



Beatitudes Center DOAR

DEVELOPING OLDER ADULT RESOURCES

Nurse & Health Ministries Network

555 West Glendale Avenue
Phoenix, AZ 85021

www.centerdoar.org

Non-Profit
Organization
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Upcoming Events

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, BeatitudesCenter 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!

- **18th Annual Poinsettia Tea**
December 14, 2008, 2:30-5:00 pm
Hyatt Regency at Gainey Ranch, Scottsdale 
- **Basic Preparation Course for Faith Community Nurses**
Part I- February 1-3, 2009 and Part II- March 1-3, 2009
Franciscan Renewal Center, Scottsdale, See p. 2
- **Jazz Cabaret**
March 15, 2009, 2:00-5:00 pm, Arizona Biltmore, Phoenix
- **Tour de Paradise**, bike ride, fundraiser 
April 18, 2009

Call Beatitudes Center DOAR at 602-274-5022 for more information or to register for events.

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*

Ethical Issues and Faith Community Nursing

Faith community nursing is the only nursing specialty that is both a practice and a ministry. As a ministry in the faith community, it is bound by the teachings, beliefs and values of the faith community. Ethical decision making in Faith Community Nursing is guided by the Code of Ethics for Nurses (2001) published by the ANA.

Ethical issues in health care include the right to die, organ transplantation, abortion, in vitro fertilization, surrogate mothers, and genetics.

Ethical principles include autonomy of the patient, non-maleficence (do no harm), beneficence (do good), distribute justice, veracity (tell the truth), confidentiality, and fidelity (keeping promises).

Each of the roles of the FCN may require ethical decision making. Often the FCN is the one the congregant will come to for help in resolving an ethical dilemma.

When approaching ethical decisions in the faith community, ask:

- What health issues are involved?
- What ethical issues are involved?
- What further information is necessary before a judgment can be made?
- Who will be affected by the decision?
- What are the values and opinions of the people involved?
- Must a decision be made? If so, by whom?
- What alternatives are available
- For each alternative, what are the ethical justifications?
- What are all the possible outcomes?

Dec. 2008 - Jan. 2009

Vol. 13 No. 5



NOTES FROM THE DIRECTOR

Happy Holidays to all of you! I hope you are all finding time to enjoy the season.

We have been very busy this fall with our annual conference, informational workshops, and health fairs. We are now in the process of preparing for the annual Basic Preparation Course coming in February and March (see p. 2 for details).

On October 29th, Aubrey Beauchamp, RN came to the valley from her home in California to share ideas and stories at our annual conference, "Compassionate Care for the Sick and Hurting". Over 100 individuals gathered to find out ways that they could more effectively minister to the sick, terminally ill, and bereaved. The day was filled with great information and lots of laughter. Thank you to all who attended.

In November, three workshops were held in the south and southwest valley to introduce nurses to Faith Community Nursing. Twenty-nine nurses participated in these sessions. They viewed a DVD giving an overview of parish nursing, received information about the roles and functions of the faith community nurse, and discussed legal issues, documentation and other issues pertaining to parish nurses. It will be exciting to see how many of these nurses start a health ministry in their congregations!

Barbara Sage, RN, BSN, Director

From Austin et al. (2004) *Nurse's legal handbook* (5th ed., p. 300). Philadelphia: Lippincott Williams & Wilkins



Delicious and Healthy Holiday Cookies
Chocolate & Pecan Tartlets

- 5 tbsp butter, softened, plus 1 tbsp melted butter
- 4 ounces light cream cheese
- 1 cup all-purpose flour
- 1 tablespoon confectioners' sugar
- 1/4 teaspoon salt
- 3/4 cup light-brown sugar
- 1/3 cup mini semisweet chocolate chips
- 1 large egg
- 1 teaspoon vanilla extract
- 2/3 cup chopped pecans

Mix softened butter and cream cheese in a bowl until smooth. Blend in flour, confectioners' sugar, and 1/8 tsp salt. Form dough into a disk. Cover in plastic wrap; refrigerate at least 3 hrs. Heat oven to 325°F. Divide dough into 24 balls; press into two 12-cup mini muffin tins, pushing dough up over edges. Refrigerate. Mix brown sugar, chocolate, egg, melted butter, vanilla and remaining 1/8 tsp salt in a bowl until combined. Divide 1/2 the pecans among muffin cups; top with brown sugar mixture; sprinkle remaining pecans on top. Bake 20 mins or until dough is lightly golden around edges. Let sit 5 mins. Run tip of knife around cup edges to loosen. Remove when cool enough to handle; transfer to wire racks to cool completely. Enjoy!!



