**IC PARISH NURSE NEWSLETTER**

**Summer 2017 Volume 4 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 29 and 30, August 26 and 27and September 23 and 24

**Upcoming Programs**:

August: Pancake Breakfast fund raiser. Watch for date

September: Seasons of Hope Bereavement Program to Resume

October: October 21 will be the Annual Health and safety Fair. Watch for details

Also watch for information regarding the next program in the Addiction series.

**Health Tips for this Quarter**

**July is World Hepatitis Day:** Find out more about the Harm Reduction Program for needle exchanges sponsored by the Health Department. If you have not been tested for hepatitis consider doing so just to be safe.

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

**September is National Prostate Cancer Month:** Gentlemen check k with your Primary Care Provider to be sure that your screenings are up to date.

**Frequently Asked Questions**:

We want to know what your needs are. Watch for the upcoming survey we are preparing and when it is announced, **PLEASE** fill it out so we can better plan appropriate programs. **THANK YOU!** We will also try to have this survey available on line as well as on paper.

Healthy Recipe

100 Calorie Shirataki Noodles Snack

1 package Shirtaki noodles 1 Tbsp. Sriracha (or desired hot sauce)

2 cups reduced sodium chicken or veggie broth Salt and pepper to taste

1 ½ cups choice of vegetables (carrots, kale, onions, celery)

Directions: Drain and rinse noodles. Cut noodles in half. A pot, add broth and veggies and bring to a boil. Reduce to medium heat and cook for 7 minutes or until veggies are tender. Add the noodles to the pot and cook for 5 minutes. Add sauce, salt and pepper to taste. Enjoy

**Announcements**

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 July 10, August 14 and September 11. Please join us!

Visit our site on the Parish website.

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Father Casey for his support of our program

Dr. Franz and Theresa Brown for the skin screening

Bill Manley and Joann McNemar for all the work to present our Addictions programs

Gina Sharpes for the wonderful program on dental care and health. WE wish more people could have attended to benefit from this program.

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

Inday for helping with reproducing materials and scheduling of events

**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.**