**IC PARISH NURSE NEWSLETTER**

**Summer 2015 Volume 3 Issue 7**

**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**

Dr. Franz again provided a free screening clinic and samples for us on May 31, 2015. The clinic was well attended with 35 persons actually being screened. At least 10 people screened were detected to have issues that needed further follow up. Dr. Franz has graciously offered to repeat this clinic annually. All evaluations were very satisfactory.

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 25 and 26, August 29 and 30 and September 26 and 27.

**Upcoming events and programs:**

 **July 25 and 26:** Used Book Sale from 9AM-5Pm each day. Books will be accepted for donation from Saturday, July 18 through Friday, July 24 from 12N-5Pm. Books will be collected and the sale will be held in the Notre Dame High School Cafeteria. Take advantage of a way to discard books you no longer want and then pick up some you have not read. Proceeds will be used to enhance Parish nurse programming.

 **August 1:** Health Department will present a program regarding information about childhood immunizations. Immunizations will NOT be given but parents and any other interested people can receive information to help them make informed decisions about whether or not to vaccinate children. There will be activities to keep the children busy while parents attend the session. Free Admission

 **August 8:** the Parish Nurses will be having a Pancake Breakfast at Applebee’s from 8AM-10AM. Tickets will be $5.00 and will be available from members of the ministry as well as after weekend Masses. Again, proceeds will be used toward program offerings.

 **October 3**: Presentation on Stress by Aila Accad who is an award winning international speaker. This program is being sponsored in part by a generous grant from the Sisters of St. joseph and also in response to a need identified in the surveys done at the Lenten dinners. The program will be presented at 2 different times on Oct. 3 to allow all a chance to attend. Open to public and free admission

 **October 24:** Health Fair. Several topics will be presented and have been chosen based on results from the surveys conducted at the Lenten dinners. There will also be activities geared toward the children. A complete list of topics will be published as soon as participants are committed. Open to public and free admission

**PLEASE JOIN US**

 We are trying to expand the focus of this ministry and would like to invite **ANY HEALTH CARE PROFESSIONAL** to join us. We meet on the first Monday of the month at 6:30 PM in the Parish Center. Our next meetings will be on the following Mondays: July 6, August 3 and September 7. **YOU DO NOT HAVE TO HAVE AN ACTIVE LICENSE TO PARTICIPATE**. If you are unable to attend the meetings but would like to help with activities, please contact Theresa White at 304-623-1302 or Joyce Rabanal at 304-623-6517.

**HEALTH TIPS FOR THIS QUARTER**

**July is Juvenile Arthritis Month:** Some symptoms include: pain, joint swelling, redness and warmth. If your child exhibits any of these symptoms, please contact your Primary Care Provider

**August is National Immunization Awareness Month:** Not only do children need to be immunized against diseases like flu, measles and tuberculosis but adults need this also. Contact your Primary Care Provider

S**eptember is National Childhood Obesity Awareness Month:** 1 of 3 children in this country is overweight or obese. Promote healthy eating and regular exercise to help prevent diseased such as Juvenile Diabetes, high blood pressure and heart disease.

**HEALTHY RECIPE**

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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Dr. Franz and Theresa Brown for the skin screening clinic

Father Casey for his support of our program

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

Inday and Shari 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.**