

CHATTANOOGA FAITH COMMUNITY/ PARISH NURSE NEWSLETTER



Volume 12, Issue 4 February 2012



Do you have a heart?

The answer to this question should be obvious, right? If you didn't have a heart beating in your chest you wouldn't be alive, right? Some examples of heart include: heart pounding, a bad heart, by heart, take to heart, heart filled with joy, find it in your heart, have a heart So, do you have a heart? "People look at the outward appearance, but the LORD looks at the **heart**." 1 Samuel 16:7



February is national heart health awareness month and February 3rd is Wear **RED** Day promoting women's heart health. Click [HERE](#) for additional heart health information from the American Heart Association or go to <http://www.heart.org/HEARTORG/> and click on The Warning Signs link.

Memorial Hospital Celebrating 60 years

Faith Community Nursing Celebrating 16 years



Pictures needed!!! To celebrate this special anniversary, our 7th Annual Faith Community Nurses Day in May 2012 will celebrate the accomplishments of our work in the tri-state area. Pull out those boxes of photos and look through any digital pictures of health ministry activities, commissioning pictures, bulletins, notes of thanks/appreciation, event signs (blood pressure checks, etc.), anything you have that tells the story of Faith Community/Parish Nursing/Health Ministry in your faith community so we can make a display board to showcase your work on FCN Day 2012. Even if

your ministry is no longer active what you did when you were active made a difference - let's share that difference with one another! Items for the display need to be given to Connie by mid-April so the display can be crafted.

DEPRESSION: A WHOLE-PERSON EXPERIENCE

Regena Kressenberg will talk with us about recognizing some of the signs and symptoms of depression and how we might help our faith community members, family, and friends find the care they may need. Make plans to attend or February Faith Community/Parish Nurse Network Meeting on Thursday, February 9, 2012 from 5:30—7:30. See the flyer at the end of the Newsletter for additional information. Contact hour credit may be available for \$10. Register at the meeting if approval obtained.



Faith Community Nurse/Parish Nurse Meeting Schedule and Upcoming Community Events

Save this page so you'll have the scheduled meeting/event dates through September 2011.

February 9, 2012, FCN Network Meeting - Regena Kressenberg, Licensed Professional Counselor, with Fountain of Life Counseling Ministry at Good Shepherd Lutheran Church will talk with us about depression after the holidays/during the winter months and how to help our faith community members during this challenging period in their lives. The meeting will be held in the MARY ELLEN LOCHER CONFERENCE ROOM. See the flyer at the end of this newsletter for directions to the meeting room. Penny Andrews will also give us information on Colorectal cancer that we should share with our faith community members, families, and friends.

February 15, 2012 - Spring FCN class begins

March 8, 2012 - FCN Network Meeting

April 17, 2012 - Commissioning of Spring FCN class

May 2012 - Faith Community Nurses Day - pictures needed (see page 1).



February Birthdays

Rita Gore (5)

Loretta Teter (6)

Mary Ann Rickena (10)

Berniece Andrus (10)

Donna Needham (28)

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New and improved! Our Chattanooga Faith Community Nurses blog is an excellent vehicle for current health and event information. You'll find the blog at <http://chattanooga-fcn.blogspot.com> Information/tips not always posted anywhere on the Parish Nurse Ministry website can be found there—check it out.

Prayer Requests



- * *Becky's new grandson Henry*
- * *Deanna's husband Jimmy*
- * *Sarah's daughter Karissa*
- * *Adria's husband Gama for safe travel coming home after lengthy visa process in Mexico*
- * *Leslie and Chris and their foster baby*
- * *Our FCNs recovering from surgery and/or recent illness.*
- * *Upcoming FCN Class - that nurses will answer the call to this special nursing ministry.*
- * *All people living in fear because of unrest in their homelands.*
- * *Our school children that they may be safe .*
- * *Victims of violence and abuse.*
- * *Those struggling with financial hardship.*
- * *Faith Community Nurses struggling in ministry.*
- * *Elected officials and justice.*
- * *Healthcare workers as they care for our aging population.*
- * *People suffering and dying alone.*
- * *Those who have no place to call home.*
- * *All those whose needs are unknown to us.*

