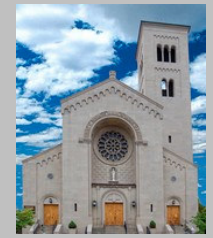


Parish Nurse Newsletter



Fall- 2010

“Life is an opportunity, benefit from it. Life is beauty, admire it. Life is bliss, taste it. Life is a dream, realize it. Life is a challenge, meet it. Life is a duty, complete it. Life is a game, play it. Life is a promise, fulfill it. Life is sorrow, overcome it. Life is a song, sing it. Life is a struggle, accept it. Life is a tragedy, confront it. Life is an adventure, dare it. Life is luck, make it. Life is too precious, do not destroy it. Life is life, fight for it.”

Mother Teresa

Creating the Life You Want:

- 1. State as clearly as possible in a positive manner what it is that you want to create in your life.**
 - Within the next (time frame) _____, I choose to
- 2. Be clear why you want this and how your life will be different once you achieve this goal.**
 - I believe the benefits of doing this will be....
 - If I decide not to do this, it will mean....
- 3. Understand what you have going for you to help you achieve this goal.**
 - Three things that I have going for me in terms of creating the kind of future that I want are....
- 4. Understand the challenges that exist.**
 - Three things that may keep me from creating the kind of future that I want are
- 5. Be especially aware of the negative self-talk that I need to watch out for is ...**
 - The negative and destructive self-talk that I need to watch out for is....
 - I will fight this negative self-talk by...
- 6. Be clear about what you need to achieve this goal in terms of skills, resources, and support systems.**
 - I need to learn the following skills in order to accomplish this goal....
 - I need to get these resources...
 - I need to develop these supports...
- 7. List the 3-5 major actions that you need to take a start moving toward this goal.**
 - I need to get started by doing these things...
- 8. Think of ways to care for yourself as you work to achieve this goal.**
 - I will take care of myself while working to create the kind of future I want by...
- 9. Stay focused on what you want to create, not on the difficulties you might be having.**
 - I will keep myself focused on what I want to create and the benefits this will bring me by...
- 10. Be easy on yourself! Have fun! Enjoy it! Enjoy life!**
 - I will remember to be easy on myself. Have fun! Enjoy it! I will work to enjoy life by doing these things...

The Ten Steps to accomplishing a Goal from the (DBSA) Depression and Bipolar Support Alliance

(www.dbsalliance.org)

Harrison County DBSA meets the 1st and 3rd Tuesday at 6:30 p.m. at the Immaculate Conception Parish Center, 124 East Pike Street, Clarksburg, WV

Five Foods That Fight Fatigue- Foods that release energy slowly and give long-lasting energy

- 1. Oatmeal** helps maintain normal blood sugar levels, have high fiber content and provides nutrients magnesium, Thiamin (Vitamin B1), protein and phosphorous. Sprinkle with flaxseed or nuts.
- 2. Yogurt** provides a good ratio of protein to carbohydrates for a steady source of energy. It also contains Probiotics, beneficial bacteria that maintains a healthy GI tract. Greek yogurt has more protein.
- 3. Spinach** provides magnesium, potassium, iron, Vitamin C, and B vitamins, which help the body produce energy by delivering oxygen to the cells and enabling them to perform optimally.
- 4. Nuts and Seeds** have B vitamins, iron and healthy omega-3 fats. Eat regularly in moderation (one ounce, about a small palmful, is a single serving). Raw nuts and seeds have the best nutrition.
- 5. Beans** are low in fat, high in fiber, and provide a good balance of carbohydrates and proteins.

HEALTH OBSERVANCES FOR 2010

September is Ovarian Cancer Awareness Month

Information from the National Ovarian Cancer Coalition:

Ovarian cancer is difficult to detect, especially, in the early stages. This is partly due to the fact that these two small, almond shaped organs are deep within the abdominal cavity, one on each side of the uterus. These are some of the potential signs and symptoms of ovarian cancer:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Fatigue
- Upset stomach or heartburn
- Back pain
- Pain during sex
- Constipation or menstrual changes

Every woman should undergo a regular rectal and vaginal pelvic examination. If an irregularity of the ovary is found, alternatives to evaluation include transvaginal sonography and/or tumor markers. The most common tumor marker is a blood test called the CA-125.

October is National Domestic Violence Awareness Month

Information from the Center for Disease Control:

Violence is a serious public health problem in the United States. From infants to the elderly, it affects people in all stages of life. In 2006, more than 18,000 people were victims of homicide and more than 33,000 took their own life.

Risk Factors for Intimate Partner Violence:

- Low self-esteem
- Low income
- Low academic achievement
- Using drugs or alcohol, especially drinking heavily
- Seeing or being a victim of violence as a child
- Not having a job, which causes feelings of stress
- Having few friends and being isolated from other people
- Depression
- Aggressive or delinquent behavior as a youth

Resources for Victims of Domestic Violence:

- National Domestic Violence Hotline 1-800-799-7233 or 1-800-787-3224 TTY

November is Lung Cancer Awareness Month

Lung Cancer Facts from Lung Cancer Alliance

- Lung cancer is the leading cause of cancer death in the United States among every ethnic group... 1 in 3 deaths
- Lung Cancer will kill:
 - More people than the next four deadly cancers... combined
 - Over three times as many men as prostate cancer.
 - Nearly twice as many women as breast cancer
 - An average of 437 people a day.
- [Over 60% of new cases are never smokers or former smokers, many of whom quit decades ago](#)

This information is intended for your general knowledge only and is not a substitute for medical advice or treatment. Questions about any specific condition or patient should be referred to a licensed physician or practitioner.

Contact Parish Nurse Sandra Gans, RN for information or resources.

304-622-8500 or sgans@ma.rr.com