



NEWS

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What's Happening in the Community?

UPCOMING EVENTS AT INOVA HEALTH SYSTEM

Faces of Cancer Survivorship: Living the "New Normal"

The Community Advisory Council on Cancer (CACC) of Inova Life with Cancer Family Center will sponsor a conference on cancer survivorship on Saturday, April 29, from 8 a.m. to 2:30 pm. The conference will be held at Inova Fairfax Hospital Physicians Conference Center. The keynote address, *Challenges of Survivorship: Today and Tomorrow*, will be given by James Zabora, dean of National Catholic School of Social Service. The conference includes guest speakers, breakout sessions and lunch.

CACC, Congregational Health Partnership and Nueva Vida (a support network for Latinas with cancer) have planned one breakout session to be conducted in Spanish.

Please share this information in your congregation. The program is appropriate for current cancer patients, cancer survivors, family members, nurses, physicians, and hospital staff. Continuing Education Units will be available for RNs, social workers, and physicians.

For additional information, see www.lifewithcancer.org.

Inova Mount Vernon Hospital's 6th Annual Senior Health Fair

Wellness information: seated massage, screenings for blood pressure, cholesterol, foot health, skin cancer and other concerns. Giveaways and more.

*Inova Mount Vernon Hospital
Thursday, May 11, 2006
10 a.m. – 1:30 p.m.*

For more information and registration, call 703-208-2550.

Free Skin Cancer Screenings

Dermatologist will conduct free skin cancer screenings.

- *Inova Loudoun Hospital - Saturday, May 6, 2006, 10 a.m. - 1 p.m.*
- *Inova Fair Oaks Hospital - Saturday, May 20, 2006, 9 a.m. - 3 p.m.*

Appointments are required. To register, call 703-204-3366.

COMMUNITY EVENTS

Parish Nurse/Clergy/Laity Health Ministry Conference

Please "**hold the date**" of **Friday, Sept. 8, 2006**, for the annual Health Ministry Conference at George Mason University. At the same time, please pray that several volunteers will answer the need for volunteers to plan the event.

Prospects for actually having the conference this year are doubtful, given constraints in the committee that traditionally plans the conference.

There is still time to plan a simple but meaningful event if volunteers are willing to take it on! To get involved, please contact **Beth Patton** at pn@interfaith-care.org, **Marsha Komandt** at mgkomandt@verizon.net, **Karen Worrell** at karen.worrell@mcleanbible.org, or **Peggy Steen** at peggy.steen@inova.com.

Parish nurses, clergy, and lay health ministry volunteers should expect written notification in early June about the conference.

MARK
YOUR
CALENDAR

School Physicals Exams

Congregational Health Partnership is again part of a community effort to provide free school physical exams to uninsured children who will be entering Fairfax County schools this fall. These exams will be:

- **July 29:** Falls Church Health Department, 6245 Leesburg Pike, Falls Church
- **August 19:** Springfield Health Department 8136 Old Keene Mill Road, Springfield
- **August 26:** Mount Vernon Health Department, 8350 Richmond Hwy, Alexandria

■ Committees are seeking volunteers for all of the events, including interpreters, medical personnel and community volunteers. To learn more, please contact Bonnie Lilley at **703-780-4844** or **clilley406@aol.com**.

■ There is urgent need for a coordinator for the Falls Church Free School Physical event. Call **Shelby Gonzales (PHK)** at **703-321-1977** or **Peggy Steen (CHP)** at **703-208-5621**.

Hispanic Lay Health Volunteer Support Group

Lay Health Volunteers (LHV) from nine Hispanic congregations have been regular participants in the monthly LHV Support Group meetings. The volunteers are learning to develop a health ministry in order to promote health and well-being in their congregation in collaboration with community organizations.

Programs being organized by LHV's include health fairs, breast exam screenings in conjunction with Y-Me, dental hygiene screening at NVCC-MEC, "*Walking Challenge*" with American Heart Association and Diabetes Awareness programs.

Personal Care Assistants (PCA) Program

CHP is part of the collaborative effort of several community organizations to implement the 40-hour Personal Care Assistant training program. GRACE Ministries, a community based outreach program of the United Methodist Church, received a \$25,000 grant to fund this program for low-income Hispanic immigrants with legal status. Participants who successfully complete all the requirements of the program will receive certification from DMAS. Personal care skills training will be supplemented by an ESOL curriculum that reflects the language proficiency needs of personal care assistants.

The first of two sessions will be held in Herndon from April to June; the second will begin in September in Falls Church.

This program replicates the successful PCA training model that CHP was instrumental in promoting in the Korean community in 2005.

National Conference HMA 2006

Health Ministries Association (HMA)

Health Ministries Association, Inc. is an international membership organization that encourages, supports, and develops leaders in emerging practices that integrate faith and health.

17TH ANNUAL CONFERENCE

"Faithful Leadership: Transforming Ministry, Health and Community"

June 22-25, 2006

Durham, North Carolina

Washington Duke Inn & Golf Club

For complete information, see www.HMAAssoc.org or e-mail Carol at carol@hmassoc.org.

