

Tri-State Health Ministry Update

UPCOMING

TSHMO MEETING and TRAINING:

Agenda includes

Train the Trainer Program

For Ask Me 3 and Handwashing

(Materials for the trainings are provided thru the Welborn Baptist Grant Funding)

Date: August 16, 2011 TSHMO meeting

Location: Henderson Methodist Hospital



Quarter 3 - 2011

July

Location: Methodist Hospital,

1305 North Elm Street, Henderson, Kentucky 42420

Directions: Turn right onto Watson Lane (1st light on 41), then left onto Elm street (1st street to left off Watson Lane).

Take Elm street to hospital which will be on the right.

Classrooms are on the ground floor of the Elm Steet entrance building. Go left off the elevator towards the cafeteria and turn right on hall straight across from the cafeteria.

Go thru the fire doors and the classrooms will be on the right. There is a door to one of the rooms just after you go thru the fire doors, the remaining are off a hall that is on the right. I will make sure there are signs up to mark the way.

Questions regarding August meeting?

Contact Rhoda How rhodahow@hotmail.com

Chloee Eblen chloee@henderson.net

REMINDER:

TSHMO yearly membership DUES of \$20.00 are payable at the beginning of each calendar year.

Dues can be mailed directly to:

TSHMO Treasurer,

7523 Doe Lane

Henderson, KY 42420



Send additions for newsletter to

TSHMO

tshmo2011@gmail.com

Or call

Contact us at www.tristatehealthministry.org

25th Annual Westburg Parish Nurse Symposium

Date: September 16-18 2011

Location: Saint Louis, Missouri,

Info at www.parishnurses.org

Funds available for partial cost associated with Symposium

Request information from any TSHMO Board Member

Right: Picture from 2010



Peel to Save Fund Raiser



The Peel to Save program has been a success—the final count is not yet finished waiting for a few more results to come in and will be available for the August 16th Meeting. We anticipate enough profit to hold a Seminar in the Spring of 2012.

The TSHMO Members that were able to sell 10 or more cards and qualify for an additional FREE card are:
Carolyn Gallagher
Linda Austin
Rhoda How
Mary Wayne
Thank you to everyone!

Please Refer/Recruit for the 2011 Parish Nurse Training

USI Basic Preparation for Faith Community Nurses

For LPN's or RN's

Part I Online Instruction, September - October 2011

Part II Retreat, Wednesday – Friday, November 2-4, 2011

Kordes Retreat Center; Ferdinand, Indiana

Partial funding for Basic Parish Nurse Internet and Retreat Course may be made available from the Welborn Baptist Foundation. Details are available at the TSHMO



Recent Event: Health Fair for Men at Memorial Baptist

This event was hosted by Memorial Baptist Parish Nurse: Lucille Stewart.

The event was well attended with numerous tables of information and screenings including but not limited to BP checks, prostate exams and PSA lab work, confidential HIV screenings , VNA Plus, Alzheimer and stroke information Healthy snacks and door prizes were given out and much more

Alzheimer's Association

Natalie Robertson has offered to provide information for any of the Health Ministry programs and/or present to your congregations.

Contact :

Natalie.robertson@alz.org

Recent Event: Health Fair at St John's Soul Empowerment

Health Fair hosted at St John's Soul Empowerment Center in Evansville. on Bellemeade Ave Hosted by the St. John's Parish Nurse program .

Various screenings including, BP's, BMI, Blood Sugar and numerous sponsored tables of information available.. Additional activities included speakers on health is-

sues, individual counseling, dancing and healthy foods served to all attendees.



Recent Event: May 14th Handwashing Train the Trainer

Handwashing Train the Trainer Program (Materials for the trainings are provided thru the Welborn Baptist Grant Funding) **Was held on** May 14, 2011 at Bethel United Church of Christ Hosted by Joan Ritter Participants were given the informa-

tion on how to hold a training program for their congregation. Handouts given for the Handwashing program. In August another training will be held at the TSHMO Meeting with handouts available



UV Safety Month July

Sponsor: [American Academy of Ophthalmology](#)



UV Safety Month is a great time to spread the message of sun, fun and UV safety to your community. Ultraviolet (UV) radiation is the main cause of skin cancer. UV rays can also damage your eyes.

Anyone can get skin cancer, but the risk is greatest for people with:

- White or light-colored skin with freckles
- Blond or red hair
- Blue or green eyes

You can take these steps to help prevent skin cancer:

- Stay out of the sun between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher.
- Cover up with long sleeves and a hat.
- [Check your skin](#) regularly for any changes.

August—National Immunization Awareness Month

Sponsor: [Centers for Disease Control and Prevention, National Center for Immunization and](#)

[Respiratory Diseases](#) National Immunization Awareness Month is the perfect time to promote immunizations and remind family, friends, and coworkers to get caught up on their shots.

Immunizations (or vaccinations) aren't just for babies and young kids.

We all need shots to help protect us from serious diseases and illness.



September Fruit and Veggies – More Matters Month

Sponsor: [Centers for Disease Control and Prevention & Produce for Better Health Foundation](#)



Every September, Fruit and Veggies – More Matters Month promotes the health benefits of eating fruit and vegetables.

Fruit and vegetables are an important part of a healthy diet that can help protect you from:

- Heart disease
- Bone loss
- Type 2 diabetes
- High blood pressure
- Some cancers, such as colorectal cancer

Check out MyPyramid.gov to find out how many servings of fruit and vegetables you need based on your age, weight, level of physical activity, and gender.