February Seasons of Wholeness

Women and Heart Disease



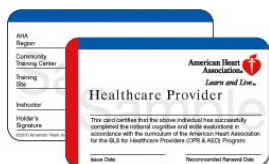
"The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy." Psalm 28:7 NLT

There is a misconception that cancer is the greatest health risk for women, especially breast cancer. In reality, heart disease kills more women than all forms of cancer put together. Minority women have the highest death rate from heart disease while the entire gender has a higher death rate from stroke than men. Part of the problem is that heart disease is displayed differently in women than in men so it becomes difficult to recognize in women if the observer doesn't know the difference in symptoms.

From *Seasons of Wholeness*, Volume VI, International Parish Nurse Resource Center, 2009

This and That

A great resource for health tips comes in the form of the **Church Health Reader**, another resource I encourage you to bookmark <http://www.chreader.org/default.aspx> On this page you will find several excellent health/wellness resources as well as a questions and answer column, **Ask Deborah**, written by Dr. Deborah Patterson who was instrumental in the continued growth of the IPNRC.



Because of the new American Heart Association guidelines for Basic life support, Memorial will not be offering BLS recertification classes until May 2013. This is the recommendation from the AHA to be certain healthcare providers know and have practiced the new skill set. However, BLS certification classes will be held at the Buster Brown Annex near the 2000 block of N. Chamberlain Avenue. When you park in the lot check in at the Security Guard station and tell the guard you are there for BLS/CPR training. The next class date is March 7, 2012 from 8:00 - 12:00 OR 1:00 - 5:00. Once I have registration and book information I will email that to all.

RN license renewal may be on your to-do list this year. If you need contact hours don't forget there are a number of FREE contact hour offerings at <http://ce.nurse.com/FreeCE.aspx> You do have to sign up in order to get the credits. This link is also available on our Faith Community/Parish Nurse website <http://parishnurseministry.net/news.htm> Scroll down the page until you see the contact hour credit link in the Resources section of the page.



Attendance at Network Meetings affords the opportunity to come together to share ideas, discuss important topics of interest, and just enjoy some fellowship time. Attendance also gives Certificates of Attendance which *may* be helpful in documenting participation in Faith Community Nursing activities for RN license renewal. Don't get caught at the last minute with no contact hour credits and participation documentation!



Before you speak.....

[T] [H] [I] [N] [K] [!]

T - is it true?

H - is it helpful?

I - is it inspiring?

N - is it necessary?

K - is it kind?

