**IC PARISH NURSE NEWSLETTER**

**Summer 2019 Volume 6 Issue 3**

**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 July 27 and 28, August 24 and 25 and September 28 and 29.

Upcoming Programs: August 24: Friends and Family First Aid

Early September: Bereavement Program will resume

September 17: Bullying and Stalking

October 26: Annual health Fair

Watch the bulletins for details

**HEALTH TIPS FOR THIS QUARTER**

**July is Eye Injury and Ultraviolet Safety Month:** Please seek immediate medical care for any eye injury and be sure to wear sunglasses and/or a cap with a visor when in the sun for long periods of time.

**August is National Immunization Awareness month**: Parents be sure that your children are up to date with immunizations

**September is National Cholesterol Instructions Month:** Be sure you know what your cholesterol numbers are. If elevated, discuss a diet, exercise and if needed, medication plan with your Primary Care Provider.

**Safety Tips**

**If you do not carry an updated list of your medications and names of recent procedures with you, you should begin to do so immediately. This list should also be posted in a very visible area of your home. Posted on the refrigerator would be a good place to post this information. That way it is available for family and Emergency Services personnel should you need their assistance.**

**Healthy Eating**

**Grape Walnut Salad**

**2 ponds red seedless grapes ½ cup white sugar**

**2 pounds green seedless grapes 1 teaspoon vanilla**

**1 cup light or fat free sour cream 1 cup chopped pecans or walnuts**

**8 oz. light cream cheese ½ cup brown sugar**

**Rinse grapes and pat dry. In large bowl, mix softened cream cheese, sour cream, white sugar and vanilla. Add grapes to mixture and stir thoroughly to coat. Coat nuts with brown sugar and add to mixture,**

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Father Casey for his support of our program

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

Anita, Victoria, Melissa and Margaret Anne for all their help

Dr. Franz and Theresa Brown for providing the annual skin Screening

The Parish Nurse 3Ministry 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 6:00PM in the Parish Center. Future meetings will be held on August 12, September 9 and October 14.

**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.**