

INTERNATIONAL PARISH NURSE RESOURCE CENTER
RESOURCE CATALOG
January 2012



1210 Peabody Avenue
Memphis, Tennessee 38104
901.261.8850 (phone) • 901.543.0617 (fax)
www.parishnurses.org

ABOUT THE IPNRC

Parish Nurse, Nurse in the Church, Health Minister, Crescent Nurse, Congregational Nurse – These terms are used by nurses that function under the American Nurses Association’s Scope & Standards for Faith Community Nursing. The difference between these nurses is the denomination or faith tradition through which they function. The commonality is the belief that spirituality is an essential element of health. All believe that in any health situation, spirituality must be purposely nurtured using the belief structure and rituals of the individual’s faith, culture, and country. Since 1986, the IPNRC has worked with nurses and communities as they explore ways to incorporate parish nursing into their faith tradition. Those wishing to implement a parish nurse ministry can contact staff for consultation, education, exchange of ideas, and support.

The IPNRC also supports the World Forum of Parish Nursing which connects parish nurses and health ministers around the globe. In 2009, twenty-three countries have initiated or expanded wholistic health programs in many different faiths and cultures.

IPNRC Mission Statement

The International Parish Nurse Resource Center foster physical, emotional, spiritual, and social harmony leading to healthy and healing relationships with God, family, faith communities, culture, and creation. The mission is accomplished through support of quality parish nurse ministries, and in the United States and abroad, through education, consultation, and research to support the growth and development of parish nursing.

Contact Information:

IPNRC

A Ministry of the Church Health Center

1210 Peabody Avenue

Memphis, TN 38104

901.261.8850 Phone

901.543.0617 Fax

www.parishnurses.org

Activities Supported by the International Parish Nurse Resource Center

The Annual Westberg Parish Nurse Symposium

A gathering of parish nurses from around the world to foster the philosophy of parish nursing, educate nurses and health ministers about the various aspects of parish nursing, and offer spiritual renewal to all who function in a health ministry role. It was first held in 1986 and has consistently offered a place where parish nurses can congregate to network and share various aspects of this nursing profession and specialty. Partly supported by the Westberg Family, it continues to encourage education, research, and spiritual growth. The event is held each September. For more information contact the IPNRC at 901.261.8850 or visit the website www.parishnurses.org.

Educational Offerings

The IPNRC has developed several courses of education for parish nurses with the assistance of parish nurses and educators from across the country. Each course is periodically reviewed to maintain up-to-date material and relevancy. Each module in the various curriculums also has core competencies that:

- Describe fundamental knowledge, skills, and behaviors expected of an entry level parish nurse
- Serve as guidelines for educators, students, parish nurses, congregants, and employers
- Constitute the basic requisites for successful completion of the basic educational program.

Foundations of Faith Community Nursing Curriculum

- Developed to answer the need for core parish nurse content

Faith Community Nursing Coordinator Curriculum

- Provides material to help the nurse who supervises programs, works with institutions, agencies, and various faith communities

Faith Community Nursing Faculty Curriculum

- Designed to prepare parish nurses wishing to teach others the Basic Prep Course

Educator's Event for Faculty

- Provides an opportunity for the further education and networking of Educational Partners

Join Us and Become a Friend of the Center Today!

A *Friend of the Center (FOC)* is someone who supports health ministry in the name and spirit of the International Parish Nurse Resource Center (IPNRC) and Rev. Dr. Granger Westberg, the father of modern health ministry. A Friend of the Center is also interested in the development and expansion of local and global Parish Nurse Ministry.

Being an FOC provides support to the IPNRC for the creation and development of tools and resources that can enhance Parish Nurse Practice. Throughout the year, the IPNRC investigates and produces materials for parish nurses by listening to the needs of parish nurses and collaborating with experts in the various topics selected. Some of those materials are available only through an FOC subscription.

FOC subscription is \$45 a year and provides a variety of benefits that support parish nurse practice. A 12 month subscription includes the following:

- A subscription to *Parish Nurse Perspectives* – the only international periodical for parish nurses which is published quarterly on-line
- A specially designed FOC logo for letterhead, business cards, and other items in a parish nurse/health ministry practice
- A gift certificate for use at the Westberg Symposium's IPNRC booth
- Downloadable health education flyers specifically developed for health ministries

NEW BENEFITS!

- A subscription to The Journal of Christian Nursing (on-line) at the reduced rate of \$25
- A 40% discount on the book *Nurse: Past, Present and Future, The Making of Modern Nursing*, from Black Dog Publications, London, UK – chronicles the history and future of nursing
- A 22% discount on the book *Care Enough to Know: Keep Your Parents Safe* by Emily Butler-Morton – discusses the issues that arise with the relocation of parents to a new residence

Subscriptions are also available at Congregational, Network, and Institutional levels. The benefits are as follows:

- Congregational Subscription - \$125; up to 10 passwords to access the on-line materials
- Network Subscription - \$250; up to 25 passwords to access the on-line materials
- Institutional Subscription - \$1000; up to 50 passwords to access the on-line materials

Consider supporting parish nurse development by becoming a Friend of the Center or renewing your subscription. Download and mail the [Friend of the Center](#) form or complete the on-line form (www.parishnurses.org/MembershipSignup) by entering the requested information through the secured application page. Once the subscription is processed you will be asked to select a username and password to obtain access to the "members only" section of our website. There you can view and download current and archived issues of *Parish Nurse Perspectives* as well as quarterly health flyers for use in your faith community. As your renewal date approaches, you will be prompted to renew your subscription.

