

# Chain-LINCSS™

## Congregational Health And Information Newsletter

### Linking Individuals with Non-medical Congregational Support Services

Volume 5 Edition 4

April 2007

**LINCSS™** inspires health and healing by providing spiritual leadership and creative programming to assist faith-based communities in creating and sustaining meaningful health ministries.

**LINCSS™** top priority is to support religious congregations as they explore healing ministries for their communities. To achieve this goal, LINCSS is helping religious congregations, chaplains, hospitals, businesses and government agencies improve the health of people in our area.

**LINCSS™** Membership information and registration for your congregation can be obtained by e-mailing our Training Director, Diane Smith, [dsmith2@psu.edu](mailto:dsmith2@psu.edu) or by calling our office at 717-531-8177.

**LINCSS™** Website: <http://www.hmc.psu.edu/chaplain/LINCSS/index.htm>  
Currently being developed, will soon offer valuable resources, medical information links, downloadable programs, Parish Nurse Directory, Calendar of Events and more.

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## *Editorial*

### *Chaplains Corner*

By Chaplain Alan Edward

Approximately six months ago I received a phone call from Hershey Medical Center inviting me to be the Jewish chaplain. Shortly thereafter I received the same request from Holy Spirit Hospital. I was extremely honored and accepted both invitations. I was pleased that both hospitals recognized the need for such a presence from the Jewish community and Jewish Family Service would be filling that need. The Pastoral Care Office of either hospital can call JFS and request that I visit their patients. I am available for a regular “visit” on Thursdays and on call 24/7 for emergencies Tuesdays through Thursdays when I am in Harrisburg for JFS.

There is a verse that is found in Deuteronomy 1:17 where Moses tells the elders of Israel, “And whatever will be too difficult for you, you shall bring to me and I will hear it.” I feel that is a key element of chaplaincy: providing pastoral care informed by concepts such as presence and active listening; just being with someone who is ill can have a beneficial psychological effect on that person.

The rabbis of old knew about healing, as reflected in Torah sources and wisdom which guide us in seeing how visits and prayer can make a difference in the life of someone living with illness. A good example is taken from the Talmud in the tractate Nedarim where we find the following:

Rabbi Abba said in the name of Rabbi Chanina: “From where do we know that the holy One, Blessed be He sustains the sick? As it says, ‘The L—d will support him upon his bed of illness. (Psalm 41:4).’ Rav Avin also said in the name of Rav, “From where do we know that the Divine Presence rests above the invalid’s bed? From the verse, The L—d will support him upon his bed of illness.”

Dr. Larry Dossey in his book, Healing Words gathered studies showing the benefit of prayer and visits to houses of worship on those who are ill. His statistics show that people who include these elements in their lives on the whole live longer after critical and chronic illness. In psychosocial terms, it seems clear that religion eases the spirit, relaxes the body, and offers a support system. Anything that can assist people in life and health is certainly acceptable in Jewish law.

Jewish tradition teaches us that we should pray not only for ourselves but for others in time of sickness. There have been times when I have visited patients in the hospital and they have requested that I not offer a prayer for healing (Mischeberach), because they believed they were not religious. When I explain to them that you don’t have to be religious for someone to show concern for their welfare, they start to realize what I am there for and what the Mischeberach is all about. It can be very comforting and healing.

I look forward to providing expanded chaplaincy services through Jewish Family Service.

## Book Review

### **New Day Dawning** Everyday Encounters with the Holy Poems, Prayers & Psalms

Linda Faltin

#### *the Spirit leads...*

Let my arms surround you  
Open your heart  
I have called you- you are mine  
Trust yourself...  
trust your truth  
Let go- of the need to please  
to rescue  
to fix  
IT IS NOT YOURS TO DO  
Honor your efforts- even if no one else  
does  
The heart knows- listen to her  
Surround yourself with light  
Let love happen  
Touch the earth...  
touch the sky  
Breathe out every worry, every concern  
Grant yourself holiness each day  
Follow your path  
I am the Spirit that leads you  
Call me what you will  
Let me fill you...  
let me guide you  
to truth  
to joy  
to fulfillment  
This is a day to dance...  
to laugh...  
to rejoice...  
This is a day of your life  
BE THERE  
Let it be so!

## Best Practices in Health Ministry

### "Getting Your House in Order"

Give a gift of love to your family.  
Make preparations for your funeral  
NOW.

The Parish Nurse Ministry of Highland Presbyterian Church Lancaster, PA is sponsoring a program on how to prepare for your funeral now. It consists of three one hour sessions on *Sunday Mornings at 11:00AM - 12noon at-Highland Presbyterian Church* 1801 Oregon Pike, Lancaster, PA. All participants will be given a resource notebook which can be personalized to suit your particular wishes/ needs.

**April 15, 2007-** Dr David Birch a retired minister and member of the church will be presenting the spiritual aspects and the decisions that can be made in advance.

**April 22, 2007** - Lisa Groff and Michele De Rosa, both Directors from the Fred F. Groff Funeral Home will be presenting funeral preparations which will include a tour of the Groff Funeral Home.

