

CHATTANOOGA FAITH COMMUNITY/ PARISH NURSE NEWSLETTER

CATHOLIC HEALTH
INITIATIVES

Memorial Health Care System
Faith Community Nursing

Volume 12, Issue 3 January 2012



Well, 2011 is history — where did the year go? There are so many stories about 2011 — times of great joy and times of great sorrow. Those days are in the past now and we have a chance to celebrate the joys and continue to heal from the sorrows. Hopefully you can find something to smile about each day!

Well, how are your New Year resolutions coming along? This year I decided not to make any resolutions but to try to do the best I can each and every day -- eat healthy, walk more, look out for my neighbor, welcome the stranger among us, pray more, count to 5 before offering a comment that might end up being hurtful, read more books, take “me” time to help maintain balance in my life. Perhaps I did make a list after all!

So, did you make a list?

MEMORIAL HOSPITAL CELEBRATING 60 YEARS

On January 4, 2012 Memorial Hospital began a year of celebrating its 60th Anniversary as a leading healthcare system in our area. In December 1951 Memorial Hospital opened its doors and in January 1952 began receiving patients. Since then, hundreds of thousands of patients have received medical care, delivered babies, had surgeries, experienced cutting-edge treatments and medicine made advances by leaps and bounds. Community resources expanded to include a multitude of programs, including Parish Nursing which began its development in 1996 after a meeting to identify the community needs in the neighborhood near the hospital. Just as Memorial’s health care services expanded to meet the needs of a larger area, so did Parish Nursing expand. The program has prepared RNs to provide health ministry in 15 denominations and over 50 faith communities. In 2005, Parish Nursing became known throughout the world as Faith Community Nursing indicating the inclusiveness of this special nursing practice. As Memorial Hospital prepares to celebrate an Anniversary Year, look for announcements of special events highlighting the hospital’s accomplishments through the 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.



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.

January 12, 2012 - 5:30pm—7:00pm, 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 PRIVATE DINING ROOM on the ground floor of the hospital. See the flyer at the end of this newsletter for directions to the meeting room.

February 9, 2012 - FCN Network Meeting

February 15, 2012 - Spring FCN class begins

March 8, 2012 - FCN Network Meeting

April 17, 2012 - Commissioning of Spring FCN class



January Birthdays

Dora Coke (8)

Judy Richardson (11)

Barbara Hartman (12)

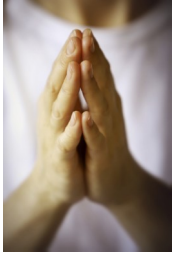
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New and improved! Our Chattanooga Faith Community Nurses blog is an excellent vehicle for current health and event information. You'll find the blog at <http://chattanooga-fcn.blogspot.com> Information/tips not always posted anywhere on the Parish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

Prayer Requests



- * *Deanna's husband Jimmy*
- * *Sarah's daughter Karissa*
- * *Adria's husband Gama for safe travel coming home after lengthy visa process in Mexico*
- * *Connie's Dad*
- * *Leslie and Chris and their foster baby*
- * *Those who lost loved one during the holidays.*
- * *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.*
- * *Healthcare workers as they care for our aging population.*
- * *People suffering and dying alone.*
- * *Those who have no place to call home.*

January Seasons of Wholeness



"This is a permanent law for you, to purify the people of Israel from their sins, making them right with the Lord once each year." Leviticus 16:34 NLT

What are you going to do for your health this year? Are you going to keep all of your old habits and ignore healthier ones? For example have you considered limiting your meals at fast-food restaurants? Can you develop healthier choices at the grocery store? Will you improve your exercise habits by walking or joining a health club? Have you considered the health benefits of practicing self-care and a well-balanced lifestyle? Any and all of these will guide you to a healthier life.