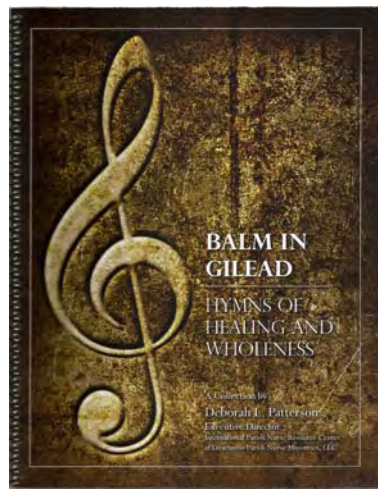
Thank you for promoting the vision of Granger Westberg and supporting the work of the IPNRC.



Alphabet Appetite

Church Health Center, 2011
 Memphis, TN
 \$30.00 for Book (includes shipping)

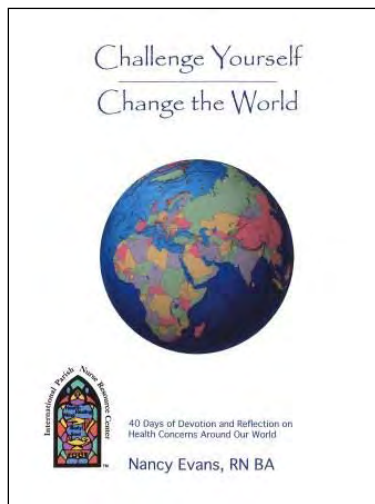
This faith-based, healthy living curriculum teaches children ages 2-5 years about healthy eating. It is designed to be used in churches, classrooms and other community groups as a way to introduce children to healthy foods. The curriculum is divided into 26 teaching units-one for each letter of the alphabet. Each unit contains two parts: The “Teacher Tip Sheet” on how to prepare for and teach each unit, and the “Take Home Sheet” for the children that allows them to carry home the good news of healthy eating.



Balm in Gilead: Hymns of Healing and Wholeness

Deborah Patterson
 IPNRC: St. Louis, MO, 2010
 \$25.00 for Book (includes shipping)

A compilation of stories about the origins of 60 hymns related to healing and wholeness. It is divided into two sections, Historical Hymns and Modern Songs. Historical Hymns describes the inspiration for songs written before 1900. Modern Songs provides original tune and lyrics by Rev. Dr. Deborah L. Patterson, former Executive Director of the IPNRC. This collection is a wonderful reference for musical choices that can be used in healing services or as devotional material related to healing and wholeness.

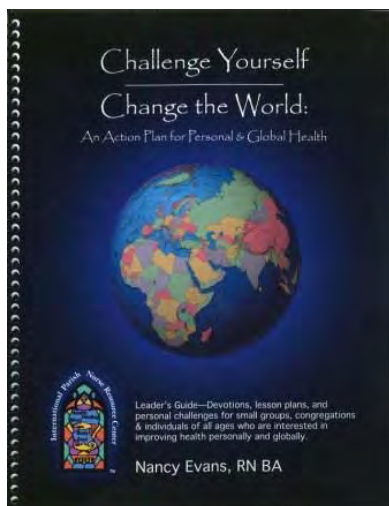


Challenge Yourself - Change the World: Individual Devotional

\$5.00 Devotion and Reflection for 40 Days

The individual devotional has one page devotions designed for the 40 days of Lent. They can easily be used any time of year for individuals or group/class settings.

- Each day has a scripture reference, a story of a health need/mission somewhere around the globe.
- Each day has questions for personal or small group reflection to initiate thoughts how an individual or group can impact the world.



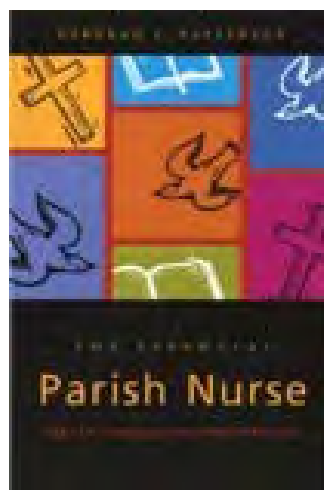
Challenge Yourself – Change the World

\$35.00 Leader's Guide

This program combines 40 days of devotion with a healthy lifestyle program, service project options, and PowerPoint presentations for healthy eating.

The leader's guide includes everything you need for a class or small group setting.

- A 40 day devotional with questions for reflection/small group discussion
- Instructions for a wellness program and a service project – participants earn points/raise money for changing behaviors then donate to a mission or local charity
- Three PowerPoint lessons – healthy breakfasts, new parents, and general lifestyle changes for better health – included on a CD



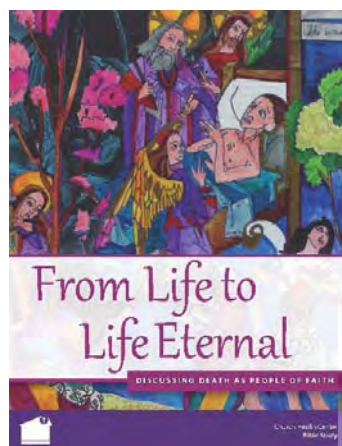
The Essential Parish Nurse: ABCs for Congregational Health Ministry

Deborah Patterson, The Pilgrim Press, 2003

ISBN: 9780829815719

\$18.00 (includes shipping)

A practical and useful resource for churches that are interested in developing a parish nurse program. Covering a broad range, it discusses the need for such a ministry, a brief history of parish nursing, the role of the parish nurse, and other details of interest to those wishing to establish a parish nurse program. This valuable guide includes an appendix with sample materials needed to start a parish nursing ministry.