**April 29, 2007** - Chuck Stambaugh, an Attorney and Nancy Holtzapple, a paralegal, both members of Highland Presbyterian Church will be presenting the financial and legal aspects of preparation.

**For information** on how to organize this program for *your* faith community, please call Linda Shugarts at 717 871 3282 or email at [lindashug@yahoo.com](mailto:lindashug@yahoo.com)



### **What's Your Story?**

**Stories strengthen and encourage us. Please take a minute to send me an email about how God touched your ministry.**

*Feel free to call me*

*OR*

*Just click on this link and start chatting away...*

[dsmith2@psu.edu](mailto:dsmith2@psu.edu)

## ***Medical and Spiritual Information for Congregational Health Education***

### **Editor's Note**

**The following articles are designed for use in your church or faith community newsletter. Please feel free to use the article 'as is' or 'cut and paste' the article as you deem appropriate.**

## ***Lyme Disease***

### **LYME DISEASE "THE HIDDEN EPIDEMIC"**

Linda Olley, R.N. Parish Nurse  
Baughman Memorial United Methodist Church

Lyme disease is a bacterial infection, most commonly

contracted from a tick bite. The white tailed deer is a major host, and the white footed mouse and other small animals are a "reservoir" for LD. Birds are known to transport ticks to new areas. Lyme disease is referred to as the "latest great imitator", because its symptoms are similar to Rheumatoid Arthritis, Multiple Sclerosis, ALS, seizure and other neurological conditions, Fibromyalgia, ADHD, Chronic Fatigue Syndrome, Alzheimer's, Crohn's disease, etc.

The *Borrelia burgdorferi* consists of 5 subspecies with over 100 strains in the US and 300 strains worldwide. It is a systemic disease, affecting many organs and systems. Some of the common symptoms may include, but are not limited to: extreme, persistent fatigue, heart palpitations, joint and muscle pain, twitching of muscles, mood swings, brain fog, short term memory loss, anxiety and/or panic attacks, insomnia, migraine type headaches, numbness and tingling, searing, burning pain, dizziness/vertigo, conjunctivitis, trouble finding the right words, and many more. If you think LD is a possibility, learn everything you can, and keep track of your symptoms on [www.LymePA.org](http://www.LymePA.org). See a Lyme literate Doctor!

Important to note is the fact that there is much controversy regarding Lyme disease, as well

as a significant difference of opinion between some academic doctors and the doctors who are actually seeing and treating Lyme patients. This controversy involves diagnosis and treatment options, as well as the duration of treatment. Lyme Disease, in my opinion, is probably one of the most misunderstood, mis-diagnosed diseases of all time.

The existence of a bull's eye rash is seen in fewer than 50% of the cases. When it is seen, no other tests are required before initiating treatment with an antibiotic for at least 6 weeks. Shorter courses of treatment have resulted in a 40% relapse of symptoms. Long term antibiotic therapy may be required for individuals with chronic Lyme disease. The common tests for Lyme Disease (Elisa, Western Blot) leave a lot to be desired, with 30% of testing showing false negatives. (Possibly much higher) Lyme disease should be a clinical diagnosis, based on the individual's history and symptoms. A preponderance of data indicates that active, ongoing spirochetal infection is the cause of unrelenting symptoms in Lyme disease.

Evidence is overwhelming that LD is a serious and potentially debilitating illness that can become a persistent, life-long, even life threatening disease. I can attest to this! I

was mis-diagnosed for 20 years, and have been on treatment for 18 months, with some regression of symptoms, though the damage to my joints is permanent, and I live with chronic pain; Yet, I live my life with endless hope, rather than looking at my disease as a hopeless end.

Please, take precautions when outdoors, become educated and share your knowledge with your Doctor, because **knowledge is power**, and one person can make a difference. That person may be **YOU!**

Resources for the article:

\* ILADS

International Lyme and Associated Disease Society

\*LYME DISEASE and Associated Diseases: THE BASICS, published by The Lyme Disease Association of Southeastern Pennsylvania, Inc.

Authors note:

[Federal Bill HR 741](#) asks that \$100 million be allocated over the next 5 years for Lyme Research. It is much needed. Support of this important bill would be so appreciated, on behalf of all the people suffering from this often debilitating disease. Please, contact congressmen Todd Platts at <http://www.house.gov/platts/email.html> and ask him to say YES to this bill.

