**IC PARISH NURSE NEWSLETTER**

**Winter 2017 Volume 4 Issue 1**

**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 January 28 and 29, February 25 and 26 and March 25 and 26.

Upcoming Programs:

**February 9**: Dr. Catania will provide a **FREE** foot screening on **Sunday, January 29 at 12:30PM in the Parish Center.**

**February: To kick off Heart Month there will be a CPR class. More information to follow**

**March: March 28: The Kidney Foundation will return to provide a FREE Kidney Screening. More Information to follow**

**Our Automatic External Defibrillators (AEDs) have arrived. Training for the operation of these will be included in the CPR training in February.**

**Also watch for: More information about the continuation of the bereavement group and the next sessions in the Addictions Program**

**HEALTH TIPS FOR THIS QUARTER**

**January is Cervical Health Awareness Month: Ladies be sure to keep regular appointments with your OB/GYN provider.**

**February is National Heart Month. Please watch the bulletin for information on the programs to be offered which will include CPR, AED training and continuation of monthly Blood Pressure Clinics.**

March is Colorectal Awareness Month. Please discuss the recommendations for Colonoscopy frequency for yourself based on any symptoms and/or family history.

**Frequently Asked Questions**:

Question: What do Parish Nurses actually do?

A Parish Nurse seeks to foster physical, emotional, spiritual and social harmony leading to healthy and healing relationships with God, ,family, faith communities, culture and creation. Parish Nurses have several roles including **H**ealth advisor, **E**ducator on health issues, **A**dvocate/resource person**, L**iaison to faith and community resources, **T**eacher of volunteers and support groups and **H**ealer of body, mind and community. We do not provide in home care but are able to provide some screenings, health programs and be a help in finding resources. Our group now numbers over 20 and we are available and willing to help our parishioners and community in these areas.

HEALTHY RECIPE

Red Beans and Rice

2 Tbs. Olive Oil 1 15oz. no sCalt added red kidney beans, drained

1 bunch scallions chopped 2 fully cooked chicken or turkey sausages chopped

1 yellow pepper chopped ¼ tsp. salt

2 cups cooked brown rice

In a large nonstick pan, heat oil over medium heat until shimmering hot; stir in scallions and pepper and cook, stirring often, until they start to brown(about 3-5 minutes; stir in rice, beans and meat and heat through(1-2) minutes;

**Announcements**

The Parish Nurse Ministry welcomes anyone with any type of medical background is 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 January 9, February13 and March 13. Please join us!

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Father Casey for his support of our program

Christian Palmer, whose Eagle Scout Project provided the funding for two (2) AEDs for the Parish. Congratulations Christian for achieving the prestige of earning your Eagle Scout rank.

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.**