From Life to Life Eternal

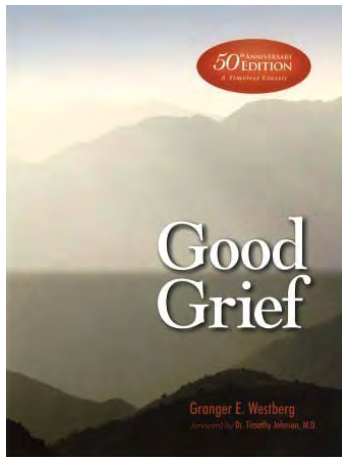
Discussing Death as People of Faith

Church Health Center, 2011

Memphis, TN

\$10.00 (includes shipping)

This Bible study is designed to help congregations discuss end-of-life issues. It provides biblically-based reflections on practical issues that many of us face at the end of our lives, such as grief and loss, funeral planning, and legal preparations. This Bible study may be used for individual reflection, small group discussions and as a starting point for a sermon or class. Each unit includes an opening prayer, Biblical reflection, discussion questions, suggestions for leaders and a “Further Reading” section.



Good Grief – 50th Anniversary Edition, A Timeless Classic

Granger E. Westberg, Augsburg Fortress, 2011

ISBN: 9780800697815

\$5.00 (includes shipping)

For fifty years Good Grief has helped millions of readers find comfort and rediscover hope after loss. Today this classic text continues to offer helpful insights on the emotional and physical responses persons may experience during the natural process of grieving. Good Grief identifies ten stages of grief: shock, emotion, depression, physical distress, panic, guilt, anger, resistance, hope, and acceptance but, recognizing that grief is complex and deeply personal, defines no right way to grieve. Whether grieving the death of a loved one, the end of a marriage, the loss of a job, or other difficult life changes.



Granger Westberg Verbatim: A Vision for Faith & Health

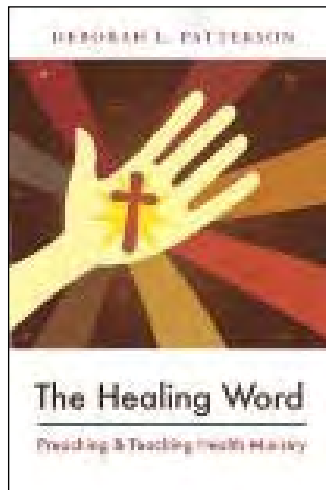
William M. Peterson, Editor

Reprinted by the IPRNC with Permission, 2002

ISBN: 0972361413

\$15.00 (includes shipping)

A collection of thoughts, essays, and sermons from Granger Westberg center on the concepts and perceptions of health, healthcare, and wholeness. He shares his belief that stress and grief greatly impact illness and that all churches need to be involved in the health of their members. Though written over two decades ago, his thoughts and visions are still pertinent today.



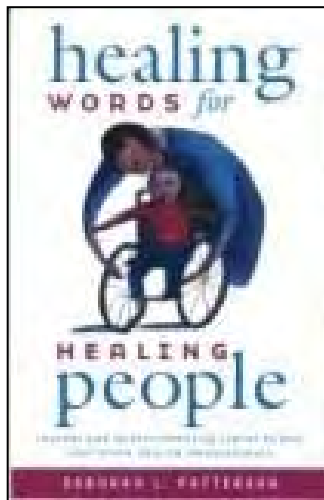
The Healing Word: Preaching & Teaching Health Ministry

Deborah Patterson, The Pilgrim Press, 2009

ISBN: 9780829818499

\$16.00 (includes shipping)

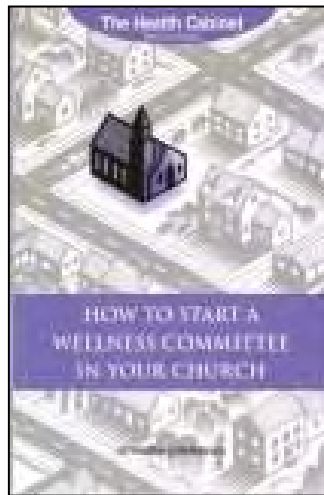
A practical and much needed resource for parish nurses and ministers searching for new ways to approach the subject of healthcare from a viewpoint that integrates spirituality and well-being. Patterson's years of healthcare and ministry experience, both home and abroad, highlight her insightful views on how parish nurses and church leaders can connect with one another and work together in the vast healthcare arena in order to supplement their professional and spiritual knowledge and bring it to their patients and congregations.



Healing Words for Healing People: Prayers and Meditations for Parish Nurses and Other Health Professionals

Deborah Patterson, The Pilgrim Press, 2005
ISBN: 0829816739
\$12.00 (includes shipping)

Doctors, nurses and clergy are among the "healing people" who work with those in pain. These prayers and meditations are written for the healing places where these healers find themselves - in hospitals, homes, congregations, and the community.