To find your congressman, you may also follow this link:

<http://www.lymediseaseassociation.org/HR741/Pennsylvania.doc>

## Lyme Disease

By Susan Walley, Parish Nurse

With the advent of warmer weather, we are all anxious to get outdoors. The warmer weather has also awakened nature's other creatures including the deer tick bringing to us the risk of Lyme disease once again. You can decrease your chances of contracting Lyme disease by taking some simple precautions. The most active time for deer ticks is May, June and July. Ticks prefer wooded and bushy areas with high grass and a lot of leaf litter. If you must walk in wooded areas or places with long grass, wear long pants (tucking them into your socks) and long sleeved shirts. Wearing light colored clothing may allow you to see the insect sooner. Use insect repellants which contain 20-30 % DEET on adult skin (10 % on children) or permethrin. Apply permethrin to clothing only, not directly on the skin. Be sure to follow the instructions on the label. Check yourself (and your pets) for ticks after outings. Frequently, ticks remain on your skin for several hours before biting so showering immediately after leaving these areas is a good idea. Check children carefully as ticks tend to "hide" in areas difficult to see, like the scalp, groin, underarms, waist or navel area, and behind the knee. To remove a tick that has attached itself, use a tweezer, grasping the tick near its head or mouth. Pull it out carefully and steadily without crushing the tick. Once you have the entire tick removed, apply antiseptic to the bite area. To contract Lyme disease, you have to be bitten by an infected deer tick which has been attached to your skin for approximately 48 hours. Common signs of Lyme disease may include a rash at the site of the tick bite. The redness

expands and in some cases, may resemble a bull's eye with a red ring surrounding a clear area with a red center. This may take a few days up to a month to appear, but is only present in 60 to 80 % of people who have Lyme disease. Symptoms tend to worsen as the disease progresses. Along with the rash, flu-like symptoms such as fever, chills, fatigue, body aches and headache may be present. If the infection remains untreated, joint pains may appear. These tend to migrate from one area of the body to another. In some cases, inflammation may progress to the membranes surrounding the brain resulting in paralysis of the face, numbness or weakness in the limbs, memory loss, difficulty concentrating or changes in mood or sleep habits. These are typically signs of late-stage Lyme disease.

Only a minority of tick bites lead to Lyme disease. If you know you have been bitten and experience signs and symptoms, see your doctor immediately. Signs and symptoms of Lyme disease may disappear spontaneously, but that doesn't mean the disease is gone. Left untreated, Lyme disease can spread to the rest of your body within 6 months to 2 years, causing arthritis (in 60 %) and nervous system problems. Antibiotics are the standard treatment for Lyme disease in its early stages. It's important to take the full course of medications for the treatment to be most successful. Not completing a full course of antibiotics adds to the problem of antibiotic-resistant organisms. Hospitalization may be necessary in some cases. Even if you've had Lyme disease (and been treated) before, don't assume that you are immune. It can occur in the same person more than once.

References: CDC.gov, Medscape.com,  
Nursing 2003

## Scripture

“But those who suffer he delivers in their suffering; he speaks to them in their affliction.” (The New International Version) Psalm 36: 15

“Hear my prayer, O Lord, listen to my cry for help; be not deaf to my weeping.” (The New International Version) Psalm 39:12

“Blessed is he who has regard for the weak; the Lord delivers him in times of trouble.” (The New International Version) Psalm 41:1

## Resources

### **American Lyme Disease Foundation, Inc**

Mill Pond Offices  
293 Route 100  
Somers, NY 10589  
(914) 277-6970  
[www.aldf.com](http://www.aldf.com)

### **IGeneX, Inc., Reference Laboratory**

State of the art research and reference laboratory  
1-800-832-3200  
[www.igenex.com](http://www.igenex.com)

### **International Lyme and Associated Disease Society**

PO Box 341641  
Bethesda, Maryland 20827-1461  
301.263.1080  
301-263-0776  
[lymedocs@aol.com](mailto:lymedocs@aol.com)  
<http://www.ilads.org/>

### **Lyme Disease Association**

PO Box 1438

Jackson, NJ 08527  
888-366-6611  
732-938-7215

[www.LymeDiseaseAssociation.org](http://www.LymeDiseaseAssociation.org)

### **Lyme Disease Network**

43 Winton Road  
East Brunswick, NJ 08816 USA  
<http://www.LymeNet.org>

### **Lyme Disease Research Studies Columbia University**

<http://columbia-lyme.org/>

### **National Centers for Disease Control and Prevention**

#### **Division of Vector-Borne Infectious Diseases**

Box 2087  
Fort Collins, CO 80522  
(970) 221-6400

[www.cdc.gov/ncidod/dvbid/lyme/](http://www.cdc.gov/ncidod/dvbid/lyme/)

### **National Institute of Allergy and Infectious Diseases**

#### **National Institutes of Health**

31 Center Drive, MSC 2520  
Bethesda, Maryland 20892-2520  
302-396-5717

[www.niaid.nih.gov](http://www.niaid.nih.gov)

[medlineplus.nlm.nih.gov/medlineplus/lymedisease.html](http://medlineplus.nlm.nih.gov/medlineplus/lymedisease.html)

### **National Institute of Arthritis and Musculoskeletal and Skin Diseases**

#### **National Institutes of Health**

1 AMS Circle  
Bethesda, Maryland 20892-3675  
1-877-22-NIAMS (1-877-226-4267)  
301-495-4484

[www.niams.nih.gov](http://www.niams.nih.gov)

### **National Institute of Neurological Disorders and Stroke**

#### **National Institutes of Health**

P.O.Box 5801  
Bethesda, Maryland 20892  
1-800-352-9424

301-496-5751

[www.ninds.nih.gov](http://www.ninds.nih.gov)

