CHATTANOOGA FAITH COMMUNITY/ PARISH NURSE NEWSLETTER

CATHOLIC HEALTH INITIATIVES
Memorial Health Care System
Faith Community Nursing

Volume 12, Issue 2 November 2011

Will It Be a Happy Thanksgiving?

'Tis that time of the year when everyone gets busy with holiday travel plans, preparing menus for all the holiday gatherings, and let's not forget shopping! In all the business it is easy to forget those whose needs are many and who won't have the kind of holiday they'd like to have. Times remain difficult for many people. There are numerous ways to share with others, especially during the holidays. The Chattanooga Food Bank always needs food — canned goods, beans, rice, meat, fish. Check your pantry or go to one of the discount food stores and buy extra canned yams, pumpkin pie filling, black eyed peas, fruit cocktail — the "staples" of holiday meals. Contribute the cost of a meal to the Community Kitchen. Take those extra blankets and quilts to the Salvation Army or the Homeless Coalition. The Interfaith Homeless Network always welcomes household good. The Samaritan Center and Ladies of Charity are low on toys — check the toy boxes and closets for gently used but no longer played with toys. These are just a few suggestions (I'm sure you know of other agencies that could certainly use extra help at this time of the year).

MEMORIAL HOSPITAL CELEBRATING 60 YEARS

In December 1951 Memorial Hospital opened it's 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 met 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.

And, 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. Start gathering together health ministry 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 and consider making 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!

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.

November 10, 2011—Vascular Screening Program followed by a Towne Meeting - Meeting in Mary Ellen Locher Conference Room at Memorial Hospital. Enter hospital through PATIENT ENTRANCE (corner of Glenwood and Citigo). Walk straight in past the elevators to the hallway on the left. Turn left at the hallway, walk past the intensive care unit on the left to the first hallway on the left. Turn left and the MEL Conference Room will be on the right.

January 12, 2012 - FCN Network Meeting - Regena Kressenberg, Licensed Professional Counselor, with Fountain of Life Counseling Ministry at Good Shepherd Lutheran Church wll 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. Contact hour credit will be requested.

February 9, 2012 - FCN Network Meeting

February 15, 2012 - Spring FCN class begins

November Birthdays

Cammie Johnston (1) **Velvet Mitchell (2)** **Linda DeGutes (23)**

Adria Greenwald (26) **Ann Kelley (26)**

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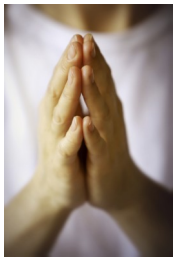
Blog

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*
- *Betsy and Barbara's friend Virginia*
- *Ellen's brother*
- *Vollmer family - death of Virginia*
- *Lynne - surgery and recovery*
- *Sarah's daughter Karissa*
- *Julie as she relocates to Florida*
- *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.*

November Seasons of Wholeness

"Wash and make yourselves clean. Take your evil deeds out of my sight!" Isaiah 1:16 NIV

The best protection against colds or the flu is careful hand washing. Plain soap and water combined with rubbing your hands together are very effective to remove germs. Antibacterial soaps are common but work no better than regular soap and may even increase resistance to antibacterial chemicals. To properly wash your hands, wet your hands with warm water, lather up the soap, and rub all parts of your hands for 15-20 seconds while singing 'Jesus Loves Me.' Then rinse well and dry with a clean cloth. If soap and water are not available, an alcohol-based hand sanitizer will work just as well.

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

This and That

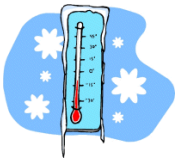
Do you like Dannon® Yogurt? Look for cups with the pink lid and enter the code to help raise money to help breast cancer. Donations will support the National Breast Cancer Foundation's mission to save lives by increasing awareness of breast cancer through education and by providing mammograms to those in need. Click on the Pink Dannon® logo or go to http://cupsofhope.com/ The 2011 donation period ends on December 31, 2011.

Bulletin Inserts - Safe Holiday Handouts

The holidays are quickly approaching and it's easy to get caught up with making travel plans, menus, gift buying, out of town family and friends visits . . . . The list can get very long very fast! Here are a few handouts you can use as bulletin board ideas, handouts, or even weekly bulletin inserts. These handouts can also be found linked on the website on the NEWS page. Click on the picture next to each tip below to view, download, and print each handout.

Thanksgiving Fire Prevention Tips - With careful planning and common sense you can make sure a fire tragedy doesn't come between you and your holiday plans.

Holiday Decoration Tips - General rules for holiday safety (trees, lights, candles, fires)



Hypothermia Signs and Precautions - Hypothermia can happen anywhere. Do you know what to do?

Gifts for People Living with Alzheimer's Disease - Gift ideas for persons with Alzheimer's Disease and for their caregivers.

Driving/Holiday Shopping Safety Tips - Driving on shopping trips during the holidays requires extra precautions.

Health Briefs for October 2011

November 1 - 30	***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.**
November 1	***Cancer:*** **Massage Therapy for Cancer Patients.** To reduce stress and promote healing, FREE massage therapy is available every Tuesday for cancer patients currently undergoing treatment. **Center for Cancer Support at Memorial Hospital Hixson**. Call 495-7778 for an appointment.
November 2	***Cancer***: **Massage Therapy for Cancer Patients**. To reduce stress and promote healing, FREE massage therapy is available every Wednesday for cancer patients currently undergoing treatment. **Center for Cancer Support at Memorial Hospital.** Call 495-7778 for an appointment.
November 2	***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.
November 2	***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.
November 2	***Diabetes***: **Basic Diabetes**. This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session meets on November 9. 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.
November 3	***Cardiac:*** **Congestive Heart Failure Education.** Free education for patients with congestive heart failure. **Chattanooga Heart Institute**, 2nd floor. Call 495-7764 for more information.
November 3	***Cancer***: **Massage Therapy for Cancer Patients**. To reduce stress and promote healing, FREE massage therapy is available every Thursday for cancer patients currently undergoing treatment. **Center for Cancer Support at Memorial Hospital** Call 495-7778 for an appointment.