The Health Cabinet: How to Start a Wellness Committee in Your Church

Jill Westberg McNamara, IPNRC, 2002
ISBN: 0972361405
\$14.00 (includes shipping)

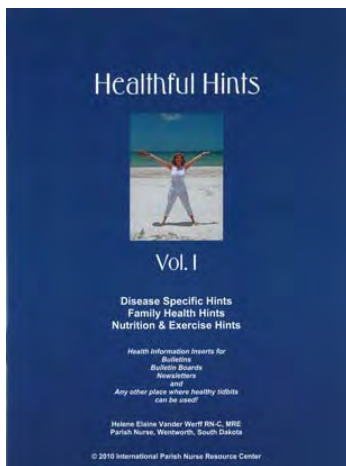
This book is the "gold standard" for starting a health cabinet in your congregation to support and direct a parish nursing ministry.



Health Ministries: A Primer for Clergy and Congregations

Deborah Patterson, The Pilgrim Press, 2008
ISBN: 9780829817911
\$10.00 (includes shipping)

Unique questions and concerns clergy have about starting and maintaining a health ministry program within their congregations. Contains compiled stories and experiences of parish nurses from within the U.S. and around the world and in an interesting, accessible format. This book will appeal to clergy and convince them to introduce this much-needed ministry to their congregation.

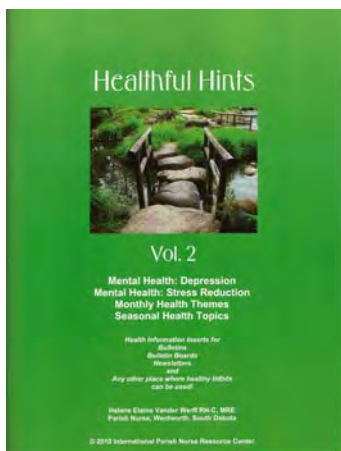


Healthful Hints, Volume 1

IPNRC: St. Louis, MO

\$25.00 for Book (includes shipping) **Now Reduced \$12.50**

A compilation of 130 paragraphs that focus on information related to specific diseases, family health, nutrition, and exercise for all ages. Written specifically for situations when a brief piece of information is needed such as a bulletin board, Sunday bulletin blurb, poster, inserts into newsletters, or the bathroom mirror. Written by Helene Elaine Vander Werff RN, Faith Community Nurse in Wentworth, SD. See the Appendix for a sample of the text.

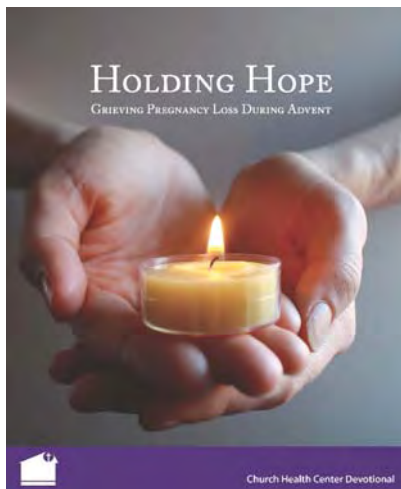


Healthful Hints, Volume 2

IPNRC: St. Louis, MO

\$25.00 for Book (includes shipping) **Now Reduced \$12.50**

As a companion piece to Vol. 1, these 130 health tips are paragraphs that focus on mental health – depression, mental illness – stress reduction, monthly health themes, and seasonal health topics. They were written specifically for situations when a brief piece of information is needed such as a bulletin board, Sunday bulletin blurb, poster, inserts into newsletters, or the bathroom mirror. Written by Helene Elaine Vander Werff RN, Faith Community Nurse in Wentworth, SD.



Holding Hope

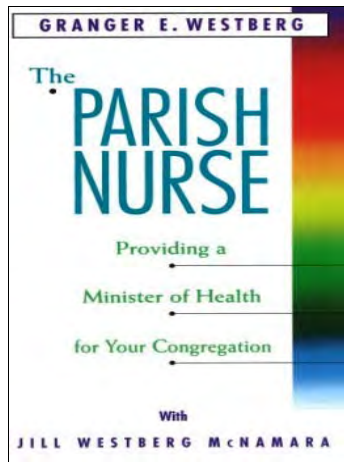
Grieving Pregnancy Loss During Advent

Church Health Center, 2011

Memphis, TN

\$5.00 (includes shipping)

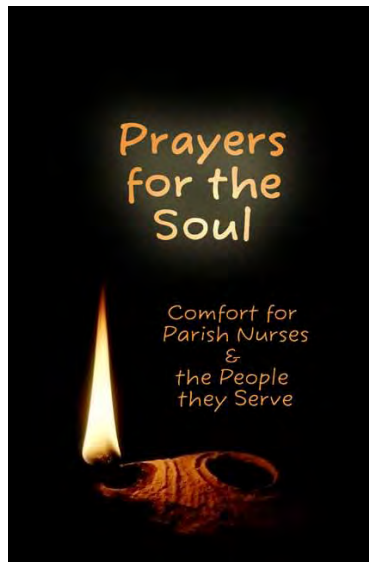
A four-week Advent devotional for all those suffering from pregnancy loss. It is intended to be used by anyone who is grieving the loss of a child or children due to miscarriage, stillbirth, or other complications of premature births. These experiences do not happen in isolation. Friends, family, clergy and medical professionals can offer support to people who are grieving. *Holding Hope* is a unique devotional that walks with you through the grief of pregnancy loss.



The Parish Nurse: Providing a Minister of Health for Your Congregation

Granger Westberg, Jill Westberg McNamara
 Augsburg Fortress, 1990
 ISBN: 9780806624587
 \$9.00 (includes shipping)

Although this book is 15 years old, it remains a classic for outlining the theory and development of parish nursing. Granger Westberg presents how congregations can provide a wholistic ministry to their members by adding nurses to congregations' staffs as ministers of health on a part- or full-time basis. In this way, congregations can increase their role in keeping people spiritually and physically healthy and give leadership in the field of preventive medicine. Parish nurses serve as health educators, health counselors, volunteer trainers, and support group organizers and have been well received by clergy and church members.



