



Beatitudes Center DOAR
DEVELOPING OLDER ADULT RESOURCES

Nurse & Health Ministries Network

555 West Glendale Avenue
Phoenix, AZ 85021

www.centerdoar.org

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Organization
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Upcoming Events

- **23rd Annual Westberg Parish Nurse Symposium**
September 25-27, 2009, Hyatt Regency St. Louis Riverfront, St. Louis, MO.
See pg. 2 for more information.
- **Parish Nurse Fall Conference**
Thursday, October 22nd, Trinity Episcopal Cathedral, 100 W. Roosevelt St., Phoenix
8:30 am- 3:00 pm. Flyers to be mailed soon.
- **Faith Community Nurse Basic Preparation Course**
Sunday-Tuesday, February 7-9 and Sunday-Tuesday, March 7-9, 2010
Franciscan Renewal Center, Scottsdale. Call 602-274-5022 to request a brochure.

Beatitudes Center DOAR

(Developing Older Adult Resources)

is a nonprofit, interfaith organization dedicated to enhancing the quality of life for older adults and their families.

Founded in 1981, Beatitudes Center DOAR promotes health and well-being through a broad range of community-based services that assist caregivers, homebound adults, grandparents raising grandchildren, and congregational health programs. Programs include Generations, Nurse & Health Ministries Network, Project GrandCare and VICaP Faith in Action.

Call 602-274-5022 or visit www.centerdoar.org to request assistance or learn how you can join our efforts.

We welcome your support and participation!

Nurse & Health Ministries Network

The Nurse & Health Ministries Network assists congregations, health institutions, nurses and lay people develop and maintain effective congregational health programs. The Network serves as a resource and provides: consultation; education through the Parish/Faith Community Nurse Basic Preparation Course, an annual conference, and informational sessions; and ongoing support through bi-monthly newsletters, an email information network, and monthly peer support groups - all designed to nurture the growth of these programs.

Home Instead Senior Care, St. Luke's Health Initiatives, and the Board of Visitors provide partial funding for the Nurse & Health Ministries Network.



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DEVELOPING OLDER ADULT RESOURCES

Nurse and Health Ministries Network

Health Ministries *News*

August-September 2009

Vol. 14 No. 3



NOTICE: Thank you to all of you who responded to our efforts to reduce costs and “Go Green” - conserving our natural resources! This month we began sending this newsletter to individuals via email. If you did not

respond, it is not too late. If you have a computer and can receive email, please consider this convenience and expense reduction that will benefit our services. Send us an email to: blake@centerdoar.org and let us know that we can add your name to the newsletter email list. Thank you!



NOTES FROM THE DIRECTOR

I hope everyone is finding fun ways to stay cool this summer. We are gearing up for a very busy fall, filled with learning opportunities for seasoned Parish/Faith Community Nurses as well as for individuals just finding out about congregational health programs. Check out our upcoming events and support group sections for more information.

Thank you to all of you who are reading this as an electronic copy. This is the first issue we have sent in electronic form to those who have requested it that way. We are trying to reduce some of our costs and saving the processing and postage fees of the newsletter is a huge help.

In September, Beatitudes Center DOAR and the Nurse & Health Ministries Network will launch our new identity. This “makeover” will include a new look and a new name. Our organization has worked hard to create a brand that will assist us in serving more people in need. Our services and mission will remain the same through this change. We look forward to continuing to serve the needs of all faith community nurses and congregational health programs. Watch for more information regarding our “new look” coming soon.

Barbara Sage, RN, BSN
Director, Nurse & Health Ministries Network

Opportunity to Help

Would you like to help homebound elders and their caregivers, grandparents raising grandchildren, and congregational health programs without costing you anything?

Please consider making a donation to Beatitudes Center DOAR.

Beatitudes Center DOAR is working tirelessly in this economic downturn to continue to provide a lifeline to those that already depend upon us, and to be able to expand our services to more people in need. Please consider supporting this amazing organization that for more than 27 years has done extraordinary work in our community. We appreciate any support you are able to give.

Why wait until the end of the year?

Make a gift today when it is vitally needed, and be rewarded when you file your 2009 tax return with a dollar-for-dollar tax credit. For Arizona residents, you may donate up to \$400 for married couples filing jointly or \$200 for single, head of household or married individuals filing separately. The amount you donate will come right back to you, subtracted from your tax bill. That means you will either receive a bigger refund or send a smaller check to the state at tax time.

This tax credit may be claimed in addition to the other AZ tax credits, such as those for public schools or school tuition organizations. Please consult with a financial professional to see if you qualify.

If you have any questions, please call our office at 602-274-5022 ext. 12 for more information.

Caring for a Person with Memory Loss?

Beatitudes Center DOAR and Banner Alzheimer's Institute invite you to a **free** seminar.

Compass for Care Partners will give direction to help you navigate your caregiving journey. Learn about diseases associated with memory loss, current treatments, ideas to enhance daily living, avoiding arguments, and community resources.

When: Tuesday, August 4th from 1:00 – 3:00 p.m.

Where: 555 W. Glendale Ave., Phoenix
Church of the Beatitudes

RSVP: Call 602-274-5022 by July 30th

What You Should Know

The Alzheimer's Association has developed the following checklist of 10 warning signs of Alzheimer's disease. If you or someone you know is experiencing any of the 10 signs, please see a doctor.

1. Memory changes that disrupt daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time of place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood or personality.

What You Can Do

If you've been diagnosed with Alzheimer's disease, there are steps you can take to prevent the progression of the disease:

- Get regular checkups and talk to your doctor about appropriate treatment options.
- Consider entering a clinical trial testing potential new Alzheimer's medications.
- Take your medication regularly.
- Try writing a journal about your experiences and feelings.
- Exercise regularly and continue to do the things you love for as long as you can.
- Discuss your feelings, concerns, and fears with your family and friends.

