**IC PARISH NURSE NEWSLETTER**

**Spring 2018 Volume 5 Issue 2**

**IC PARISH NURSE MISSION STATEMENT: To enhance the overall health of our parishioners (mind, body, spirit) with a focus on integrating the practice of faith with the practice of nursing.**

**PROGRAMS**

The Blood Pressure Clinics continues to be held monthly on the last full weekend of the month. We continue to gain new participants each month. The next BP clinics will be held on April 28 and 29, May 26 and 27, and June 23 and 24

Upcoming Programs:

**Sunday April 29:** the annual skin screening with Dr. Franz will take place in the Parish Center after the 11AM Mass.

**June 2 and 3:** Nurses’ Week is nationally celebrated in May. Due to the many wonderful events scheduled in the Parish Center in May, the Parish Nurses have opted to celebrate the first weekend in June. We will have a display regarding various aspects of Nursing History which can be viewed after each Mass that weekend. The Parish nurses will go to Mass as a group on Saturday, June 2 at 4:30PM to celebrate together. Please join us.

**Tuesday, June 12:** We will host a Vision Device Clinic for persons with impaired vision due to cataracts, macular degeneration and other diseases. The WV Division of Rehabilitation will explain the many devices available to those with impaired vison and many of these are free to those in need. Come and see if there is something that will assist you in improving your vision. The program will take place in the Parish Center at 6:30PM

We have just completed the third session of the Bereavement group and the group will resume in early Fall.

One of our members, Mary Jo Flaherty is compiling a reference book which will contain information and contact numbers, etc. for various available community resources. We will let you know when this is ready to be shared.

**HEALTH TIPS FOR THIS QUARTER**

**April is Alcohol Awareness Month.** If you are concerned about anyone’s alcohol or drug consumption, encourage them to make small changes like keeping track of their usage. Use some time to talk to teenagers about the risks of abuse. Encourage anyone whom you suspect may have a problem to talk to someone about their concerns.

**May is Melanoma/Skin Cancer Screening Month.** Dr. Franz will be doing the annual skin screening on Sunday, April 29 after the 11AM Mass. Stop by to be screened for risks and to receive some prevention information as well as sample products. Refreshments will be served.

**June is National Safety Month.** Summer is a time for fun but also a time for preventable accidents. Be safe when swimming, biking, camping, etc. Do not engage in these activities alone and always be sure that someone knows where you are going

**Frequently Asked Questions**:

What type of emergency information should you have available and in plain sight in your home?

1. Your physician’s name and contact information
2. Family contact information
3. Health insurance information
4. Copies of a Living Will/Advanced Directive if you have one
5. Current medication list
6. Current list of medical conditions for which you are being treated.

A god place to have this information is to post it on your refrigerator where a neighbor, EMS, etc. would be able to see it quickly

HEALTHY RECIPE

Fluffy Orange Cake

1 pkg. yellow cake mix (can use sugar-free) ¾ cup miracle whip light dressing

1 cup orange juice 3 eggs

Mix all ingredients on medium speed with mixer for 2 minutes. Pour into a greased and floured 10 inch tube pan or a 12 cup fluted tube pan. Bake at 350 degrees for 35-40 minutes or until toothpick near center comes out clean. Let stand for 10 minutes then remove from pan. If desired, sprinkle with powdered sugar before serving.

**Announcements**

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Father Casey for his support of our program

You, our parishioners, for your attendance at and participation in our programs.

Inday for helping with reproducing materials and scheduling of events

Bonnie’s Bus for another successful mammogram screening. 17 ladies were screened. One lady, at least, was referred for further testing. We will again host Bonnie’s Bus in 2019.

The Parish Nurse Ministry welcomes anyone with any type of medical background to join us. You do not have to have an active license. We meet on the 2nd Monday of the Month at 6:30PM in the Parish Center. Future meetings will be held on May 14, June 11 and July 9.

**The information presented in this newsletter is for general knowledge and is not a substitute for medical advice or treatment. Questions about any specific condition or patient should be referred to a licensed physician or practitioner.**