Beatitudes Center DOAR's Nurse & Health Ministries Network
is proud to present the
Parish/Faith Community Nurse Basic Preparation Program
 (One course comprised of two sessions)

When: Sunday-Tuesday, February 1-3, 2009 and Sunday-Tuesday, March 1-3, 2009

Where: Franciscan Renewal Center
 5802 E. Lincoln Dr.
 Scottsdale, AZ 85253

Details: This comprehensive, interactive, and interfaith standardized core curriculum was developed through the International Parish Nurse Resource Center, in consultation with the National League for Nursing and the American Nurses Association Credentialing Center. This program includes a variety of interactive learning experiences to foster spiritual growth and prepares experienced RNs to provide wholistic healthcare to members of a faith community.

Fees: Registration for the two-part course costs \$390 which includes 4 meals, refreshments, course materials and resources, text book, and AzNA contact hours.

Contact Hours: The contact hours application for this continuing nursing education activity has been submitted to the Arizona Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Please contact us at 602-274-5022 for more information or to request a registration brochure. The brochure is also located on the web at www.centerdoar.org

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.

Please note: Support groups will not meet in December. See page 2 for an invitation to our Holiday Luncheon.

Our regularly scheduled support groups will resume in January. We hope to see you then.

January 2009

East Valley

2nd Wednesday
January 14, 2009

12:00-2:00 pm

King of Glory Lutheran
2085 E Southern Ave.
Tempe, AZ 85282

Resource:
**Heritage Home
Healthcare**

Steve Laughary
Community Liaison

Program:
**Overcoming Life's
7 Common Tragedies**

Chris Benguhe
Author/Columnist

Central Valley

3rd Wednesday
January 21, 2009

12:00-2:00 pm

Church of the
Beatitudes- Bride's Room
555 W. Glendale Ave.
Phoenix, AZ 85021

Resource:
**Heritage Home
Healthcare**

Steve Laughary
Community Liaison

Program:
**Overcoming Life's
7 Common Tragedies**

Chris Benguhe
Author/Columnist

West Valley

4th Wednesday
January 28, 2009

12:00-2:00 pm

American Lutheran
Church of Sun City
17200 Del Webb Blvd.
Sun City, AZ 85273

Resource:
**Heritage Home
Healthcare**

Steve Laughary
Community Liaison

Program:
**Overcoming Life's
7 Common Tragedies**

Chris Benguhe
Author/Columnist

Information Overview

The 12 Ways to Health Holiday Song

The CDC has released a very fun, healthy holiday song to the tune "The 12 Days of Christmas". You can listen to and sing along to the song by going to the following site:
<http://www.cdc.gov/family/holiday/12ways.htm>

Anergia

A lack of energy - anergia - is not necessarily a normal part of aging and may be a predictor of various health problems.

A positive answer to these statements may predict illness in older adults:

- Recently, I have had not enough energy.
- I felt slowed physically in the past month.
- I did less than usual in the past month.
- My slowness is worse in the mornings.
- I wake up feeling tired.
- I nap more than two hours during the day.

Duke Medicine Health News, November 2008, p.6

Good Eats to Lower Cholesterol

To help reduce "bad" low-density lipoprotein (LDL) cholesterol, make these foods part of your regular diet:

- **Foods enhanced with plant sterols or stanols.**
At least 2 grams of plant sterols are needed daily to reduce LDL cholesterol by more than 10%. ie: margarine-like spreads, orange juice, and yogurt drinks.
- **Oats and fruit.**
Eat 10 grams or more a day to lower LDL cholesterol. 1 ½ cups of cooked oatmeal = 6g of fiber. Other fiber sources include apples, bananas, pears, kidney beans, barley.
- **Walnuts and Almonds**
- **Olive Oil**

Mayo Clinic Health Letter, November 2008, p. 3

Lessen Your Carbon Footprint

One way to lessen your "carbon footprint" as well as have a healthier diet is to eat less red meat. Red meat is more energy intensive to produce, and worse for the environment in other ways, than other foods because it takes so much fossil fuel to grow, transport, and process the feed cattle require. An average family that eats chicken, fish, or eggs instead of red meat and dairy products just one day a week for a year saves the equivalent of greenhouse gas emissions produced by driving 760 miles.

Wellness Letter, September 2008, p.8