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

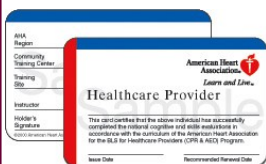
This and That



Change can be good! In case you missed the email announcement, FCN Coordinator office hours have changed. The position has changed from fulltime (40 hours per week) to part time (30 hours per week). Office hours will now be from 8:30 - 4:00, Monday through Thursday. Messages left on the office phone after 4:00pm will be answered on the next business day. I will still be available for evening and weekend FCN activities as needed. If your need is urgent you can contact me on my cell phone. While the decision to reduce hours came from Administration, this change will allow me to spend more time with family members who have increasing health concerns but still allow me to work with a fantastic group of persons of faith who continue to bring health ministry to God's people.

The IPNRC move to the **Church Health Center** in Memphis is now complete. Many of the health resources available from the IPNRC can now be obtained through the Church Health Center. Visit/bookmark the website for the IPNRC through the CHC <http://www.churchhealthcenter.org/ipnrc>

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.



Several have asked about **BLS Recert** classes at Memorial Hospital. There are no dates posted yet but, as soon as I have information about upcoming sessions, I'll send an email out. It is very important that FCN/PNs have the **Healthcare Provider CPR** certification especially if your faith community has an AED in place.

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!

One of my Facebook friends posted this quote; it just might become a mantra for me: *"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day, saying I will try again tomorrow."* Mary Anne Radmacher

And here's one more pearl of wisdom: *"Friendship isn't about who you've known the longest. It's about who came, stayed by your side and never left you when you needed someone the most."* Anonymous

Health Briefs for January 2012

<p>January 1 -31</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>January 3</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>January 4</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>
<p>January 4</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>January 4</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>January 4</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 January 11. 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>January 5</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>January 5</p>	<p>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.</p>

January 9	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.
January 10	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.
January 10	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.
January 11	Diabetes: Basic Diabetes. This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session meets on January 18. 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.
January 11	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.
January 12	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.
January 12	Cardiac: Congestive Heart Failure Education. Free education for patients with congestive heart failure. Chattanooga Heart Institute, 2nd floor. Call 495-7764 for more information.
January 12	Diabetes: Diabetes Self-Management Program. This is a two-session program for diabetes control. The second session is January 19. 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.
January 9-13	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.
January 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. Diabetes and Nutrition Center at Memorial Hospital. 8:45 am – 2:30 pm. Registration required at 495-7970.
January 17	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.
January 18	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.

January 18	Diabetes: Basic Diabetes. This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session meets on January 25. 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.
January 19	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.
January 19	Cardiac: Congestive Heart Failure Education. Free education for patients with congestive heart failure. Chattanooga Heart Institute, 2nd floor. Call 495-7764 for more information.
January 23-27	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.
January 23	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.
January 24	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.
January 25	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.
January 26	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.
January 26	Cardiac: Congestive Heart Failure Education. Free education for patients with congestive heart failure. Chattanooga Heart Institute, 2nd floor. Call 495-7764 for more information.
January 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. Diabetes and Nutrition Center at Memorial Hospital. 8:45 am – 2:30 pm. Registration required at 495-7970.

National Health Observances

For January: <http://www.healthfinder.gov/nho/nho.asp?year=2012#m1>

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

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

January 12, 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

Make plans to attend the meeting led by Regina 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.

AFTER THE HOLIDAYS CAN BE A DIFFICULT TIME

Make plans to attend this informational meeting on **Thursday, January 12, 2012 from 5:30pm - 7:00pm**. Our meeting will be held in the **PRIVATE DINING ROOM** at Memorial Hospital Glenwood, Chattanooga, TN. The Private Dining Room is located on the **GROUND FLOOR** of the hospital. Park in the parking garage or any open space in the parking lot in front of the hospital. Come in the **VISITOR ENTRANCE** (formerly known as the “fountain entrance”). Note the Information Desk in the main lobby. Walk straight ahead toward the cafeteria. Turn **RIGHT** and then turn **LEFT**. The Private Dining Room will be on your **LEFT**. If you get to the A elevator, you’ve gone too far!! Call 903-7824 if you need additional directions

PLEASE NOTE: In the event of winter weather, we will follow the Hamilton Country Schools advice - if the schools are closed, there will be no Network Meeting.

