



January/February 2011 Publication

For Parish Nurses & Health Ministers



Coordinator's Corner

Keep New Year's Resolutions Realistic and Attainable!

Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better man.

Benjamin Franklin

Cheers to a New Year and another chance for us to get it right.

Oprah Winfrey

*Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true.*

Alfred, Lord Tennyson, 1850

*Glory to God in highest heaven,
Who unto man His Son hath given;
While angels sing with tender mirth,
A glad new year to all the earth.*

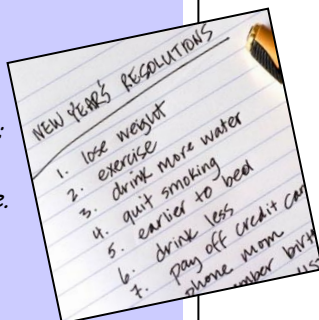
Martin Luther

Many people look forward to the New Year for a new start on old habits.

Author Unknown

People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas.

Author Unknown



Making resolutions for New Year's reminds me of making unrealistically simple promises for Lent...such as giving up chocolate! We are missing the point of responsibility and expectancy.

I believe resolutions should be prayed for and practiced in our daily life and routine:

- Pray for someone who is sick, homebound, or suffering in some way
- Pray for our servicemen/women everywhere!
- Love our families, following through with regular visits, telephone calls, or e-messages
- Visit an elderly neighbor or church member
- Visit or call someone who has experienced grief and/or loss
- Take a friend to lunch
- Adopt a sheltered dog or cat
- Give generously of yourself as volunteer at a charitable organization close to your heart
- Be responsible for your body...*in body, mind and spirit*
- Drink plenty of water
- Eat plenty of fruits and vegetables
- Watch your meal portions; and snacks should be healthy
- Enjoy ANY type of exercise routinely
- Hug someone daily
- Praise someone daily, saying "Thank You"
- Never go to bed angry at someone; forgive!

We all get caught up making resolutions for the New Year. How many times have we made resolutions and not kept them? How many times have we made resolutions unattainable? How many times have we made resolutions unrealistic?

What are your realistic and attainable New Year's Resolutions? Have a Blessed and Healthy New Year!
Kathy Medovich

A New Year's Prayer

Dear Lord, please give me a few friends who understand me and remain my friends; A work to do which has real value, without which the world would be the poorer; a mind unafraid to travel, even though the trail be not blazed; An understanding heart; a sense of humor; time for quiet, silent meditation; a feeling of the presence of God; the patience to wait for the coming of these things, with the wisdom to recognize them when they come. Amen.
...Anonymous

Confessions of a Skeptical Dieter: Yes, You Can Lose Weight! Really!

by Rev. David L. Schriber, OSL

According to a recent study by the Centers for Disease Control, obesity has surpassed smoking as the leading cause of preventable death in America, and now accounts for nearly 10% of all medical spending. The percentage of obese Americans has increased from 15% in 1980 to 34% (yes, 1 in 3!) in 2006. An obese person spends 42% more on health care than a normal weight person, and has a life expectancy averaging 6 years less. Obesity is defined as a Body Mass Index or BMI (a formula relating height to weight) of greater than 30.

If you made a New Year's Resolution to lose some weight, or if you *should* have made such a resolution, I have good news for you. It *is* possible, really!

I speak as one who has never been one for diets. Too many fad foods, extreme deprivations, scams, diets based on foods I would never eat. I preferred to just "watch what I ate." And that's what I did for many years – a version of the "see-food" diet. You know...see food, eat food?

And over the years I've watched my weight gradually creep up, finally approaching an arbitrary number I decided I never wanted to exceed. Having family history risk factors for diabetes and heart disease, I took advantage of an opportunity to enroll in a pilot weight loss program for diabetes prevention. The program was somewhat overly simplistic, concentrating only on fats (because they convert to 9 calories per gram while carbohydrates and proteins convert to 4 calories per gram) and not so much concerned about calories, carbohydrates, salt, or other nutritional measures.