Prayers for the Soul: Comfort for Parish Nurses & the People they Serve

IPNRC: St. Louis, MO
 \$7.50 for Book (includes shipping)

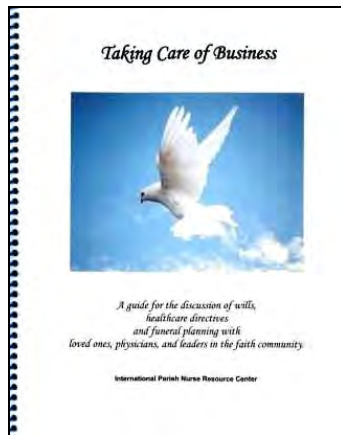
This book is a compilation of prayers and words of inspiration from Parish Nurses around the globe and notable persons of faith from the past. Selections in this booklet have been divided into categories that address Guidance & Wisdom, Praise & Blessings, Strength, Care & Support, and Hope & Healing. It is the perfect source of encouragement for parish nurses or strength for individuals and families dealing with challenges. If you are looking for a gift for yourself, other individuals, or members of your staff, this booklet carries a strong message of comfort, support, and inspiration. Released February 2011



Seasons of Wholeness Volume VI

\$50.00 for Book/CD Combination (includes shipping)
 Now Reduced \$25.00

The latest edition of health articles includes 24 months of health information organized topically with one newsletter, four bulletin blurbs, websites for additional information on the topic, and numerous ideas for worship/education/service projects. It is available in either book or CD form. The CD allows you to copy and paste the articles as well as use the hyperlinks to the websites.



Taking Care of Business: A Guide for the Discussion of Wills, Healthcare Directives, and Funeral Planning

\$25.00 for Book (includes shipping) **Now Reduced \$12.50**

End of life issues have often been relegated to a quick family discussion at the time of death. This curriculum presents the topic to all ages and encourages thoughtful consideration of wishes for healthcare before any decision is needed. This user-friendly volume provides information on the implementation of five class sessions as well as the lesson plans, speaker ideas, handouts, and additional resources to facilitate the discussion of healthcare decisions and funeral planning. Get your faith community to consider their wishes for healthcare prior to an emergency by Taking Care of Business.



Walk & Talk

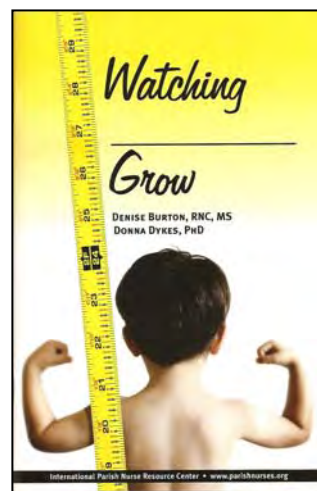
Walking Together with Scripture

Church Health Center, 2011

Memphis, TN

\$10.00 (includes shipping)

Walk & Talk is a year-long walking Bible study and devotional that is specifically designed to be used while you walk with a friend, with a member of your congregation, or by yourself. Each month has a different theme and provides 4 devotions on that theme. The primary objective of *Walk & Talk* is to help communities incorporate healthy habits into their lives of faith through physical movement and spiritual enrichment.



Watching Your Baby Grow

IPNRC: St. Louis, MO

\$10.00 each for 1-9 books (includes shipping)

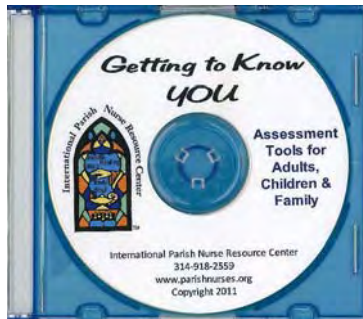
\$ 9.00 each for 10-19 books

\$ 8.00 each for 20 or more books

This unique book is both a resource and a baby book. It provides information on both the physical and spiritual development of a child. Features include:

- A cover to be personalized with the child's name
- Developmental traits for various age stages
- Tips for encouraging spiritual growth
- Space for instructions from the doctor visits
- Questions that capture the child behaviors
- Charts for physical growth patterns & immunizations
- A phone list for doctors, dentist, church, etc.

Released September 2010



Getting to Know You: Assessment Tools for Adults, Children, and Families (CD)

IPNRC: St. Louis, MO

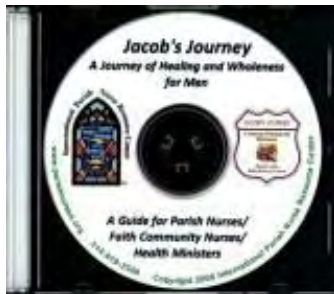
\$25.00 for CD (includes shipping)

This CD contains a booklet of 22 checklists designed to assist the parish nurse when teaching a client/family about health concerns or of safety issues. It is organized into three sections that focus on adults, children, and families. Topics for some of the worksheets include: Adults – ADL's, Sadness/Depression?, visits to the Doctor, home safety, medications, nutrition/diets, spiritual assessment; for children – childproofing homes, finding childcare, leaving a child alone, spiritual assessments for various ages, depression, and child abuse; for families – learning about each other, vaccinations, and health history. Each checklist is reproducible for those who purchase a copy of the CD for use with their clients. Released July 2011

