****

**IC PARISH NURSE NEWSLETTER**

**Spring 2014 Volume 1 Issue 2**

**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.**

**We hope you enjoyed the first issue of the newsletter and found the information helpful and informative. We know that this newsletter was published shortly after the first one but our goal is to produce a newsletter quarterly. The next one will not be out until July. We continue to plan for the programs to be offered once the Parish Center is available for use. At the present time, the programs being considered for presentation are:**

* **Choices for End of Life Care that embrace the teachings of the Church regarding respect for life**
* **Diabetes care**
* **Nutrition**
* **Exercise**
* **Stress Management**
* **Grief Support**
* **Caregiver care**
* **CPR Class**
* **First Aid Class**

**We are also happy to say that we have had some parish members with expertise in some of these fields come forward and agree to assist with these presentations. We are exploring some funding possibilities for bringing in a nationally known CATHOLIC speaker to present a program regarding stress management and would welcome any assistance in this area.**

**PLEASE JOIN US**

 We would love to have more nurses join us. We meet on the 3rd Thursday of each month at 10AM in the Parish Center. **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**

**APRIL![C:\Users\Theresa.Theresa-PC.000\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FNJYXRSF\dglxasset[1].aspx]()**

**April is Alcohol Awareness Month.** Drinking too much increases a person’s risk of injuries, violence, accidents, liver disease and some cancers. If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

* Limit your drinking to no more than 1 drink per day for women or 2 drinks per day for men
* Keep track of how much you drink
* Don’t drink when you are upset
* Avoid places where people drink a lot
* Make a list of reasons not to drink

If you are concerned about someone else’s drinking, offer to help

**MAY** ![C:\Users\Theresa.Theresa-PC.000\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6JMB9NUL\MC900440405[1].png]()

**May is Melanoma/Skin Cancer Detection and Prevention Month.**  Skin cancer accounts for nearly 50% of all cancer reported in the United States. The secret to surviving skin cancer is to know your skin. Early detection before it spreads is crucial for successful treatment. What you can do:

1. Regularly check your skin for new spots or changes to existing ones:
* Growing moles
* Unusual looking moles or growths
* Odd shaped or non- uniform
* Variation in color or uneven border
* Moles or growths that itch, bleed, fell painful or won’t heal
1. Make an appointment to see a dermatologist
2. STOP TANNING. PERIOD!
3. Use sunscreen everyday
4. Enjoy the outdoors when the sun is less intense
5. Take advantage of free cancer screenings

Remember the only dumb question is the one not asked. If you have any questions or concerns about spots on your skin, ask your physician.

Thank you to **Dr. Franz** for providing this skin care informationfor the newsletter

**May is also National Physical Fitness and Sports Month.** The weather is nice so get out and get active. Regular physical activity increases your chances of living a longer, healthier life and reduces your risk for heart attack, diabetes, stroke, high blood pressure and some types of cancer. Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Recommended Physical Activity Guidelines for Adults include:

* Striving for 2 ½ hours of moderate aerobic activity per week. These activities include: walking fast, dancing, swimming and raking leaves
* Doing muscle strengthening activities such as lifting weights and using exercise bands at least 2 days per week.

**Remember to get advice from your health care provider before beginning any exercise routine**

**JUNE ![C:\Users\Theresa.Theresa-PC.000\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6DAA500I\MP900321071[1].jpg]()**

**June is National Safety Month.** There are many components to safety but we will focus on home safety. Check your home for:

* Proper operation and placement of smoke and carbon dioxide detectors
* Stair lighting
* Placement of handrails
* Lighting of walkways and entrances
* Non slip rugs
* Appropriate wiring
* Storage of toxic or poisonous substances
* Well stocked First Aid Kit
* Location of phone numbers for family, health care provider, Emergency Room, Ambulance, Poison Control Center close to phone
* Be sure that someone is aware of your current medical conditions and medications you are taking. Have that person’s contact information close to the phone.
* Have appropriate fire extinguishers located in kitchens

**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.**

**IMPORTANT FUTURE DATES:**

**Blood Pressure Screening after all Masses:**

**April 26 and 27**

**May 24 and 25**

**June 28 and 29**

**Parish Nurse Meeting at 10AM in the Parish Center**

**April 17**

**May 15**

**June 19**

**HEALTHY RECIPES**

**Turkey Burgers**

¼ cup chopped green onion

2 Tablespoons fresh orange juice 1 pound ground turkey breast

1 Tablespoon low sodium soy sauce Cooking Spray

1 teaspoon finely chopped fresh ginger 4 whole wheat hamburger buns

1 minced garlic clove fresh lettuce

Prepare grill

Combine first 6 ingredients in a large bowl. Divide turkey mixture into 4 equal portions, shaping each into a ¾ inch thick patty. Place on grill coated with cooking spray; grill 6 minutes on each side or until done. Place on buns with lettuce. Enjoy!

**Salmon Burgers**

1 cup finely chopped red onion 1 Tablespoon hot pepper sauce

¼ cup thinly sliced fresh basil 1 large egg white

¼ teaspoon salt Cooking Spray

¼ teaspoon freshly ground black pepper 8 slices focaccia, toasted

1 pound salmon fillet, skinned and chopped

Combine first 5 ingredients in a large bowl. Combine hot pepper sauce and egg white in a small bowl; add egg white mixture to salmon mixture, stirring well to combine.

Divide the mixture into 4 equal parts, shaping each into a ½ inch thick patty. Heat in a large nonstick skillet over medium-high heat and coat with cooking spray. Add patties and cook on each side 3 minutes on each side or until done. Serve on focaccia.