### **National Library of Medicine**

#### **Medlineplus**

8600 Rockville Pike  
Bethesda, Maryland 20894  
301-496-6308  
[www.medlineplus.gov](http://www.medlineplus.gov)

### **U.S. Centers for Disease Control and Prevention**

1600 Clifton Road  
Atlanta, Georgia 30333  
1-800-311-3435  
[www.cdc.gov](http://www.cdc.gov)

### **U.S. Food and Drug Administration**

1-888-INFO-FDA (1-888-463-6322)  
[www.fda.gov](http://www.fda.gov)

## ***Medication Information related to Lyme Disease***

“Lyme disease is treated with [antibiotics](#) such as doxycycline or amoxicillin. Antibiotic treatment for early Lyme disease is effective, and symptoms usually go away within 3 weeks of treatment.” To view the complete article, go to <http://arthritis.webmd.com/tc/Lyme-Disease-Treatment-Overview>

### **Lyme Disease Vaccine IM**

<http://www.webmd.com/drugs/drug-16878Lyme+Disease+Vaccine+IM.aspx?drugid=16878&drugname=Lyme+Disease+Vaccine+IM>

## **Bulletin Insert Suggestions**

## ***Common Beliefs About Lyme Disease***

**False:** Any tick bite can transmit Lyme disease

**True:** Only deer ticks and western black-legged ticks infected with the bacterium *Borrelia burgorferi* can transmit Lyme disease.

**False:** Everyone who gets Lyme disease gets a rash.

**True:** About 1/4 of patients with Lyme disease never get a rash.

**False:** Blood should be tested for Lyme disease as soon as possible after a tick bite.

**True:** Blood tests for Lyme disease usually cannot detect infection until about 2 to 6 weeks after the tick bite has occurred.

**False:** A positive ELISA test proves Lyme disease.

**True:** A positive ELISA test by itself never proves Lyme disease because the result can be a false positive.

**False:** All patients with Lyme disease should be treated with IV antibiotic therapy.

**True:** Oral antibiotic therapy is often just as effective in fighting Lyme disease as IV antibiotic therapy.

**False:** Lyme disease is incurable.

**True:** Lyme disease is a curable and preventable infection.

Source: American College of Physicians  
<http://www.acponline.org/lyme/patient/beliefs.htm>

## Garden Planting Guide

**DAILY Gardening Guide for Life,** 🌹

**PLANT THREE ROWS OF PEAS:** 🌹

1. Peace of mind
2. Peace of heart
3. Peace of soul

**PLANT FOUR ROWS OF SQUASH:** 🌹

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

**PLANT FOUR ROWS OF LETTUCE:** 🌹

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

**NO GARDEN IS WITHOUT TURNIPS:** 🌹

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

**TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:** 🌹

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

**WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE**

**And Just watch the Fruit Grow!**



## *Gun Violence*

### Children and Guns...a Dangerous Combination

Nancy Itle, R.N.  
Pa Dept of Health  
Injury Prevention Nurse Consultant

#### What are the Facts?

- \* In 2001, 9 of Pennsylvania's youth under age 24 were killed accidentally with a gun.
- \* Most children who kill or injure themselves or other children by accident do so while they are playing with a gun they found in their home or the home of a friend.
- \* Suicide is the third leading cause of death for teens and young adults in the United States. In a home where a person has been depressed or has tried to commit suicide, the mere presence of a gun increases the risk of suicide.
- \* In 2001, there were a total of 71 firearm related suicides among Pennsylvania's youth.

#### What Everyone Should Know About Gun Safety:

- \* Keep the gun unloaded. Never leave a bullet in a stored gun.
- \* Store all firearms out of children's reach and in a locked cabinet,

drawer, or gun safe. Store keys or combinations where children cannot get them.

- \* Use a trigger lock on the gun.
- \* Lock ammunition a separate place from the gun.
- \* Do not keep firearms in the home if someone has a history of depression or threatens suicide.
- \* All gun owners should take a gun safety course.
- \* Always assume a gun is loaded.
- \* Be sure guns are unloaded when you remove them from storage.
- \* Teach your children, if they find a gun:
  - \* Stop! Don't touch it.
  - \* Leave the area.
  - \* Tell an adult where they found the gun.

This information is found on the PA Department of Health Pamphlet supported by the Preventive Health and Human Services Block Grant from the Centers for Disease Control and Prevention.

**The American Trauma Society,** Pennsylvania Division has hand out material: Is There a Gun Where My Child Plays?

Over 40% of Homes with children have a gun. So before you send your child to someone's house to play, ask if they have a gun in the home. They have tips to make asking easier.