Jacob's Journey (CD)

IPNRC: St. Louis, MO

\$35.00 (includes shipping)

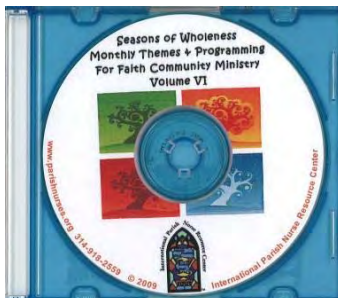


Jacob's Journey is an eight-week wellness program for men living with or seeking to prevent hypertension, developed by the IPNRC. Based on the Biblical story of Jacob, this program is not meant to take the place of treatment by a physician; rather, it offers additional help in making desirable lifestyle changes. Lesson plans and other material teach changes such as walking and/or adding other exercise on a daily basis, dietary changes, and assistance with finding new ways to reduce the impact of stress on one's life, through prayer and other interventions. Released March 2009

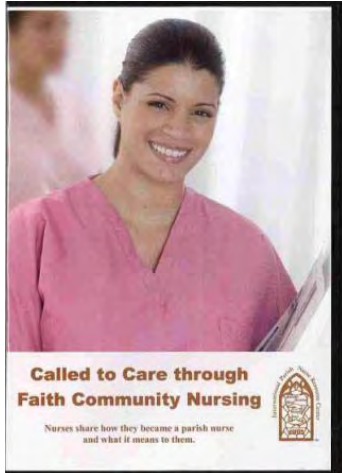
Seasons of Wholeness: Volume 6

\$50.00 for Book/CD Combination (includes shipping)

Now Reduced \$25.00



The latest edition of health articles includes 24 months of health information organized topically with one newsletter, four bulletin blurbs, websites for additional information on the topic, and numerous ideas for worship/education/service projects. It is available in either CD or book form (see below). The CD allows you to copy and paste the articles as well as use the hyperlinks to the websites.

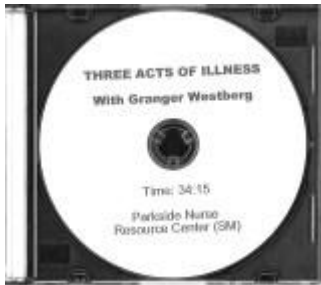


Called to Care through Faith Community Nursing (DVD)

IPNRC: St. Louis, MO, December 2007

\$23.00 (includes shipping)

This ten-minute video is designed to encourage registered nurses to become actively involved in this growing specialty practice. The video introduces several faith community nurses who are among the more than ten thousand health professionals working in this specialty practice across the United States and around the world. Their personal journey into faith community, or parish nursing, is an inspiration to anyone with a passion for helping others.



Granger Westberg: The Three Acts of Illness (DVD)

\$12.00 (includes shipping)

This 34-minute classic DVD features Rev. Dr. Granger Westberg discussing Western medicine's emphasis on tertiary care and promoting the investment in health promotion. Created for use in parish nurse continuing education settings and adult education classes.



Wayne Muller, 2007 Westberg Keynote Speaker (DVD)

\$25.00 (includes shipping)

Wayne Muller's goal is to help people discover the rhythm between action and rest.

Called to Action: Strengthening Ministries of Healing

Segment 1: Finding Rest, Renewal & Delight in our Busy Lives, Part 1

Segment 2: Finding Rest, Renewal & Delight in our Busy Lives, Part 2

Segment 3: Finding Sabbath: The Way We Live



Exploration & Implementation Packet for Parish Nursing

Release: August 2010

IPNRC: St. Louis, MO

\$15.00 for Materials (includes shipping)

This set of reproducible handouts provides an overview for faith communities and nurses interested in the exploration and implementation of parish nursing in their community. These materials do not replace education for the parish nurse but will assist a committee or a task force address issues surrounding this specialty practice.

Program Evaluation

Online Program Survey produces a report to a church/institution with tabulated evaluations and individual comments.

Program Evaluation

Release: September 2010

Are you looking for a way to evaluate the impact of your parish nurse program? An on-line survey is now available through the IPNRC that can be provided to church members or members of multiple churches in a network/institutional program. The purpose of the survey is to determine the use, benefit and impact of your health ministry program. Access to the survey will be provided to members either online or by a paper copy. The results, presented in a formal report to the church or institution, will provide information about the effectiveness of the program. Cost of this resource will be determined by the size of the congregation or the number of churches in a network. For more information contact [Andy West](#), Director of Curriculum and Research.

Items for Client Tools, Gifts, Retreats, Commissioning Services & Client Support



Blood Pressure Cards

\$15.00 per pack (includes shipping)

Blood pressure cards are sold in sets of 50 for use at B/P screenings or individual visits. These cards create a cumulative record of blood pressure readings for the client and can be shared with physicians for better surveillance of the client's health status. These are tri-fold cards that fit in your wallet for safe keeping.



Dove and Cross Pin

\$8.00 each

This pin is available to anyone, whether a Basic Prep Course has been completed or not. It is hexagon in shape, 3/4" in size, trimmed in gold, and has the words 'Parish Nurse' in black. Individuals, churches, or networks have ordered this item to recognize their health ministers.



Parish Nurse Note Cards

\$5.00 per pack

These note cards are the right size to write a quick note to a parishioner, use as invitations to health classes, or write thank you notes to speakers, volunteers, or others involved in the parish nurse program. The logo is the Friend of the Center.

