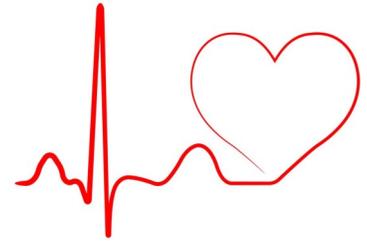




Health Beat



Looking back on 2020—A Letter From our President

Special points of interest:

- Reflect on the difficulties and successes of 2020
- Thank those who helped us during 2020!
- Make fun and tasty treats for the holiday season!

We look forward to continuing to serve you in 2021!

2020 certainly was a challenging year for all of us. COVID-19 caused the cancellation of many of our scheduled programs. However, we put on our “white thinking cap” (many of you remember we wore white caps at one time), and came up with ways to continue serving the Parish and the Community.

We continued our “Seasons of Hope” bereavement series, taking all precautions! We continued to laugh and cry (even masked) and even gained new members! It will meet again in the Spring of 2021.

We conducted a “drive-through”

donation drive and collected clothing, household items, baby items, and of course monetary donations to benefit three local charities. Some wanted to donate “husbands” but we had to decline! It was a great success thanks to your generosity!

Several of our members volunteered to assist as ushers during Mass and help sanitize the church after all Masses.

We partnered with a local pharmacy to provide a drive through “Flu Clinic”.

Through a collaboration with one of our parish nurses and WVU, we were able to host two senior nursing students in their community health clinical rotation. Under the su-

pervision of their preceptor, they conducted a 5-week Bible Study on aging and wellbeing, created virtual health fair videos, contributed to the monthly newsletter and weekly Facebook site.

We continue to send memorials and cards to families of deceased nurses and religious orders as well as acknowledge contributions and achievements by local health care providers

We hosted the State-wide Parish Nurse Ministry Gathering.

Our offerings for 2020 conclude with our virtual “Walk to the Manger” program.

Blessings to All – Parish Nurse Ministry

Joyce Rabanal, Pres.

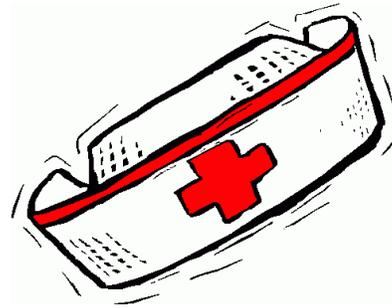
EDITORIAL TEAM:
VERONICA GALLO, PHD, MSN, RN, FCN
PATRICIA COLANERO, BSN, MBA, RN
JOYCE RABANAL, BSN, RN
CAROLE MOODISPAUGH, BSN, RN

Contributors:
Joyce Rabanal, RN
Veronica Gallo, RN

THANK YOU!!!!

Thanks to all of those who assisted us this past year to make our endeavors successful, especially Father Casey, Sisters Maria and Beritha, IC Office Staff, Knights of Columbus, WVU, Parishioners of IC, and most of all, those Parish Nurses who gave their time and effort working directly and behind the scenes. Without their support, we could not do the things we have done.

Immaculate Conception Parish Nurses



Visit our Webpage:
<https://www.icclarksburg.com/ic-parish-nurse-ministry>

We are on Facebook!

<https://www.facebook.com/Immaculate-Conception-Parish-Nurses-and-Friends-111534387356687>

Kid's Korner

Winter break can be a challenging time! We all like to partake in Christmas treats and snacks, but also want our treats and snacks to be healthy when possible. Here are two recipes for fun, tasty, healthy treats that kids can make in the kitchen this holiday season.

Snow Man Snack

- * Rice Cake
- * Cream Cheese
- * Fruits and veggies to garnish

Spread light layer of cream cheese over rice cake. Use fruits and veggies to create a snow-man face (raisins or chocolate morsels make great eyes, a cherry nose, etc).

Eat and Enjoy!!!



Rudolph Celery Sticks

- * Celery
- * Peanut butter, Nutella, or other spread of choice
- * Pretzels
- * Edible eyes (or raisins)
- * Cherry, cranberry, or M&M

Cut celery into small slices. Spread peanut butter (or other spread) onto celery stalk. Place pretzels for antlers. Place eyes. Place nose

Eat and Enjoy!

For more tasty, fun, and healthy kid-friendly recipes, visit

<http://www.tinytummytales.com/healthy-christmas-recipes-for-kids/>