There were some basic disciplines to the program, however, which produced results far exceeding my doubtful expectations. I found it was possible to achieve significant weight loss *without* starving, *without* drastically changing what I ate, and *without* becoming a slave to a gym.

Disclaimer 1: I am neither a nutritionist nor a dietician, though I have slept at a Holiday Inn Express (if you remember the old TV commercial). I write from the perspective of a consumer (pardon the pun) of food and an admittedly skeptical dieter.

Disclaimer 2: Before you begin any weight management efforts, consult your doctor, especially if you have any existing medical conditions under treatment. Dietary changes and weight loss can affect many things, including effects of medications you may be taking.

In the coming months, I'll share with you a few simple measures I found work for me. We'll talk about healthy grocery shopping, dietary self-defense for dining out, even a few tips for holidays, picnics, and get-togethers.

The single most important point about any weight management effort is *accountability*. If you're not accountable, your efforts will fail when temptation grows from your empty stomach. So you need to make a covenant. It doesn't have to be written contract, but it must be firmly understood. And the covenant, the promise, is not to a program or a book or a DVD; it's not to your trainer, your instructor, or even your partner. The promise is to *yourself*. If you make a solemn promise to yourself, it will prevent you from cheating late at night when no one's looking and the cookie jar is singing seductively like the Sirens to Odysseus.

Next time I'll talk about goals and about some basic numbers. Then I'll give you the two simple disciplines that are making the biggest difference for me.

2010 Parish Nurse & Health Ministry Christmas Recognition Dinner Party *Year in Review*



Thank you ALL for a wonderful year!

I would like to acknowledge church and community locations, which sponsored monthly Lourdes Parish Nurse & Health Ministry meetings:

- Broome County Council of Churches *Ramp It Up*
- Lourdes Hospital - Christmas Recognition Dinner
- 1st Presbyterian Church, Binghamton - Rescue Mission
- Lourdes Vestal Medical Rehab - Monthly Meetings
- St. Ambrose ~ Parish Nurse and Health Ministry Advisory Board Meetings & Clergy Appreciation Breakfast

Health fairs/expos in 2010:

WOW Day - Owego Methodist Church
 Anglican Church of Good Shepherd Health Fair & Ice Cream Social
 Most Holy Rosary Octoberfest & Health Expo
 Tioga County Senior Health Expo

2nd Annual Lourdes Parish Nurse Basic Preparation Curriculum was completed in May 2010 at Sky Lake Camp and Retreat Center. Eleven parish nurses and health ministers attended the 4 day course, which covered 19 modules of comprehensive health and healing education, offering 24.5 contact hours. The program offered the parish nurse certificate and commissioning.

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|--|--|
| <ul style="list-style-type: none"> • Lisa Shufflebarger • Ginny Bossley • Susan Barton • Louise Teiga • Corinne Depew • Nancy Graham | <ul style="list-style-type: none"> • Kate Fenstermacher • Alice Millsbaugh • Sandy Stoeckel • Ellen Burns • Esther Keeney |
|--|--|

The 4th Annual Clergy & Parish Nurse/Health Ministry Appreciation Breakfast October 26th was held at St. Ambrose Church in Endicott with a catered breakfast. Our topic this year was: ***Making Health Care Whole: Integrating Spirituality and Health*** with Rev. David L. Schriber, OSL: Health & Healing Ministries Specialist. The panel was: ***Opportunity for Self Care: Attention to Spirit*** with Mary Alice Westerlund, Director, Lourdes Spiritual Care and Deacon Tom Picciano, Chaplain, UHS Pastoral Care. 70 people attended, with clergy, and church staff alike. Guest congregations: Episcopal, Methodist, Catholic, Presbyterian, Temple Concord, and Baptist.