Each pack includes ten note cards (five light pink and five blue) with envelopes. Each card measures 5 1/2" x 4 1/4".



IPNRC Ornament – 25th Anniversary

\$7.00 each

This beautiful clear acrylic ornament celebrates 25 years of parish nursing. Each ornament will come individually in an organza bag for protection and easy gift giving.

EDUCATOR ITEMS

The Items listed below can only be ordered by IPNRC Educators.

They are items to be used with Basic Prep classes and the nurses who have completed those courses.

Class Certificates

\$1.50 each

To be given to those who have completed the Basic Prep Class.

Coordinator Pin

\$5.00 each

To be given to those who have completed the Coordinator Preparation Curriculum

Curriculum Tabs for Basic Prep Student Handbooks

\$12.00 per set

Dividers for use with the Student Manual for Basic Prep

Stained Glass Pin w/Parish Nurse Lavalier

Stained Glass Pin w/Faith Community Nurse Lavalier

Stained Glass Pin w/Congregational Nurse Lavalier

\$18.00 each

For the commissioning of any nurse who completes the Basic Prep Course. Choose the title that is appropriate for the nurse in your network.

See the following pages for samples of some of our resources

APPENDIX

Healthful Hints Vol. 1

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| # 9 – Make Your Heart a Priority | |
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| #25 – Signs of Dementia | |
| #26 – More Signs of Dementia | |
| #27 – Diabetes | |
| #28 – The Difference between Cold and Flu | |
| #29 – Preventing the Flu..... | |
| #30 – First Aid Kit | |
| #31 – Children Can Become Ill from Using Hand Sanitizers..... | |
| #32 – Bike Safety for Children | |
| #33 – Use of DEET for Small Children | |
| #34 – What is Heartburn?..... | |
| #35 – What is Osteoporosis?..... | |
| #36 – Prevent Obesity | |
| #37 – Eating Disorders | |
| #38 – West Nile Virus | |
| #39 – Hypothermia and Frostbite | |
| #40 – Using Methamphetamines | |
| #41 – Stop Smoking! | |
| #42 – Staying Healthy through Gardening..... | |

NUTRITION & EXERCISE HINTS

1 – OUR BODIES ARE GOD’S TEMPLES

We must remember we are whole people—our bodies are temples created by God. If any part is out of balance, our whole being is affected. To be well is to be in balance with God in every aspect of our lives. It is like walking on a tightrope without a net below us. The bar we hold helps us stay balanced. How do you breathe in the midst of walking that tight rope? How do you breathe in the midst of crises, loss, grief, anxiety, and sickness? What we need help with is learning how to breathe in the breath of God every day. God gave us breath—He breathed life into Adam. Sin knocks the wind out of us. God puts the breath back into us through resurrection. Wellness is to be in balance with God in every aspect of our lives.

2 – ENJOY THE MOMENT

God gave us all the gift of a wonderful body (a temple of the Holy Spirit) and it is our responsibility to care for our body throughout our whole life. Our emotional health is part of the foundation for temple building. God wants you to care for yourself and to treat yourself with love and respect. God has made you as a beautiful creation and loves you beyond comprehension. Often our days are filled with experiences that steal away our mindfulness of this great truth. Reflect back on a typical day. What past and future worries keep replaying in your mind? What can you do to remind yourself to be conscious and deliberate about enjoying the moment? Say a prayer of thanksgiving for the blessings in your life.

3 – HONOR GOD

“Do you know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore, glorify God in your body.” (I Corinthians 6:19-20) When you look into the mirror, do you like the person you see? Do you see yourself as a beautiful temple of God? Do you see yourself as a person of great value and worth? Do you respect yourself? Do you love yourself as God loves you? If you are emotionally healthy, you would say a loud “yes” to all of these questions.

4 – FINDING DAILY BALANCE

Each day we need to find balance in all we do so our temples (our bodies) will remain strong and healthy. It is our responsibility to find balance in each day. Take a few minutes to think about the following areas in which you need to find balance each day.

1. Exercise—rest. 2. Work—play. 3. Being alone—being with others. 4. Living by love—living by fear/hate. 5. Caring for self—caring for others. 6. Being positive—being negative. 7. Sleep and rest—being awake and active. 8. Calories in—calories burned. How would you rate yourself in each of these areas? If you noted that you are out of balance in some of these areas, what steps could you take this week to bring back the balance?

MAKE THE MOST OF YOUR DOCTOR VISIT

FOR THE BEST OUTCOMES, BE PREPARED FOR A VISIT TO THE PHYSICIAN. ASK WHY THE APPOINTMENT WAS SCHEDULED, AND WHAT IS EXPECTED AS THE RESULT? SUCCESSFUL TREATMENT OF A PROBLEM WILL DEPEND ON ONE'S ABILITY TO EXPRESS HIS/HER CONCERNS AND WHETHER THE DOCTOR'S INSTRUCTIONS ARE UNDERSTOOD AND FOLLOWED. IF ADDITIONAL INFORMATION IS NEEDED FOR UNANSWERED QUESTIONS, CONTACT THE PHYSICIAN'S OFFICE OR CALL THE PARISH NURSE.

