

Parish Nurses Facilitate Community Response to Hurricane Frances

A week after FRANCES hit the eastern coast of Florida, Interfaith Health & Wellness Association, Inc. (IHWA) received a phone call from one of its grant supporters – the Community Foundation of Palm Beach and Martin Counties. Mary Wyns of its Nonprofit Resource Institute and one of IHWA’s avid supporters was looking to fulfill a need at a Red Cross Shelter in Pahokee and asked assistance of our spiritual communities. Within 3 hours IHWA was able to contact several parish nurses to coordinate the following:

- Same day delivery of a truck-load of supplies-diapers, formula, water /personal items from the area distribution center of the United Methodist Churches in West Palm Beach, Florida.
- Collection of personal items by school children and their fami-

lies from St. Paul's Lutheran Church/School in Boca Raton, Florida. In just two days items, filling a car, were delivered to families who had been relocated from the hurricane shelter in Pahokee to temporary tent housing in their mobile park home area. Most of these individuals had lost everything.

- Collection of food items and insect repellent (for a follow-up delivery) by children and their families from St. Jude Catholic Church School in Boca Raton, Florida

We salute nurses who, through their interfaith community connections, find people ready to help and able to assist when a need is identified. Parish nurses who facilitated these efforts: Debbie Oetinger, Edna Zent and Kathy Grimm and Sister Francis Madigan, LSW

We salute you for your efforts!!

Congratulations - Board of Directors!

Interfaith Health & Wellness Association recognizes the commitment of its’ Board of Directors, collectively and individually, as they nurtured its’ infancy and guide the development of a successful first year. These individuals are:

President— Mary Cleary

Vice-President -Dr. Theris Touhy

Treasurer- Abbi Bentz

Secretary- Gae Faraone

Members- Dr.Martha Alligood, Joan Ensink, Eloise Nenon, Sharlene Golden and Tom Bila

Moving into year two, IHWA is fortunate to welcome outstanding community leaders to its’ Board. These indi-

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October 2004

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Faith-based nursing practice roles:

- Health counselor
- Health educator
- Health advocate
- Referral liaison
- Developer of support groups
- Volunteer trainer
- Integrator of faith and health

Clip and Post: Exercise instead of Prescription!!!

According to the National Institute on Aging, "if exercise could be packed into a pill, it would be the single most widely prescribed, and beneficial, medicine in the nation."

Many times exercise is prescribed for disease improvement as well as prevention. Six common disease that respond to exercise are:

1. **Heart Disease.** The American Heart Association reports that physical inactivity is one of the risk factors for cardiovascular disease. Regular exercise can decrease blood pressure, cholesterol and obesity—resulting in a 40% less risk of dying of cardiovascular disease.
2. **Osteoporosis.** A disease that affects millions of postmenopausal women

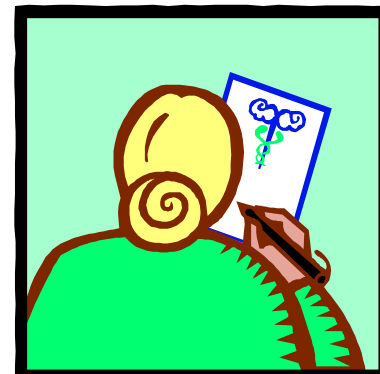
and elderly men. Both weight resistance and impact aerobic exercises assist in preventing bone loss.

3. **Diabetes.** Particularly low-impact walking, when done consistently, helps with blood glucose control.
4. **Arthritis.** Endurance, muscle strength, joint flexibility and range of motion exercises can lead to improvement of motion and reduction in pain.
5. **Backaches.** Orthopedic physicians support the concept that one of the most important factors in back/spine health is overall fitness and muscle tone. Cardiovascular fitness helps maintain the bone mass that is important to a healthy spine. Other key

areas are limber hamstrings and hip-flexor joints, and toned abdominal muscles.

6. **Depression.** This most common mental illness can be greatly reduced with consistent exercise. Exercise is sometimes called a natural "high." This is due to the affect of increased blood flow which appears to increase ones feelings of well-being, improve self-image and affect how stress is handled. This is an especially good, cost effective treatment for long, dull winters or the long rainy seasons.

Taken from: Oaks, Stephanie. "FitSmart." USA WEEKEND: March 5-7, 2004. P.11.



