



Health Beat

The official Newsletter of IC Parish Nurses and St. James Health Ministry

YOU Can Help Save a Life: Suicide Prevention

Each year during the month of September, mental health organizations across the country come together to raise awareness on suicide. Suicide prevention week begins on September 5th and ends on September 11th. **#Bethel1to** is the National Suicide Prevention Lifeline's message in spreading the word on actions anyone may take to help prevent suicide. This movement consists of **five steps** to communicate with someone who may be thinking of performing suicidal actions.

STEP ONE: ASK
Begin this conversation with someone who may be thinking of harming themselves with a non-



judgmental question, such as **Are you thinking about suicide?** This shows someone cares about them.

STEP TWO: BE THERE
You can be there for someone by being physically present, listening to them, or in any other way you can think of that shows them some form of support.

STEP THREE: KEEP THEM SAFE Ask them

how far their thoughts about suicide have gone. Know how immediate the threat of suicide is. Act appropriately.

STEP FOUR: HELP THEM CONNECT

Connect the person with resources, suicide hotlines, and other available supports in times of crisis.

STEP FIVE: FOLLOW UP

Check in and see how they are doing.

The National Suicide Prevention Lifeline is (800) 273-8255 available at 24 hours a day.

For more information, visit <https://www.bethel1to.com/bethel1to-steps-evidence/>

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Special points of interest:

- Discover how YOU can help prevent suicide
- Learn how to help your heart age gracefully
- Discover how to prevent and treat lice in kids

Coming Up....

Ribbons of Faith Prostate Prevention Program	9/21 6:30 pm
October IC Parish Nurse Meeting	10/11 6pm
St. James Walking Program	M/W 10am

Help Your Heart Age Gracefully

Aging is a process that everyone is goes through. In this column we are going to focus on aging your heart well. The heart is one of the most important organs in our body as it pumps blood and oxygen throughout the body to

help us live. The first way to help ensure a healthy heart is to **monitor your blood pressure**. Having a healthy blood pressure or following the proper medication regimen to treat blood pressure conditions is essential in maintaining

a healthy heart. A second way to ensure a healthy heart is **to stay active**. If you were to challenge yourself to one physical activity per day, you would increase your length and quality of life. One final way to help age

your heart well is to **maintain a healthy diet**. Eating healthier foods such as more fruits or vegetables, will help to reduce the chance of cardiovascular disease and provide you with a healthier life.

Editorial Team

Veronica Gallo, PhD, MSN, RN, CNE
Patty Colanero, BSN, MBA, RN
Joyce Rabanal, BSN, RN

Contributors:

Calvin Sutphin, WVU SN
Jordan Keener, WVU SN
Audrey Hannah, WVU SN

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And the web

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

The Health Beat is the Official Newsletter of the IC Parish Nurses and St. James Health Ministry.

The mission of these groups is to enhance the overall health (mind, body, spirit) of our parishioners and community by integrating faith with the practice of nursing.

Our group is comprised of active and retired registered nurses, social workers, health professionals, and lay persons.

While we strive to provide parishioners and community members with up to date health information and education, our services are not meant to replace your health care provider. If you are experiencing problems with your emotional or physical health, we strongly encourage you to reach out to your health care provider to receive the care that you need.

If you need help accessing a health care provider, then we are happy to assist you!

Kid's Korner: Lice Prevention!

No one likes bugs, especially in their hair! Lice are tiny tan/white colored bugs (about the size of a sesame seed) that attach to your scalp and try to suck your blood. These bugs like to jump from scalp-to-scalp, so while you are at school it is important to take steps to protect yourself from these little critters.

How head lice are spread:

- Sharing hair brushes, hats, scarves, helmets, sports uniforms, towels, combs, bandanas, hair ties, and headphones.
- Head-to-head contact.
- Sharing pillows or blankets.

How to avoid getting head lice:

- Do not share clothing or supplies (brushes, helmets, hair ties).
- Avoid head-to-head contact during play and activities.
- Be sure to disinfect any items that were previously in contact with someone who has lice.
- Have someone inspect your head for lice on a weekly basis (you can see them in your hair!).

If you get head lice:

- Do not panic, talk to your doctor about what steps to take.
- Use a lice removal kit or "nit comb" to remove the bugs.
- Drug treatment may be necessary.

Help me
Get the Bug
out of my
hair!



START