**The Philadelphia Enquirer,** Editorial (2/18/2007) Title "New approach could make society safer" by C. William Schwab, professor of surgery at the University of Pennsylvania School of Medicine and Chief of trauma and surgical critical care and Rose Cheney executive director of the Firearm

& Injury Center at Penn, states that: "gun violence, the most lethal form of violence impacts victim families, friends, entire neighborhoods with lifetime repercussions after a shooting. The effects of non-fatal gun injuries are enormous." "Gun Violence should be recognized as a public-health crisis. Look at public health's success in reducing car crash injuries. Violent behaviors are complex- emotional, reactive, protective or predatory - and we need to think of each differently. The Public- Health approach works requiring collective efforts and sustained investment in real prevention."

Editor's Note:

***Whether it is gun violence, terrorism, weather & human disasters, or potential for bird flu, many in the church have been responding and in the process learning more about the role the religious community can plan at such cataclysmic times.***

*The following article offers a good example of how many people are doing creative things and need to share their light.*

## **Reliving the past...**

**Pastor Jaime G. Olson**

Board Certified Expert in Traumatic Stress, American Academy of Experts in Traumatic Stress  
[pastorolson@atlanticbbn.net](mailto:pastorolson@atlanticbbn.net)

A traumatic stress event can be events like the terrorist attacks of September 11, 2001, the Oklahoma City bombing, Columbine or Amish School shootings, etc. While traumatic events make their way to the forefront of everyone's minds, especially as the news media continually replays the events in an unending fashion. For you and me, there may be other times in our lives when what appears to be less significant, may in fact leave an imprint of pain that

impacts the way we function in the world.

It is important to remember that while we have been granted entrance into God's kingdom through grace, we do live with the constant reality that sin continues to impact our world. Imprints of the negative events of our lives can be brought to the forefront of a situation when triggers awaken that portion of our memories. The physically, verbally or sexually abused individual may appear to be functioning normally until a trigger in an instant takes them back to such abuse and a reaction appears inappropriate to those around them. A person that tragically loses a loved one, the person involved in an automobile accident with a drunk driver, along with any number of scenarios forever change who we are.

How often do we question someone else's or for that matter own behavior when an issue seems to set them or us off? All too often we find ourselves reacting to those times rather than showing genuine concern for the person. I admit, in my own humanness, I too question what is happening, and can react in the wrong way. Human nature or dare I say our sin nature affects how we interact during such times.

Knowledge of such times can help in the way we react to triggered events. With knowledge or naming the negative stressors of our lives can help us move beyond the negative impact of such events toward a better understanding of ourselves and in fact how others may be responding. The early church was admonished to go privately to an individual in order to seek reconciliation for such moments, and with Jesus' as our example of love, we see that forgiveness

and reconciliation brings blessing beyond blessing. There are times though when it is impossible to have reconciliation with the perpetrator realized, however by naming such events and offering thoughts or words of forgiveness can help a person accept the event as a bad history and reclaim their present and future as their own in God's amazing grace.

Good mental health benefits everyone. All of your hurts can be given to God in healthy ways in order to move beyond the traumatic events of your life toward reclaiming the life that God has in store for you.

[1 Peter 5:6-8](#) (New International Version)

**6**Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. **7**Cast all your anxiety on him because he cares for you.

## Scripture

"There are those who rebel against the light, who do not know its ways or stay in its path." Job 23:13

"Confuse the wicked, O Lord, confound their speech, for I see violence and strife in the city. Psalm 54:9

## Resources

### **Brady Center to Prevent Gun Violence**

1223 Eye Street, Nw., Suite 1100  
Washington, DC 20005

202-289-7319

[www.bradycenter.org](http://www.bradycenter.org)

### **Pax Real Solutions to Gun Violence**

2 National Campaigns:

ASK  
SPEAK UP  
[www.paxusa.org/about/index.html](http://www.paxusa.org/about/index.html)

**CeaseFire PA**  
111 South Independence Mall East  
Suite 572  
Philadelphia, PA 19106  
Phone: (215) 923-3151  
Fax: (215) 923-3385  
Email: [info@CeaseFirePA.org](mailto:info@CeaseFirePA.org)  
Website: [www.CeaseFirePA.org](http://www.CeaseFirePA.org)

**Pennsylvanians Against Handgun  
Violence/SafePennsylvania**  
5125 Penn. Ave., Suite 300  
Pittsburgh, PA 15224  
Website: [www.pahv.org](http://www.pahv.org)

For a copy of the above items:  
1) "Children and Guns A Dangerous  
Combination" @ 1-877-PA-Health or  
[www.health.state.pa.us](http://www.health.state.pa.us)  
2) Is there a gun where my  
child plays? call (717)766-1616 or  
[atspa@atspa.org](mailto:atspa@atspa.org)  
3) Philadelphia Enquirer Editorial  
call Dr, Schwab @ 215-662-7015 or  
215-487-5734

## **Bulletin Insert** **Suggestions**

### **The Two Wolves**

One day a young Native American boy  
fell out with his  
friend. He went to his grandfather  
and told him how  
very angry and upset he was. His  
grandfather listened  
quietly to the boy's outpourings, and  
then said: "Let  
me tell you about my wolves..."

After a pause, the ancient warrior  
continued: "I too,  
at times, have felt great hate for  
those who have  
taken so much, with no sorrow for  
what they do. But  
hate wears you down, and does not  
hurt your enemy.  
It's like taking poison and wishing  
your enemy would  
die. I have struggled with these  
feelings many times.