Faith-based nurses assist individuals so that they do not "fall through the cracks" of our healthcare system.

**Upcoming Events to attract nurses
Mark Your Calendar!!!**

**NEXT PARISH NURSE
CURRICULUM MODULES**

October 28, 2004:

Mind, Body, Spirit: Faith-based Nursing Roles AND Self-care

January 21, 2004:

Faith-based Nursing Practice Considerations (legal/ethical, documentation, prayer)

March 4, 2004:

Module #4: TBA

May 20, 2004:

Module #5 TBA

Times: 9:30 am—4:00 pm (5 contact hours)

Where: Oct 28th—Community Foundation

West Palm Beach, FL

Others— Florida Atlantic University

Boca Raton, FL

FREE LUNCHEON OPPORTUNITY

December 6, 2004

Networking Brown Bag Luncheon

Who: Parish nurses and others interested in parish nursing

*Where: St Peter's United Methodist Church
12200 West Forest Hill Blvd.
Wellington, Florida*

Time: 11:30 am—1:00 pm

Bring your lunch. Beverage provided.

*Wellness means attention to
the*

BODY

MIND

&

SPIRIT



Palm Beach County has three mosques: Boca Raton, Lake Worth and Belle Glade

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ON THE WEB
AT: IHWASSOC.ORG

RESOURCE CORNER:

Internet websites:

1. International Parish Nurse Resource Center— www.ipnrc.org
2. American Nurses Association—www.nursingworld.org
3. Florida Nurses Association—www.floridanurse.org/
4. Florida League for Nursing—www.thefln.org
5. Health Ministries Association—www.hmassoc.org
6. Hospice Foundation—www.hospicefoundation.org

Website informational resources:

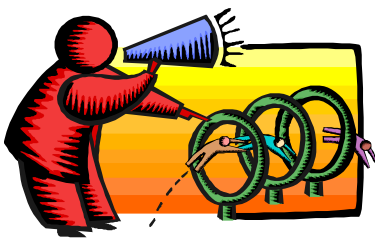
1. IPNRC eNotes—International Parish Nurse Resource Center's newsletter. Subscribe: email to: IPNRC@eden.edu
2. JCN (Journal of Christian Nurses) Parish Nurse literature www.intervarsity.org/ncf/jcn/ci/parishnsg.html
3. Healthy Steps - Simple program for Healthier Living. <http://www.pcusa.org/health/usa/healthinfo/index.htm>
4. Coping with Trauma and Loss—for congregations coping with natural disasters. - www.pcusa.org/health/usa
5. Congregational Caregiving Using Special Pets <http://www.pcusa.org/health/usa/careteams/petcareteams/index.htm>

Books:

1. Haugk, Kenneth. *Journey Through Grief* (four short books to send to grieving people at four significant times). St. Louis: Stephen Ministries, 2004. www.grief-books.org

Bookstores/publishers with spiritual and parish nurse literature:

1. www.eden.edu/bookstore—Eden Bookstore @ Eden Theological Seminary
2. www.paulistpress.com -Missionary Society of St. Paul
3. www.bakerbooks.com—Baker Book Publishers
4. www.avemariapress.com—Ave Marie Press
5. www.augsburgbooks.com—Augsburg Press



Striving to keep us together and moving forward.

(continued) IHWA's Board of Directors

viduals share our **vision** (consistent with that of the International Parish Nurse Resource Center—a nurse in every faith community) and **mission**:

the support and education of registered nurses who serve their congregations and communities by promoting care of the body, mind and spirit for healing and wellness.

Our new members include: Dr. William Adkins, physician retired; Dr. Susan Chase, Associate Professor at Florida Atlantic University and parish nurse educator; Dr. Kathleen Geib, Assistant Professor of Nursing at Palm Beach Atlantic University; and, Dr. Amgad Wahba, home health and parish nurse. Already the expanded board plans to: broaden the basic parish nurse preparation courses in south Florida, explore research on parish

nurse outcomes, continue assisting congregations develop and start a nursing practice, begin fundraising for organizational sustainability, and market the benefits of faith community nursing to the public. The upcoming year promises to be exciting and challenging.

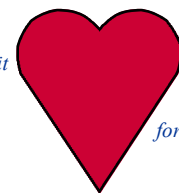
Faith-based nursing means true

CARING !

Body

Mind

Spirit



for

Healing & Wellness