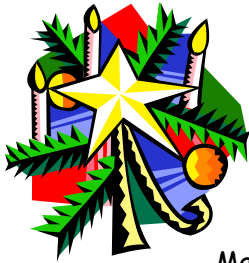


Health Education Topics at monthly meetings in 2010:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Ramp It Up - BCCC with Greg Jenkins • RSVP • Action for Older Persons and Powerful Tools for Caregivers • Rescue Mission | <ul style="list-style-type: none"> • Healing Oils from the Bible • Theology of Health and Healing • Healing Touch • Operation Christmas Child Shoe Boxes • Healing Miracles: Bible Study |
|---|---|

Some of the **health topics and ministries** shared in the parish nurse/health ministries throughout the faith communities:

- CPR/AED/First Aid Training
- Eucharistic ministry
- Yoga & Exercise groups
- Social Connections
- Bulletin boards & education centers
- Mission in Motion
- Dental Van
- Helmet Education
- Birthright
- Stephen's Ministry
- Blood pressure screenings
- Home visits, hospital visits, nursing facility visits
- Bereavement ministries
- Health fairs
- Blood drives
- Support groups
- >50 group
- Altar Rosary Society - Cholesterol Education and Senior Winter Safety Tips
- Health ministry in soup kitchens
- Finger print identification
- Prayer shawl ministries
- Prayer chains
- Caregiver topics
- Asthma education
- Mission Meltaway
- Essential Oils & Aroma Therapy
- Flu education
- Legion of Mary
- Advocacy
- Human Trafficking
- Food Pantries/Open Door Kitchen
- Hat/Mitten drives/Angel Trees
- Organ Donation
- Birthright-Baby Shower
- First Aid Kits
- Healing Work
- Craft Fair/Bake Sale for Elevator Fund
- Operation Christmas Child - Shoe Boxes
- National Health Observances
- Order of Saint Luke the Physician
- Assessors for the FIA Volunteers
- Volunteers for Hospice
- Volunteers at Birthright
- Volunteers at Danielle House
- ... and so much more!



#1 Attendance Award (Tie)

Joan Pozzi, Elaine Carril, Ellen Burns

Joan continues to be active at Holy Trinity; and volunteers at Birthright. She is involved with TOPS, having lost a lot of weight this year; and offering health promotion. She offered Senior Winter Safety Tips at a women's group at church. Elaine Carril, although "semi-retired", continues to be active at St. Paul's Episcopal Church, Cooperative Extension Master Gardening, and ACT Meal, among many other ventures. She continues to communicate with "Stan" from Stan's Story; and is passionate about people's advocacy. Elaine is also involved with the Lourdes Parish Nurse Advisory Board. Ellen coordinates parish nursing at St. Thomas Aquinas, has involved several nuns in the parish nurse program, volunteers at Danielle House and is per diem in Lourdes Occupational Health, assisting with flu clinics. Ellen is involved with the parish nurse advisory board, and helpful with securing catering services for the clergy breakfast. She remains involved in many other community ventures. God Bless You, Joan, Elaine and Ellen, for Your Continued Ministry to Others in Church and the Community!

#2 Attendance Award

Sharon Fowler

Sharon continues to be active in her church at UCC, 1st Congregational Church in Greene, including Friday evening soup kitchen. Sharon is involved with Women's Fellowship at her church; and deeply involved in other activities in her local community. Sharon faithfully commutes from Greene to attend the Lourdes Parish Nurse monthly meetings, including inclement weather! God Bless Your Ministry, Sharon!



#3 Attendance Award (Tie)

Rose Sullivan, Judy Hessberger, Sue Barton

Rose works fulltime and "holds down the fort" at St. James as interim coordinator, awaiting a decision of coordinator for the parish nurse program. Although busy with Mental Health Association, CASA and other ventures, she comes faithfully to the monthly meetings and brings back so much health information to share with others. Judy has been a long time parish nurse at St. Paul's Episcopal in Owego. Although a small congregation, parish nursing has been an active ministry, serving the sick, homebound, and shut-ins and offering health promotion in a variety of ways throughout the years. Sue Barton is a new parish nurse at Fairview United Methodist Church on the eastside of Binghamton. She took the parish nurse curriculum at Sky Lake, and was so enthusiastic about bringing back all the information provided. With a new pastor, she will forge forward with Health Ministry to an aging congregation. God Bless All of You!