"It is as if there are two wolves inside  
me. One is  
good and does no harm. He lives in  
harmony with all  
around him and does not take offence  
when no offence  
was intended. He will only fight when  
it is right to  
do so, and in the right way.

"But the other wolf ... ah! The littlest  
thing will  
send him into a fit of temper. He  
fights everyone, all  
the time, for no reason. He cannot  
think because his  
anger and hate are so great. It is  
helpless anger too,  
for his anger will change nothing.

"Sometimes it is hard to live with  
these two wolves  
inside me, for both of them try to  
dominate my  
spirit."

The boy looked intently into his  
grandfather's eyes  
and asked, "Which one is stronger?  
Which one wins, Grandfather?"

The ancient smiled and quietly said,  
"The one I feed."

## HOW TO GET RID OF AN UNWANTED FIREARM IN YOUR HOUSEHOLD

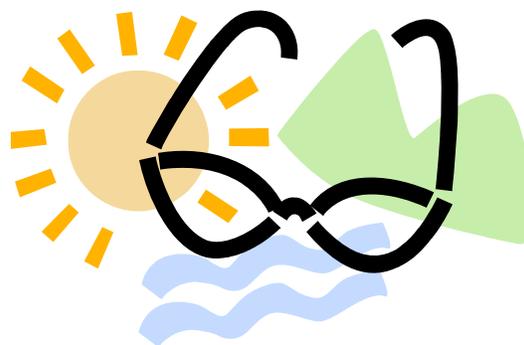
If you are comfortable handling the firearm, then you can make sure it is unloaded, and bring it to a licensed firearm dealer, where it can be sold.

If you don't want the gun to remain in circulation, you can bring it to your local police department or County Sheriff's Office for destruction. **ALWAYS CALL AHEAD OF TIME TO LET THEM KNOW THAT YOU WILL BE BRINGING IN A FIREARM FOR DISPOSAL! NEVER BRING A FIREARM INTO A LAW ENFORCEMENT FACILITY UNANNOUNCED!**

If you are unsure whether the gun is loaded, and are not comfortable handling firearms, call your local police department for assistance. They will be happy to come help you out.

What if I've never registered my gun?  
Won't I get in trouble if I turn it in now?

Some people are concerned that they have unwittingly violated the law by not registering a handgun or other firearm that they've come to own. Do not let this stand in the way of ridding your household of an unwanted firearm--there is no obligation to register firearms that you own. The only license requirement in the Commonwealth of Pennsylvania is a concealed carry permit, and then only if you want to transport a loaded handgun outside of your home or place of business.



## UV Safety

### *Sunglasses, More Than a Fashion Statement*

(source: unknown)

We all know the importance of using sunscreen to protect our skin from the harmful rays, but what about protection for our eyes?

July is UV Safety Month, and eye doctors across the nation are urging Americans to protect their eyes and their children's eyes by wearing sunglasses and wide-brimmed hats.

Recent studies have shown that prolonged exposure to the sun's invisible, high energy ultraviolet rays without protection may cause eye conditions that can lead to vision loss, such as cataracts and age-related macular degeneration. During the summer months the level of ultraviolet radiation is three times greater than in the winter.

Sunglasses and a wide-brimmed hat are the best defense system for your eyes against sunlight and harmful UV rays. To be effective, both must be worn every time you are outside for prolonged periods of time, even when it is overcast. But what type of sunglasses should you buy? The most important thing is to purchase sunglasses that block 99 to

100% of UV-A and UV-B rays. Don't be misled by the color of the lens or the price tag.

The ability to block UV light is not dependent on the darkness of the lens. UV protection can come from adding chemicals to the lens material during manufacturing or from a chemical coating applied to the lens surface. How much should you expect to spend for sunglasses? Many \$10 sunglasses provide equal or greater protection than a \$100 pair. The more expensive sunglasses will offer you style, frame quality and perhaps scratch-resistant coatings. They may or may not provide UV ray protection.

In addition to the damage caused by repeated sun exposure overtime, you need to protect your eyes from acute damage caused by a single day in the sun. Excessive exposure to ultraviolet light reflected off sand, snow or pavement can burn the eye's surface. Similar to sunburns, eye surface burns usually disappear within a couple of days, but may lead to further complications later in life.

Opticians, Optometrists and Ophthalmologists are all 'Eye Doctors' but it is the ophthalmologist who treats all aspects of eye care, including eye diseases, injuries and eye surgery.

### *Sun Safety Guidelines*

*By Kaye L. Weiss, R.N*

Protecting your skin in the sun,  
Is an important thing to do;  
As just one blistering sunburn,  
May someday really harm you.

Here are some sun safety tips,  
That all of us should know;  
Limit exposure or seek shade 10-4  
When the sun has its strongest glow.

Use sunscreen on uncovered skin,  
SPF 15 or higher is best;  
And reapply it every 2 hours,  
It can wash off if you get wet.