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| BEFORE YOUR VISIT |
| Write down the main reason for seeing the doctor. |
| List any symptoms (old or new) that you are experiencing. When did they start? How long have you had them? Is there a connection between new symptoms and any activity/food/stress/life situation? |
| Make a list of any questions you have for your physician/nurse practitioner. |
| Make a list of all medications, vitamins, supplements, and over-the-counter medicines that you take along with dosages and frequency of their use. |
| Gather your insurance, Medicaid, and Medicare cards for your visit. |
| Ask someone to go with you if you need help listening and interpreting the doctor. |
| Make arrangements for transportation if you need assistance getting to the appointment. |
| DURING THE VISIT |
| Share your list of questions with the physician. |
| Ask questions if you don't understand what the doctor is saying. |
| Ask for printed materials to help you understand your diagnosis or the doctor's instructions. |
| Ask for clarification if you are uncomfortable with the treatment that is prescribed: Are there other treatment options you might consider? If this is a lifestyle change, where can you get support to successfully make the change? |
| Ask for explanations if tests are ordered: What will the tests tell the doctor? How will you need to prepare for the tests? How soon do you need to complete them? |
| Ask for information about any medication that is ordered: What will it do/how will it help you? How long will you need to take it? When should you see results? What does the prescription cost? Inform the office if you are unable to buy what it ordered. |
| Clarify when you should see an improvement in your condition. |
| Get a timeframe for a return appointment. |
| AFTER THE VISIT |
| Review the doctor's instructions. Do they make sense to you? |
| Track any change or improvement in your symptoms to determine the effectiveness of the treatment. |
| Call the office to clarify instructions if needed. |

Material adapted from the California Office of Patient Advocate at www.opa.ca.gov/healthcare.



Church Health Center Resource Order Form

To order resources, simply complete this form.
Return the order form by fax, email or mail to:

Fax: 901-543-0617
Email: curriculum@churchhealthcenter.org
Mail: Church Health Center
Attn: Leslie Harrison
1210 Peabody Avenue
Memphis, TN 38104

Checks should be payable to the Church Health Center.
Please include "FCO" in your memo.

CONTACT INFORMATION:

Email: _____

Phone: _____

SHIPPING ADDRESS:

Name: _____

Address: _____

City & State: _____

Zip: _____

BILLING ADDRESS:

Name: _____

Address: _____

City & State: _____

Zip: _____

TOTAL:

Payment:

Select Visa, Mastercard, or Discover

Card Number:

Expiration:

CVV:

3-digit number on reverse of card

Title or Description

Price Quantity

Church Health Reader

| | | |
|---------------------------------|---------|--|
| 1 year subscription (4 issues) | \$20.00 | |
| 2 year subscription (8 issues) | \$30.00 | |
| 3 year subscription (12 issues) | \$40.00 | |

Featured Resources

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|--|---------|--|
| Alphabet Appetite: Teaching Children Healthy Eating | \$30.00 | |
| Balm in Gilead: Hymns of Healing and Wholeness | \$25.00 | |
| From Life to Life Eternal: Discussing Death as People of Faith | \$10.00 | |
| Holding Hope: Grieving Pregnancy Loss During Advent | \$5.00 | |
| Prayers for the Soul: Comfort for Parish Nurses | \$7.50 | |
| Walk & Talk: Walking Together with Scripture | \$10.00 | |

Discounted Resources - 50% Off

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|---|---------|--|
| Healthful Hints Vol. 1 (was \$25.00) | \$12.50 | |
| Healthful Hints Vol. 2 (was \$25.00) | \$12.50 | |
| Taking Care of Business: End of Life Planning (was \$25.00) | \$12.50 | |
| Seasons of Wholeness Vol. VI (was \$50.00) | \$25.00 | |
| Walking with Jesus (was \$5.00) | \$2.50 | |

IPNRC Resources

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| Blood pressure cards (pack of 50) | \$15.00 | |
| Challenge Yourself-Change the World (Leader's Guide) | \$35.00 | |
| Challenge Yourself-Change the World: 40 Days of Devotion | \$5.00 | |
| Exploration and Implementation Packet | \$15.00 | |
| Getting to Know You: Assessment Tool (CD) | \$25.00 | |
| Good Grief - 50th Anniversary Edition | \$5.00 | |
| Granger Westberg Verbatim: A Vision for Faith and Health | \$15.00 | |
| Healing Words for Healing People | \$12.00 | |
| Health Cabinet: How to Start a Wellness Committee | \$14.00 | |
| Health Ministries: A Primer for Clergy and Congregations | \$10.00 | |
| Jacob's Journey: A Hypertension Wellness Program (CD) | \$35.00 | |
| The Essential Parish Nurse | \$18.00 | |
| The Healing Word | \$16.00 | |
| The Parish Nurse: Providing a Minister of Health | \$9.00 | |
| Watching Your Baby Grow | \$10.00 | |

DVDs

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|---|---------|--|
| Called to Care through Faith Community Nursing (DVD) | \$23.00 | |
| Sabbath by Wayne Muller, Keynote at Westberg 2007 (DVD) | \$25.00 | |
| Three Acts of Illness with Granger Westberg (DVD) | \$12.00 | |

Gifts

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|-------------------------------------|--------|--|
| Dove and Cross Pin | \$8.00 | |
| Parish Nurse notecards (pack of 10) | \$5.00 | |

For IPNRC Educators

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|--|---------|--|
| Stained Glass Pin w/ Lavalier: ___ Parish Nurse or ___ Faith Community Nurse or ___ Congregational Nurse | \$18.00 | |
| Class Certificates | \$1.50 | |
| Curriculum Tabs for Student Handbooks | \$12.00 | |
| Coordinator Pins | \$5.00 | |

TOTAL