**IC PARISH NURSE NEWSLETTER**

**Fall 2015 Volume 3 Issue 8**

**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 October 24 and 25, November 28 and 29 and December 26 and 27.

**Upcoming events and programs:**

**October 3**: **Presentation on Stress by Aila Accad** who is an award winning international speaker. Alia is a bestselling author and certified well-being coach who specializes in quick ways to release stress and reclaim that energy to live your life to the fullest and achieve your highest purpose. She is also a popular keynote speaker and radio and television guest. 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:** Topics to be presented include: Nutrition; fingerprinting for Children; Skin Assessment; Spinal Assessment; heart Health; Diabetes Health; Addiction Recovery; Social Resources; Minimal Cost Blood Panels and Flu Shots; Massage Therapy; Women’s Health; Eye Care; General Health and others. There will also be activities geared toward the children which will include Health Care geared to them, EMS, Fire Dept. and a demonstration by the Police Department Canine Unit. The Fair is open to public and admission is free. If there is anyone else in the Parish who would like to be a presenter, please let us know.

**December 4: Bonnie’s’ Bus** will be back to do on site mammograms. Registration will being in October

**HEALTH TIPS FOR THIS QUARTER**

**October is Breast Care Awareness Month.** Be sure your Mammograms are up to date and remember that Bonnie’s Bus for onsite mammograms will be here on December 4.

**November is American Diabetes Month.** Diabetics need to keep regular appointments with their provider to be sure that weight and Hemoglobin A1C levels are stable. Also remember annual checkups by your eye doctor and podiatrist.

**December includes World Aid’s Day and National Influenza Vaccination Week** (December 7-13). If you could be at risk for HIV, see your provider and be tested. Remember that minimal cost Flu vaccines will be included in the Health Fair on October 24.

**Be Your Health Care Advocate**

1. Don’t be afraid to ask questions.
2. Be sure that you understand any new medications or treatments before you leave your provider’s office or the hospital.
3. Maintain your own records.
4. Understand how your Health insurance works.
5. Review your medical bills and ask questions.
6. Know when a second opinion is appropriate.

Remember as a patient, **YOU** play the most important role in your health care.

HEALTHY RECIPE

**CabApple Slaw**

2 Tbs. extra virgin olive oil ¼ tsp. kosher salt

1 large onion, thinly sliced 8 cups mixed shredded cabbage

2 Tbs. apple cider vinegar 1 apple, cored and cut into matchsticks

1 Tbs. whole-grain Dijon mustard or grated

Heat oil in a large skillet over medium heat until it shimmers. Sauté the onion, stirring frequently until browned (8-10 minutes). Remove from heat. In a large bowl, whisk the vinegar, mustard and salt. Add onions, cabbage and apple and toss well. Per 1 cup serving: 80 calories, 11g carbs, 4 gm total fat, 0.5 gm sat fat, 130 mg. sodium, 3 g fiber, 2 g protein

**Chocolate, Fruit and Nut Clusters**

9 oz. dark chocolate (minimum 70% cocoa) 2 cups unsalted roasted pistachios

1 cup unsweetened dried cherries 1 cup diced apricots

1 cup golden raisins

In a small pot, bring 2 cups of water to a boil. Remove from heat. Put chocolate in a large heat resistant bowl. Put bowl on top of pan and stir until chocolate melts. Mix the pistachios, cherries, apricots and raisins into chocolate and spread on a 10x13 rectangle on a parchment paper lined baking sheet. Allow to set a room temperature (about 30 minutes0, then cut into 1 inch squares.

30 pieces: Per piece: 140 calories, 8 gm. total fat, 3 gm sat. fat, 0 mg. sodium, 16 carbs, 3 gm. Fiber, 3 gm. Protein, ½ tsp. added sugar

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Father Casey for his support of our program

The Sisters of St. Joseph for the grant to help bring Aila Accad to our parish

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.**