Source: The Alzheimer's Association
UCLA Division of Geriatrics, Healthy/ Years, July 2009



“Perhaps one is justified in saying that there is no disease which has had more forms of treatments and fewer results from treatment than has persistent hiccup.”

---Charles W. Mayo, 1932

Save the Dates:

Facing Cancer in the Faith Community

Presented by the Wellness Community

September 10, 2009

8:00am-3:30pm

Memorial Hall, 300 E. Indian School Rd., Phx.

For more information, please contact

Darcy Ljunggren at 602-712-1106 ext. 204

Watch for the brochure coming soon.

23rd Annual Westberg Parish Nurse Symposium

Opening Doors to Wholeness

September 25-27, 2009

Downtown Saint Louis, Missouri

If you would like a registration brochure for the 2009 Westberg Symposium, please email Susan Miller, smiller@eden.edu with name and address. If you are a Friend of the Center (FOC) you will automatically receive a 2009 Symposium brochure.

Questions regarding the 2009 Symposium, please contact Mary Slutz at 314-920-9941 or by email,

msslutz@eden.edu.

What to Do About the Doldrums

Article By: Alfred Ells

- Bouts of depression are normal and to be expected in ministry
- Your depression indicates God wants you to change something
- Though natural, depression is more powerful in some people than others
- While depressed, you may question your relationship with God

Working in a ministry is hard work and sometimes unrewarding. It can be discouraging at times. Depression is normal to experience and should not be looked at as a weakness. It can be God's way of showing you what you need to change or of refining you into what He wants you to be. In order to give the hope that is available leaders must be proved through trials and tribulations. The first step in healing is to recognize that you are depressed. You then must decide to give God control. Some are more prone to depression because of their physical body's chemical makeup. If your depression lasts too long, or reoccurs too often seek professional help. It is not something that can be dealt with alone. Find someone you trust and share with them how you feel. Remember there is no shame in your struggle; everyone needs to go through hard times in order to become what God intends them to be.

Upcoming Education & Support Groups

Anyone interested in an opportunity to meet together to learn about community resources, receive continuing education, celebrate their ministry successes and share problems unique to promoting health and wellness in a congregational setting is welcome to attend any and all of these N&HMN-sponsored peer support groups.

August 2009

East Valley

**2nd Wednesday
August 12, 2009**

12:00-2:00 pm

**Lunch will be
provided by
Courtyard Towers
Please RSVP to 602-
274-5022 by Aug 10th**

Place:
Courtyard Towers
Senior Living
Community
22 N. Robson
Mesa, AZ 85201

Central Valley

**3rd Wednesday
August 19, 2009**

12:00-2:00 pm

**Lunch will be
provided by The
Stratford
Please RSVP to 602-
274-5022 by Aug 17th**

Place:
The Stratford
1739 W. Myrtle Ave.
Phoenix, AZ 85021

West Valley

**4th Wednesday
August 26, 2009**

12:00-2:00 pm

**Bring your brown
bag lunch**

Place:
American Lutheran
17200 N Del Webb
Sun City, AZ 85273

Support groups will also meet in September.

Email blake@centerdaor.org or call 602-274-5022 ext. 12 to receive the support group flyer.

Information Overview



Lower BP Might not Always be Better

Researchers set out to determine the relationship between blood pressure (BP) levels and cognitive function by conducting a study of 3,078 adults between the ages of 55 and 84 and 276 85 year olds. The participants were followed for 11 years. In the youngest participants (less than 65 years), systolic BP and diastolic BP were not associated with cognitive function. For people 65-74, higher baseline BP levels were related to worse cognitive function. However, in older adults (>75), higher BP levels seemed to be related to better cognitive function at the end of the study. The researchers concluded that there needs to be age-specific guidelines for BP management.

UCLA Division of Geriatrics, Healthy/ Years, June 2009

Ankle Exercises Help Reduce Risk of Falls

In a recent study, people over 70 did a series of simple ankle exercises that involved flexing and extending their feet, using elastic bands for resistance three times a week; they gradually increased the resistance over six weeks. This resulted in stronger muscles in the feet and ankles and improved balance and mobility.

UC Berkeley Wellness Letter, July 2009

Volunteering Could Extend Your Life



A study of more than 6,300 retirees found that adults older than 65 who volunteer have half the mortality risk of their peers that don't volunteer.

Volunteers were found to have a greater self-efficacy, a belief in their ability to accomplish tasks and because of this they may be more likely to make strong, healthy choices like losing weight, quitting smoking and exercising regularly.

UCLA Division of Geriatrics, Healthy/ Years, July 2009

Volunteering does not have to involve a heavy commitment of time, money, or energy. Many fun and rewarding volunteer opportunities are available through Beatitudes Center DOAR. Please call our office at 602-274-5022 or visit www.centerdoar.org to find an opportunity that fits your interest and schedule.

47,000 Hurt in Walker/Cane Mishaps Each Year

Each year, more than 47,000 elderly Americans are treated at hospital emergency departments for injuries from falls that involve walkers and canes, according to a federal government study. That works out to average of 129 injuries a day. U.S. Centers for Disease Control and Prevention researchers analyzed emergency department records from 2001 to 2006. They found that most of the falls involved walkers (87 percent), and people 65 and older were seven times more likely to be injured in a walker-related fall than in a cane-related fall. In order to prevent falls among people who use walkers or canes, professionals should spend more time with clients to fit walking aids. In addition, clients should be educated about the safe use of walkers and canes.



US Centers for Disease Control & Prevention, June 2009