Quotes worth remembering



Health Briefs for February 2012

<p>February 1 - 3</p>	<p>Parish Nursing: Spring 2012 Faith Community / Parish Nursing (FCN/PN) class begins February 15, 2012. The Spring 2012 FCN/PN class begins February 15 and ends on April 12, 2012. A Commissioning Service (graduation) will be held on April 17, 2012. The 33-hour class includes three 8-hour sessions on Wednesdays (February 15, 22, and 29 from 8:30 AM to 4:30 PM) plus three 3-hour late afternoon sessions on Thursdays (March 15 & 29 and April 12 from 4:30 PM to 7:30 PM). All 6 classes must be completed to fulfill course and contact hours requirements. Applicants must be Registered Nurses who wish to bring whole person health and wellness to their faith community. Applications and tuition deposit must be completed by February 3, 2012. Contact Connie Blake, MSN, RN, FCN Coordinator at 423-495-6163 or email connie_blake@memorial.org for an application and tuition information. Deadline for registering is February 3, 2012.</p>
<p>February 1</p>	<p>For Your Health, For Your Life Vascular Screening. Ultrasound exam of carotid artery and abdominal aorta as well as a measurement of the circulation in the legs in an attempt to prevent arterial disease, stroke and aneurysm. Eligibility for screening: age 50+ with at least one of the following risk factors: a) family history of heart disease, vascular disease, or stroke; b) high cholesterol (or taking medication for high cholesterol); c) high blood pressure (or taking medication for high blood pressure); d) diabetes; and/or e) current or previous smoker. The screening will be held at the Memorial Ooltewah Imaging Center located at 6401 Mountain View Road, Ooltewah, TN 37363. Reservations are required. For more information about screening dates, screening cost or to schedule an appointment, call (423) 495-CARE, Monday - Friday – 9:00 A.M. to 4:00 P.M.</p>
<p>February 1</p>	<p>Weight Loss: Bariatric Seminars. Attend this FREE informative seminar to learn more about the Gastric Bypass Roux-en-Y and gastric banding weight loss procedures. This seminar is geared specifically towards individuals who are at least 100 pounds overweight. 6 pm – 7:30 pm, Memorial Hospital Community Rooms. Call 495-2245 for reservations.</p>
<p>February 1</p>	<p>Diabetes: Basic Diabetes. This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session meets on February 8. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. Diabetes and Nutrition Center at Memorial Hospital. 12:45 pm. Registration required at 495-7970.</p>
<p>February 2</p>	<p>Cardiac: Congestive Heart Failure Education. Free education for patients with congestive heart failure. Chattanooga Heart Institute, 2nd floor. Call 495-7764 for more information.</p>
<p>February 6 - 10</p>	<p>Community Health: Abdominal Aortic Aneurysm Screening. Free screening to detect bulge in artery wall. For men and women 65 or older, no previous diagnosis of abdominal aortic aneurysm, and no abdominal CT in the past five years. Memorial Hospital Glenwood, Memorial Hospital Hixson and Memorial Ooltewah. Registration and appointment required at 495-6000.</p>
<p>February 7</p>	<p>Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Tuesday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial Hospital Hixson. Call 495-7778 for an appointment.</p>
<p>February 8</p>	<p>Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Wednesday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial Hospital. Call 495-7778 for an appointment.</p>

February 8	Diabetes: Basic Diabetes. This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session meets on February 15. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. Diabetes and Nutrition Center at Memorial Hospital. 8:45 am. Registration required at 495-7970.
February 9	Diabetes: Diabetes Self-Management Program. This is a two-session program for diabetes control. The second session is February 16. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. 4 pm to 8 pm, Chattanooga Heart Institute, 2nd floor. To register call 495-7970.
February 9	Cardiac: Congestive Heart Failure Education. Free education for patients with congestive heart failure. Chattanooga Heart Institute, 2nd floor. Call 495-7764 for more information.
February 9	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Thursday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial Hospital Call 495-7778 for an appointment.
February 10	Diabetes: Diabetes Basics and Diet Class. This program provides an overview of diabetes and treatment/prevention of complications, diabetes meal planning and carbohydrate counting. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. Diabetes and Nutrition Center at Memorial Hospital. 8:45 am – 2:30 pm. Registration required at 495-7970.
February 13	Diabetes: Diabetes Basics and Diet Class. This program provides an overview of diabetes and treatment/prevention of complications, diabetes meal planning and carbohydrate counting. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. Memorial Hospital Hixson. 8:45 am – 3:00 pm. Registration required at 495-7970.
February 14	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Tuesday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial Hospital Hixson. Call 495-7778 for an appointment.
February 15	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Wednesday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial Hospital. Call 495-7778 for an appointment.
February 15	Diabetes: Basic Diabetes. This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session meets on February 22. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. Diabetes and Nutrition Center at Memorial Hospital. 12:45 pm. Registration required at 495-7970.
February 16	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Thursday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial Hospital Call 495-7778 for an appointment.
February 16	Cardiac: Congestive Heart Failure Education. Free education for patients with congestive heart failure. Chattanooga Heart Institute, 2nd floor. Call 495-7764 for more information.
February 20 - 24	Community Health: Abdominal Aortic Aneurysm Screening. Free screening to detect bulge in artery wall. For men and women 65 or older, no previous diagnosis of abdominal aortic aneurysm, and no abdominal CT in the past five years. Memorial Hospital, Memorial Hospital Hixson and Memorial Ooltewah. Registration and appointment required at 495-6000.