Proper clothing and accessories,  
Are also important to wear;  
So cover yourself with long sleeves and  
slacks,  
And don't let your skin go bare.

Clothes do not have to be tight,  
Actually loose fitting is best.  
A wide-brimmed hat is essential;  
One that shades your face, nose, ears,  
and neck.

Sunglasses should protect your eyes,  
From sun rays UVA & B;  
They protect tender skin on your face,  
And prevent cataracts, you see.  
And what about those tanning salons,  
Whose rays are mainly UVA?  
That can cause deeper skin damage,  
And can hasten your skin's age.

How do you keep your skin sun safe?  
You've just received some answers;  
Follow these guidelines all year long,  
And decrease your risk of skin cancers

### *Scripture*

"The man hurried over to Eli, who was  
ninety-eight years old and whose eyes  
were set so that he could not see."  
I Samuel 4:14b

"...Give light to my eyes ..."  
Psalm 13:3b

"The eye is the lamp of the body. If  
your eyes are good, your whole body  
will be full of light."  
Matthew 6:22

## Resources

**AMD Alliance International**  
Age Related Macular Degeneration  
<http://www.amdalliance.org/>

**American Academy of Ophthalmology**  
[www.medem.com/eyemd](http://www.medem.com/eyemd)

**American Optometric Association**  
<http://www.aoa.org/>

**Lighthouse International**  
<http://www.lighthouse.org/>

**Patient Advocate Foundation  
Co-Pay Relief**  
Patient Advocate Foundation's Co-Pay Relief (CPR) Program provides direct co-payment assistance for pharmaceutical products to insured Americans who financially and medically qualify. We are pleased to announce that beginning on January 1, 2006 CPR will begin welcoming new Medicare Part D beneficiaries who require assistance with their pharmaceutical co-payments. The Program offers personal service to all patients through the use of CPR call counselors; personally guiding patients through the simple enrollment process.  
<http://www.copays.org/>

**Prevent Blindness America**  
[http://www.preventblindness.org/resources/act\\_sheets.html](http://www.preventblindness.org/resources/act_sheets.html)

## Bulletin Insert Suggestions

### **How You Can Protect Seniors From The Heat And The Sun**

By Doreen Ross

The following tips, recommended by the Environmental Protection Agency, are designed to help avoid

skin problems and dehydration from the sun:

- Whenever possible, seek shade
- Use a broad-spectrum sun screen with SPF 15 or higher on exposed areas
- Re-apply sun screen every two hours, especially after swimming or perspiring
- Wear lightweight, light-colored clothing
- Wear a wide-brimmed hat and clothing that covers your body
- Wear UV-protective sunglasses
- Drink plenty of fluids
- Check the UV index daily

## **UV Radiation Checklist**

If one or more of the following factors fits you, you could be in a higher risk category for damage to eyes from UV radiation:

- ◆ Do you spend a great deal of time outdoors?
- ◆ Do you spend time skiing, mountain climbing or at the beach?

- ◆ Do you use a sunlamp or tanning parlor?
- ◆ Do you live in the mountains or the U.S. Sunbelt?
- ◆ Are you a welder, medical technologist or do you work in the graphic arts or in the manufacture of electronic circuit boards?
- ◆ Do you take prescription or over-the-counter drugs that can increase your sensitivity to UV radiation (check with your optometrist, pharmacist, or physician)?
- ◆ Have you had cataract surgery in one or both eyes?

American Optometric Association  
<http://www.aoa.org/x4735.xml>

## *Education for Parish Nurses*

### **Editor's Note**

This section has been added for the medical professional. Each quarter, we will include an article with a topic related to current medical information.

## **VISION PROBLEMS IN THE ELDERLY**

**George R. Simms, M.D.**

Everyone's vision worsens with age, but four out of five older people continue to

have serviceable sight throughout their later years thanks to the technological advances in eye care today.

Diminished vision is a heavy burden to bear. Physical dangers abound – medication labels are misread, switches are turned to the wrong setting, moving cars go unnoticed, steps are not seen. Worse yet are the psychological dangers : the loneliness of self-imposed isolation, the confusion about a world indistinctly seen, the gradual loss of enthusiasm and health due to forced immobility of the blind or near-blind. The older person who is otherwise intact may become profoundly dispirited as their vision fails.

The three commonest causes of vision loss in the elderly are macular degeneration, glaucoma and cataracts. Of these three, only cataracts can be satisfactorily cured. There is no treatment for macular degeneration, and glaucoma can be managed but not cured.

### **Age-Related Macular Degeneration (ARMD):**

ARMD is the commonest cause of blindness in this country, afflicting twelve million Americans. It is estimated that one out of six men and women age 55-60, and one out of four age 64-74, suffer from ARMD. Of the twelve million afflicted, more than one million suffer severe vision loss each year. There is no known cause and thus no specific treatment available.