Spiritual Advisor, Health Ministry Instructor & Publication Award

Rev. David L. Schriber, OSL

Rev. Dave continues to write articles frequently for "The Mustard Seed" newsletter. Although retired he continues to be busy with all kinds of projects including spreading the Health Ministry word among clergy and other congregational ventures. He is a member of Southern Tier End of Life Coalition and marvels with his music! He serves on the parish nurse advisory board. This fall, he started a local chapter of International Order of Saint Luke the Physician. He has been an instructor for monthly meetings and Health Ministry instructor for the Lourdes Parish Nurse Curriculum. He has offered Healing Services for the parish nurse curriculum commissioning and parish nurse events.

Lourdes Parish Nurse Curriculum Volunteer Instructors (Past and Present)

Sister Marilyn Perkins, DC, VP Mission Integration

Rev. David L. Schriber

Elaine Carril

Ellen Burns

Kathy Tewksbury

Esther Keeney

Deb Hicks

Daniele Wagstaff

Frank Beazley

Terrie Atwood

Recognition of Maintained Requirements

Joan Pozzi

Kathleen Tinklepaugh

Jean Cadden

Ellen Burns

Sharon Fowler



Rose Sullivan

Kathy Tewksbury

Eve Jarrold

Judy Hessberger

Sue Barton

...Thank You ALL Parish Nurses & Health Ministers serving Ecumenical Christian and Jewish congregations near and far! Thank you, each of you providing health promotion and valuable human connections through body...mind...and spirit!



Thank You for a Lovely Christmas Recognition Dinner:

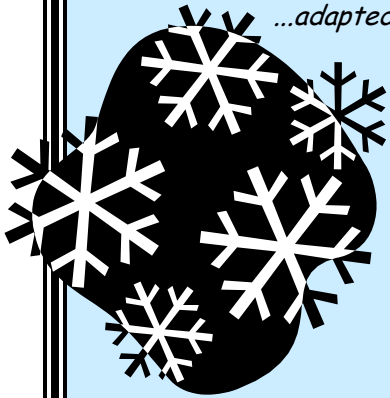
- Sister Fredrica Dunn, Lourdes Hospice, for providing us with music and merriment.
- Sister Marilyn Perkins, Mission Integration, for being supportive and advocating for Lourdes Parish Nurse Ministry.
- Rev. David L. Schriber, OSL, for continuously providing service through healing services, education, advocacy and literature.
- Lourdes Catering/Bob Weslar.
- Lourdes Environmental Services.
- All the Parish Nurses and Health Ministers near and far, who continue to support health and healing ministry!



Continue God's Work!

A Prayer for the Turning of Seasons

...adapted by Rev. David L. Schriber, OSL, from Ted Yoder, Guerrillas of Grace



O God of all the seasons and senses, grant us a sense of your timing,
 To rejoice quietly in the turning of the seasons.
 In this season of short days and long nights, of grey and white, and cold,
 Teach us the lessons of endings:
 Of faded flowers and fallen leaves
 Of children growing
 Of changing relationships
 Of lives laid gently down
 Of cherished memories held close.
 O Lord, grant us a sense of your timing,
 In this season of short days and long nights, of grey and white, and cold,
 Teach us the lessons of beginnings:
 Of seeds planted for a coming spring
 Of lives blooming and maturing
 Of a new song, a fuller love
 Of life lived full and blessed by length of days
 Of the promise of new and unending life in your presence.
 O Lord, grant us a sense of your timing.

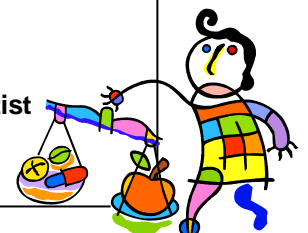
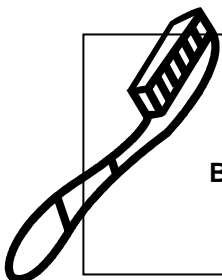


February is National Children's Dental Health Month

Remember **five** simple rules for a Healthy Smile:

Brush Floss Eat nutritious foods Limit snacks Visit your dentist

<http://www.ada.org>



National Health Observances

JANUARY

National Birth Defects Prevention Month
 National Glaucoma Awareness Month
 Thyroid Awareness Month

