

Congregational Nurse and Health Ministry Newsletter

May 2009

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Swine Flu- H1N1 Flu- What's a Nurse to do?

Are you being bombarded by questions and concerns about the Swine Flu? According to the Centers for Disease Control and Prevention (CDC) as of May 12, 2009 there were 11 confirmed cases in NC. The CDC website provides information that is reliable and easy to understand. Take a look or refer your congregation members to www.cdc.gov/h1n1flu We are a global society. People are traveling by plane, train, bus and more in a matter of hours. It's no wonder that viruses and other illnesses spread so quickly. The Swine Flu virus is NOT spread by eating or (con't. pg 2)

Message from the Director

May has always been a special month for me. Nurses Day and Mother's Day fall in May. Florence Nightingale has been an inspiration for almost all of my 36 years in nursing. As you all are aware, her work changed the course of the Crimean War. The power of **one nurse with a vision** saved more lives with sanitation, fresh air, good nutrition and kept the statistics to prove it- how powerful is that?!

What inspired you to enter into the field of nursing? Was it those Sue Barton or Cherry Ames books you may have read as a young person? Was it a mom, aunt, neighbor or other nurse who brought home wonderful stories of taking care of sick folks? Remember to thank that special person/s who may have been a mentor along your journey to where you are today. You never know when you have been the little flame to excite someone about a career in nursing.

We have made some very exciting progress lately. Please take the opportunity to look at The Shepherd's Center website at www.shepherdscenter.org. The Congregational Nurse Program now has a link. Mark this site as a 'favorite' for your use. There is a list of approved websites as well as copies of past newsletters and other useful information. I'd love to hear from you with any feedback or suggestions for this site.

Blessings to you,

Laura



of Greater Winston-Salem

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Swine Flu, con't from page 1

preparing pork. It is spread like other flu viruses- person to person through coughing and sneezing. Currently there is no vaccine for prevention. As nurses we know that good hand washing is the 1st line of defense for prevention and control of many illnesses. Covering noses/mouths when coughing and sneezing and disposing of any used tissues will help as well. People who are experiencing symptoms should remain at home for 7 days or until symptom free for at least 24 hours. Studies have shown that the virus can live on environmental surfaces for 2-8 hours after contamination. Be thinking about phones, keyboards, doorknobs, TV remotes, eating utensils. Household disinfectants, laundry soaps, dryers on hot settings, and dishwashers or hand washing in hot water are good deterrents to spreading the virus.



June 9th Meeting-Health Literacy

Submitted by Amy Six-Means



Does this sound familiar? You're in church one evening for an event and you are talking with a member of your congregation about their cholesterol, which you have talked about in the past with them. They tell you they are now on Lithium to lower their cholesterol. You know that Lithium is not used for this; it is often used for treating bipolar disorder. You wonder how they could have gotten so confused about this medication when they are used for such different things and don't sound that similar. This might be an example of "low health literacy". Health literacy?? Isn't this just another way of saying "literacy"? To find out more about the intersection of literacy within the health care decision-making process and how it impacts your church members, join us on Tuesday, June 9th at 6pm at The Shepherd's Center, 1700 Ebert St., Winston-Salem.

Amy Six-Means, BA, MLIS- the consumer health librarian at the Hanesbrand Health Learning Center in the Sara Lee Center for Women's Health will be presenting **Health Literacy: Meeting all the Health Needs of your Congregations**. Working with the public to help them access evidenced-based information will help empower them to make the best medical and treatment decisions possible. Amy has a special interest in health literacy and has conducted several workshops for health professionals on this topic.

One continuing education contact hour will be awarded.

Blood Pressure Cuffs



Did you know that the Health Ministries Association (HMA) has BP cuffs at a deep discount for members? Cuff sizes are Child, Adult, and Large Adult and can be purchased for \$22.00 each. The navy blue cuffs are latex-free, nylon (easy to clean), hand held, and mercury-free with a carrying case. You do need your membership number to order at the discount. If you are not a member, Laura Rapp will be happy to help order for you or your congregation.

Visit the HMA website at www.hmassoc.org and click on Member and Benefits for the order form and more information.



August 11th Nurse Network Meeting

Preparing for the Geriatric Mental Health Tsunami: The GO Program, a New Model of Geriatric Mental Healthcare.

Presented by Melissa Smith and Karen Beard-Byrd, NP. Melissa and Karen work for Wake Forest University School of Medicine, Department of Psychiatry and Behavioral Medicine.

Monthly Health Observances

Monthly health observances are one way to inform your congregation about a health topic or issue. Visit www.healthfinder.gov for all the national health observances for 2009. The power of evidenced-based information and helping people find reliable websites and other resources when they have health related questions is a key role of a congregational nurse.

May 6-12th was National Nurses Week. **May** is also the month for **Mental Health, Older Americans, and Osteoporosis** to name a few. Get set for **June** observances such as: **Home Safety, Sun Safety, and Men's Health**. These ideas and organizations might help you think about bulletin board displays, newsletter articles for church bulletins, or other activities to raise health awareness.



Health Fairs and other Events

- **Mt. Zion Baptist Church**, 950 File St, Winston-Salem is hosting a free **kidney screening on May 16th from 10am-5pm**. Registration is required- (704) 737-9291.
- **Aging is a Family Affair**- an Information Session about Services for Older Adults will be held on Sunday, **May 17 from 3-5pm** at **Friedland Moravian Church**, 2750 Friedland Church Rd, Winston-Salem. Speakers will represent geriatric care management, legal issues and home health.
- **Powerful Tools for Caregivers** will be presented in 3 separate venues. This workshop is designed for those caring for friends or relatives living with chronic illnesses. Contact Linda Lewis at The Shepherd's Center for dates, locations and to register. (336) 748-0217.
- "At the Hop" is this year's theme for the **Spring Fling 2009 Health and Wellness Expo** to be held **May 19, 2009 from 9am-2pm** at the Dixie Classic Fair Educational Building. The event will include live entertainment, 60+ exhibitors, free health screenings, bingo, games, door prizes, and more! For more info contact the Northwest Piedmont Area Agency on Aging at 761-2111.
- National Older Americans Month- "Young at Heart" **Health and Fitness Fair** will be held **May 20, 2009 at 10am**. Sponsoring agencies are The Winston-Salem Urban League, The Shepherd's Center, and AARP. The location is 201 5th Street, Winston-Salem.

Save these dates!

Kidney Screening- Mt Zion Baptist Church	May 16
Aging is a Family Affair- Friedland Moravian Church	May 17
Spring Fling- Dixie Classic Fairgrounds	May 19
Young at Heart Health & Fitness Fair- Urban League	May 20
CN Network Meeting- The Shepherd's Center	June 9
CN Network Meeting- The Shepherd's Center	August 11

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