### **Glaucoma:**

Glaucoma is the second commonest cause of age-related blindness in this country. It is estimated that more than two million people greater than the age of forty are afflicted, and from five to

ten million people are at risk. It is an insidious disease of increased intra-ocular pressure which may go unnoticed for years until suddenly symptoms appear and the optic nerve is injured beyond repair. There is no known cure although, in most cases, it can be managed with life-long medication. It is more common in blacks and Hispanics, and increases with age.

**Cataracts:**

By age eighty, more than half of all Americans either have cataracts or have had cataract surgery. Cataract eye surgery is the commonest and most benign surgery performed today. Recent advances in technology now make it possible to remove one or both cataracts at the same time, implant intra-ocular lenses, go home the same day with minimal or no discomfort, and drive their car again within three days.

**Implications for the church:**

There are seventy-five million American baby-boomers who began turning sixty in 2006. From 2010 to 2030 the 65+ population will spike to over sixty-nine million people. Most, if not all, of these people will have visual problems. And most of them will go to church. This means that as our society ages, the church population will age in ways never known before. It is the task of the church to anticipate these changes and plan for the future. Part of that planning must take into account the visual problems its members will encounter.

Parish nurses need to consider what measures can be taken to assist congregation members who are struggling with visual impairment. A few suggestions:

1. urge all older adults to have regular eye examinations in order to identify early glaucoma and cataract development;
2. counsel older adults who are struggling with visual impairment. Talk with them about how they are coping, about their loneliness and frustration, and find out if they are able to see to take their medication satisfactorily;
3. provide large-print reading material for the visually impaired;
4. consider structural changes in the church building – e.g., brighter lights in the hallways, signs with larger print;
5. educate staff and congregation on the special needs of the visually impaired;
6. train certain church members to work with the visually impaired: transportation, assist in getting around at church, etc.

To lose one's vision is a terrible burden. It is an obligation of love to do everything we can to ease the path and the pain of those so afflicted.

*Humor*

**When I Live With My Kids,  
I Will Bring Them Such Joy!**

*When I'm an old lady, I'll live with each kid,  
And bring so much happiness ...  
just as they did.*

I want to pay back all the joy they've  
provided  
Returning each deed! Oh, they'll be  
so excited!

When I'm an old lady and live with  
my kids,  
I'll write on the walls with reds,  
whites and blues  
And I'll bounce on the furniture  
wearing my shoes;  
I'll drink from the carton and then  
leave it out,  
I'll stuff all the toilets and oh, how  
they'll shout!

When I'm an old lady and live with  
my kids,  
When they're on the phone and just  
out of reach,  
I'll get into things like sugar and  
bleach.  
Oh, they'll snap their fingers  
and then shake their head.

When I'm an old lady and live with  
my kids,  
When they cook dinner and call me  
to eat,  
I'll not eat my green beans or salad  
or meat.  
I'll gag on my okra, spill milk on the  
table,  
And when they get angry... I'll run ...  
if I'm able!

When I'm an old lady and live with  
my kids,  
I'll sit close to the TV, through  
channels I'll click,  
I'll cross both eyes just to see if they  
stick.  
I'll take off my socks and throw one  
away,  
And play in the mud 'til the end of  
the day!

When I'm an old lady and live with  
my kids,  
And later in bed, I'll lay back and  
sigh,

I'll thank God in prayer and then  
close my eyes.  
My kids will look down with a smile  
slowly creeping,  
And say with a groan, "She's so  
sweet when she's sleeping!"

## *Jewish Words of Healing*

### **A Patient's Prayer**

(Author unknown)

Eternal G-d, source of healing,  
Out of my distress I call upon You.  
Help me to sense Your presence  
At this difficult time.

You have already sent me gifts of Your  
goodness:  
The skill of a physician,  
The concern of others who help me,  
The compassion of those I love.

I pray that I may be worthy of all these,  
today and in the days to come.

Help me to banish all bitterness'  
Let not despair overcome me.

Grant me patience when the hours are  
heavy;  
Give me courage whenever there is hurt or  
disappointment.

Keep me trustful in Your love, O G-d.  
Give me strength for today, and hope for  
tomorrow.

To your loving hands I commit my spirit-  
When asleep and when awake.

You are with me; I shall not fear.  
Help me, O G-d, in my time of need.

## ***Traditional Misheberach***

*For Men:*

*May He who blessed our ancestors Abraham, Isaac, Jacob, Moses, David and Solomon, bless and heal \_\_\_\_\_. May the Holy One Praised by He mercifully restore him to health and to vigor. May G-d grant him health of body and health of spirit and mind, along with all others who are stricken. Let us say: Amen.*

*For Women:*

*May He who blessed our ancestors Sara, Rebekah, Rachel and Leah, bless and heal \_\_\_\_\_. May the Holy One Praised be He mercifully restore her to health and to vigor. May G-d grant her health of body and health of spirit and mind, along with all others who are stricken. Let us say: Amen*

*He who does charity and justice is as if he had filled the whole world with kindness. Talmud.*

\*Above information was taken from the newsletter, SPOTLIGHT, Jewish Family Service of Greater Harrisburg, Inc.

[www.jfsofdbg.org](http://www.jfsofdbg.org)

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