November 4	***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.
November 7 - 11	***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.
November 8	***Cancer:*** **Massage Therapy for Cancer Patients.** To reduce stress and promote healing, FREE massage therapy is available every Tuesday for cancer patients currently undergoing treatment. **Center for Cancer Support at Memorial Hospital Hixson**. Call 495-7778 for an appointment.
November 8	***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.
November 9	***Diabetes***: **Basic Diabetes**. This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session meets on November 16. 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.
November 9	***Cancer***: **Massage Therapy for Cancer Patients**. To reduce stress and promote healing, FREE massage therapy is available every Wednesday for cancer patients currently undergoing treatment. **Center for Cancer Support at Memorial Hospital.** Call 495-7778 for an appointment.
November 10	***Cancer***: **Massage Therapy for Cancer Patients**. To reduce stress and promote healing, FREE massage therapy is available every Thursday for cancer patients currently undergoing treatment. **Center for Cancer Support at Memorial Hospital** Call 495-7778 for an appointment.
November 10	***Cardiac:*** **Congestive Heart Failure Education.** Free education for patients with congestive heart failure. **Chattanooga Heart Institute**, 2nd floor. Call 495-7764 for more information.
November 10	***Diabetes:*** **Diabetes Self-Management Program**. This is a two-session program for diabetes control. The second session is November 17. 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.
November 14	***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.
November 15	***Cancer:*** **Massage Therapy for Cancer Patients.** To reduce stress and promote healing, FREE massage therapy is available every Tuesday for cancer patients currently undergoing treatment. **Center for Cancer Support at Memorial Hospital Hixson**. Call 495-7778 for an appointment.
November 16	***Cancer***: **Massage Therapy for Cancer Patients**. To reduce stress and promote healing, FREE massage therapy is available every Wednesday for cancer patients currently undergoing treatment. **Center for Cancer Support at Memorial Hospital.** Call 495-7778 for an appointment.

November 16	***Diabetes***: **Basic Diabetes**. This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session meets on November 23. 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.
November 17	***Cardiac:*** **Congestive Heart Failure Education.** Free education for patients with congestive heart failure. **Chattanooga Heart Institute**, 2nd floor. Call 495-7764 for more information.
November 17	***Cancer***: **Massage Therapy for Cancer Patients**. To reduce stress and promote healing, FREE massage therapy is available every Thursday for cancer patients currently undergoing treatment. **Center for Cancer Support at Memorial Hospital** Call 495-7778 for an appointment.
November 18	***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.
November 21 - 25	***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.
November 22	***Cancer:*** **Massage Therapy for Cancer Patients.** To reduce stress and promote healing, FREE massage therapy is available every Tuesday for cancer patients currently undergoing treatment. **Center for Cancer Support at Memorial Hospital Hixson**. Call 495-7778 for an appointment.
November 23	***Cancer***: **Massage Therapy for Cancer Patients**. To reduce stress and promote healing, FREE massage therapy is available every Wednesday for cancer patients currently undergoing treatment. **Center for Cancer Support at Memorial Hospital.** Call 495-7778 for an appointment.
November 28	***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.
November 29	***Cardiac:*** **Congestive Heart Failure Education.** Free education for patients with congestive heart failure. **Chattanooga Heart Institute**, 2nd floor. Call 495-7764 for more information.
November 29	***Cancer:*** **Massage Therapy for Cancer Patients.** To reduce stress and promote healing, FREE massage therapy is available every Tuesday for cancer patients currently undergoing treatment. **Center for Cancer Support at Memorial Hospital Hixson**. Call 495-7778 for an appointment.
November 30	***Cancer***: **Massage Therapy for Cancer Patients**. To reduce stress and promote healing, FREE massage therapy is available every Wednesday for cancer patients currently undergoing treatment. **Center for Cancer Support at Memorial Hospital.** Call 495-7778 for an appointment.

National Health Observances

For December: http://www.healthfinder.gov/nho/nho.asp?year=2011#m12

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

Faith Community Nurses Network Meeting
Thursday, November 10, 2011
5:30pm—7:00pm
Mary Ellen Locher Conference Room

Our program for the evening will be a two-fold program:

Heather Garret will bring information about the **Vascular Screening Program** offered through Memorial Hospital. The screening is an 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.

Hear ye! Hear ye!

Towne Meeting — let's talk!!

- what's working and what isn't working in Health Ministry in our faith communities.
- topics for future Network Meetings
- Possible Faith Community/Parish Nurse Retreat
- Participation in the upcoming FCN class scheduled to begin on February 15, 2012.

Meeting in Mary Ellen Locher Conference Room at Memorial Hospital. Enter hospital through PATIENT ENTRANCE (corner of Glenwood and Citigo). Walk straight in past the elevators to the hallway on the left. Turn left at the hallway, walk past the intensive care unit on the left to the first hallway on the left. Turn left and the MEL Conference Room will be on the right.

Light snacks or bring your supper!

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