthcare in the United States. If the federal government enthusiastically and publicly embraced nursing, making its crucial contributions crystal clear, perhaps the public, the media and the private sector would all then have a greater understanding of, and appreciation for, the multitudinous ways in which nursing impacts the health of millions of Americans.

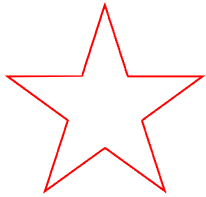
Most importantly, however, the establishment of this office would certainly bring an important voice even more strongly to the ongoing conversation about health and health care in America. A National Nurse could, in effect, deliver a unified message of preventive health at a time when millions of Americans---including millions of children---live without health insurance or access to regular primary care. At a time of crisis and uncertainty vis-a-vis the health of the country, the Office of the National Nurse could very well be a welcome, stabilizing and empowering voice of reason and prevention.

Shared with permission from blogger Keith, an RN from New England

Kansas Parish Nurse Ministry joins nurses around the country in supporting this initiative. Our letter has been sent to the national organization and to Congresswoman Lois Capps letting her know we are in support of this initiative.

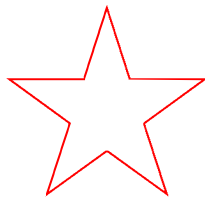
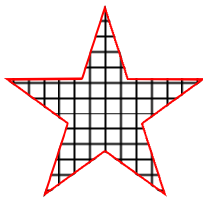
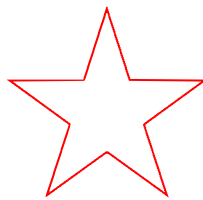
**An ounce of prevention is worth a pound of cure." Benjamin Franklin**

## The Lord's Laughter .....



**“Don’t worry about the world coming to an end today. It’s already tomorrow in Australia.”**

**—Charles M. Schulz**



*From Will Rogers .....*

“There should be a moratorium called on candidates’ speeches. From now on, they are just talking themselves out of votes.”

“I love a dog. He does nothing for political reasons.”

“Congressmen and fellows like me are alike in some ways, I guess.

But when I make a joke, it’s a joke.

When they make a joke, it’s a law.”

“I’m fond of the candidate for public office who, during a fierce campaign, penned this note to his opponent: ‘Dear Sir: Let us make a deal – if you promise to stop telling lies about me, I will promise to stop telling the truth about you.’”

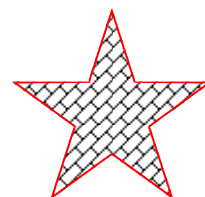
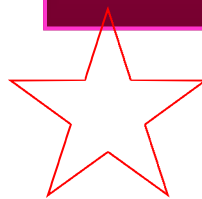
“The mind is a wonderful thing. It starts working the minute you are born, and only stops when you get up to make a speech.

### ***October is Be-Kind-To-Your-Pastor Month***

*Used with permission from Joyful Noisletter*

***You can:***

- *Thank your pastor.*
- *Pray for your pastor.*
- *Encourage your pastor.*
- *Humor your pastor.*
- *Invite your pastor to dinner flavored with good jokes and laughter.*
  - *Tithe*



## Political Humor

- Be highly suspicious of any political or social group which never thinks there is anything funny about itself or its program.”

—Harry Reasoner

When Edward Everett Hale was Chaplain of the U.S. Senate, he was asked, “Do you pray for the Senators, Dr. Hale?” “No,” he replied, “I look at the Senators and pray for the country.”

Former Arkansas Governor Mike Huckabee said, “Little Rock newspapers distort my record. If I walked on water from North Little Rock to Little Rock, headlines would read: ‘Governor can’t swim.’”

“If Jesus Christ had taken a poll, He would never have preached the Gospel.”

—Congressman Henry Hyde

President Abraham Lincoln called in Senator Darrel Voorhees to discuss the appointment of an Indian Commissioner. “To fill that position,” Mr. Lincoln said, “I want a pure-minded, moral, Christian man— frugal and self-sacrificing.” “I don’t think you will find him, sir,” the Senator said, “because he was crucified more than 1800 years ago.”

FOR HEAVEN’S SAKE

by Mike Morgan



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"Dad took so long trying to explain the Trinity, I didn't have the heart to ask him about the Electoral College."

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"Gas prices have forced the pastor to economize."

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