February 21	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Tuesday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial Hospital Hixson. Call 495-7778 for an appointment.
February 22	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Wednesday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial Hospital. Call 495-7778 for an appointment.
February 23	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Thursday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial Hospital Call 495-7778 for an appointment.
February 23	Cardiac: Congestive Heart Failure Education. Free education for patients with congestive heart failure. Chattanooga Heart Institute, 2nd floor. Call 495-7764 for more information.
February 24	Diabetes: Diabetes Basics and Diet Class. This program provides an overview of diabetes and treatment/prevention of complications, diabetes meal planning and carbohydrate counting. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. Diabetes and Nutrition Center at Memorial Hospital. 8:45 am – 2:30 pm. Registration required at 495-7970.
February 27	Diabetes: Diabetes Basics and Diet Class. This program provides an overview of diabetes and treatment/prevention of complications, diabetes meal planning and carbohydrate counting. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. Memorial Hospital Hixson. 8:45 am – 3:00 pm. Registration required at 495-7970.
February 28	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Tuesday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial Hospital Hixson. Call 495-7778 for an appointment.
February 29	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Wednesday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial Hospital. Call 495-7778 for an appointment.

National Health Observances

For February: <http://www.healthfinder.gov/nho/nho.asp?year=2012#m2>

For March: <http://www.healthfinder.gov/nho/nho.asp?year=2012#m3>

For April: <http://www.healthfinder.gov/nho/nho.asp?year=2012#m4>

† CATHOLIC HEALTH
INITIATIVES

Memorial Health Care System
Faith Community Nursing

CHATTANOOGA FAITH COMMUNITY NURSES NETWORK MEETING

February 9, 2012

DEPRESSION - A WHOLE-PERSON EXPERIENCE

Depression is a “whole-body” illness that can present at any time and in any place. The “wind-down” after the holidays can trigger feelings of hopelessness, helplessness, loneliness

The meeting will be led by Regena Kressenberg, MPC, founder of *Fountain of Life*, a counseling ministry that includes Biblically oriented mental health counseling. During this session you will learn tools to help identify faith community members who might be experiencing the “after the holiday blues” and guide them to the help they may need.

DEALING WITH DEPRESSION AND THOUGHTS OF SUICIDE CAN BE DIFFICULT

2.0 CONTACT HOURS HAVE BEEN REQUESTED

Make plans to attend this informational meeting on **Thursday, February 9, 2012 from 5:30pm - 7:30pm**. Our meeting will be held in the **Mary Ellen Locher Conference Room** at Memorial Hospital Glenwood, Chattanooga, TN. Enter the hospital through the **PATIENT ENTRANCE** (corner of Glenwood Avenue & Citico - traffic light at intersection). Walk to the elevators on the left and turn left down the hallway. Go past the Critical Care Unit of the left. Turn left at the intersection. The Mary Ellen Locher Conference Room will be on the right. An ICU waiting room will be straight ahead.

PLEASE NOTE: In the event of winter weather, we will follow the Hamilton County Schools advice - if the schools are closed, there will be no Network Meeting. Please check your email around 3:00PM on the day of the meeting if there is winter weather to see if the meeting has been cancelled or call on cell phone: 903-7824 between 3:00pm and 4:00pm.

+ CATHOLIC HEALTH
INITIATIVES

Memorial Health Care System
Faith Community Nursing