FEBRUARY

American Heart Month
 National Children's Dental Health Month
 National Wise Health Consumer Month
 4 Give Kids A Smile Day
 4 National Wear Red Day

MARCH

National Colorectal Cancer Awareness Month
 National Nutrition Month®
 Save Your Vision Month
 7 – 11 National School Breakfast Week

National Nutrition Month® 2011



Lourdes Parish Nurse & Health Ministry Monthly Meetings~2011 Schedule~7-8:30 PM

January 4, 2011

NYS Citizen Preparedness Program – American Red Cross
 Robert Henrich, Regional Coordinator
 Lourdes Vestal Medical Rehab Lounge

April 5, 2011

Veteran's Services – Medical, Social and Mental Services
 Dr. Huntsinger, Medical Director
 Lourdes Vestal Medical Rehab Lounge

February 1, 2011

Impact of Health Care Reform – The Facts
 Sr. Marilyn Perkins-Lourdes, Lisa Bobby-Lourdes, Amy Fleming-
 Citizen Action
 Lourdes Vestal Medical Rehab Lounge

May 3, 2011

**Peace of Mind Social Adult Day Program – A Home Away
 from Home**
 Elizabeth Budnik, Director
 Lourdes Vestal Medical Rehab Lounge

March 1, 2011

The Friendship Tree
 Katie Legg, Founder
 Lourdes Vestal Medical Rehab Lounge

June 7, 2011

**hou Shall Knot – Sleeping Bag Project from Our Lady of
 Sorrows Church**
 Sally Garrett, Coordinator
 Lourdes Vestal Medical Rehab Lounge



Alarm Bells List for Long Distance Relatives Visiting During the Holidays

If you notice any of the following changes, it may signal that an intervention is necessary:

- Unpaid bills. Missed appointments.
- Clutter in a home that was once always neat.
- Weight loss.
- Memory loss, change in short-term memory.
- Poor grooming by a person who was once meticulous.
- Getting lost. Wandering.
- Refusing to go with friends on outings or to religious services.
- Refusing any suggestion or, conversely, agreeing to everything without consideration.
- Mood swings, getting angry. Refusing to go to medical providers.
- Unable to take care of activities of daily living: cooking, bathing, dressing, housekeeping.
- Entering contests; and/or credit card maxed out on shopping channels.



How do these events occur; and are overlooked? It is easy in our mobile society. Often adult children are relocated out of state for meaningful employment. Long distance family members may not get home for a visit often enough to notice the subtle changes occurring. So use your skills to make the holidays happier and more vigilant for the aging family....Excerpt from article written by Cathy Cress, a geriatric care manager, and author of [Mom Loved You Best: Forgiving and Forging Sibling Relationships](#).

LOURDES

Parish Nurse Program

Vestal Medical Rehab
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607-321-2633
www.lourdes.com



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REMINDER

Lourdes Parish Nursing & Health Ministry Meeting

January 4, 2011 ~ 7-8:30 PM
NYS Citizen Preparedness Program
American Red Cross
Robert Henrich, Regional Coordinator
Lourdes Vestal Medical Rehab Lounge

New Year Prayer

God grant us this year
a wider view,
So we see others' faults through
the eyes of You.
Teach us to judge not
with hasty tongue,
Neither the adult ... nor the young.

Give us patience
and grace to endure
And a stronger faith
so we feel secure.
Instead of remembering,
help us forget
The irritations that
caused us to fret.

Freely forgiving for some offense
And finding each day
a rich recompense.
In offering a friendly, helping hand
And trying in all ways to
understand.

That all of us whoever we are ...
Are trying to reach
an unreachable star.
For the great and small
... the good and bad,
The young and old
... the sad and glad.

Are asking today;
Is life worth living?
The answer is only in,
loving and giving.
For only Love can make man kind
And Kindness of Heart brings
Peace of Mind.

By giving love, we can
start this year
To lift the clouds of hate and fear.

...**Helen Steiner Rice**