What's Happening in the Faith Communities?

Resource Information

■ Upcoming Health Observance Dates

April is Child Neglect and Abuse Prevention Month
May is Interfaith Mental Health Wellness Observance Month

■ Speaker's Kit for Heart Disease for Women:

www.nhlbi.nih.gov/health/hearttruth

■ Caring Long-Distance for Your Aging Parents

This seminar addresses critical family issues: how to prepare when a health crisis hits, resources and strategies for a long-term action plan to maximize independence, sharing responsibility among siblings, and legal issues.

Monday, July 17, 7 – 9 p.m.
The Women's Center, 133 Park Street, NE, Vienna
703-281-2657 or www.thewomenscenter.org

■ Caring for Your Aging Parent Seminars

Consider having a representative from Comfort Keepers come to your congregation for a "Caring for Your Aging Parent" seminar. The program can be one two-hour session or broken into four sessions, depending on the needs of the attendees. Critical family issues are addressed when a crisis hits a family in organizing and handling the care of an aging parent.

For more information, contact **Eileen Wilkinson** at 703-591-7117 or ewilkinson@mail.comfortkeepers-fairfax.com .

■ Tool Kit for Health Care Advance Planning

A 24-page tool kit is available to assist the elderly and their families with planning for life concerns. For more information, contact Commission on Legal Problems of the Elderly American Bar Association at 740 Fifteenth Street, N.W., Washington, D.C. 20005, 202-662-8690 or www.abanet.org/elderly.

Nutrition Resources

Learn the amount of each food group you need daily at www.mypyramid.gov.
Learn more about the dietary guidelines at www.healthierus.gov.

CONGREGATION AND PARISH UPDATES

Parish Nurses Needed

- There is a paid parish nurse position for 15 hours per week beginning early July at Fairfax United Methodist Church. If interested or you have any questions, please contact Judy Crooks, coordinator of Congregational Care, at **703-591-3120**, ext 110.
- A non-paid parish nurse position is available in Dale City at Holy Family Roman Catholic Church. For additional information, please contact Carmen Rivera, director of Parish Outreach, at **703-670-8161**, ext 236, or at hfccco@hfccdc.com.

Pender United Methodist Church

- Pender United Methodist Church is providing CPR training for staff and ministries at Pender. They also continue blood pressure checks twice a month.
- Jayne Vorder Bruegge, Keith Rollins, and Pat Garrett traveled to Zimbabwe, Africa in 2005. They shared a beautiful, informative presentation about their trip at the March parish nurse network meeting. They will be traveling again in August 2006 to share information on parish nursing with the University of Africa and the faith community.

Parish Nurse Network (PNN)

The Parish Nurse Network continues to meet at 7:30 p.m. on the third Wednesday of the month at Bruen Chapel United Methodist Church, 3035 Cedar Lane, Fairfax.

The agenda varies monthly and offers networking opportunities, information about community resources, and shared experiences that prove helpful in developing your health ministry.

For additional information about the Parish Nurse Network, contact **Marsha Komandt** at mgkomandt@verizon.net or call the CHP office at **703-208-5621**.

What's Happening at Inova Health System

Two Inova Hospitals Receive Region's First Primary Stroke Center Certification

Two Inova Hospitals have been recognized for their exceptional efforts in meeting the specialized needs of stroke patients. Inova Alexandria and Fairfax hospitals recently were awarded the Certificate of Distinction for Primary Stroke Centers, the Gold Seal of Approval for stroke care from the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

Inova Blood Donor Services

Every day 15 hospitals served by Inova Blood Donor Services need more than 200 blood and platelet donations to treat newborns as well as victims of trauma, people with cancer and individuals undergoing surgery and transplants. Give the gift of life. Choose to donate blood at one of five convenient locations: Alexandria (2), Annandale, Centreville and Sterling. Inova Blood Donor can also provide blood drives for your congregation.

Visit www.inova.org/donateblood or call **1-866-BLOODSAVES (1-866-256-6372)** today for information and appointments.

Inova HealthSource

Inova HealthSource provides health information and education for the community concerning various health, prevention and wellness topics. Topics include:

- Ask the Expert:
 - Cardiovascular Health
- Asthma
- Birth and Parenting
- Cardiopulmonary Resuscitation (CPR) & First Aid
- Children's Health
- Fitness and Well-Being
- Healthy Lifestyles
- Nutrition and Weight
- Senior Fitness
- Smoking Cessation program
- Weight-Loss Surgery Patients

Information and Registration:

To obtain class dates, times and locations, call **703-204-3366**.

To register online, go to www.inova.org, click on "Health Info & Classes" and then on "Search for HealthSource and Other Classes". Registration is confirmed within 24 hours. To register by phone, call **703-204-3366**, M-F, 8:30 a.m. – 6 p.m.



Congregational Health Partnership

Inova Health System respects the unique nature of a congregation's health ministry, its forms of spiritual expression, and the objectives that emerge from a congregational needs assessment.

How to Contact Us

If you would like more information about Inova Health System's Congregational Health Partnership, call 703-208-5600.

Inova Health System is a not-for-profit health care system based in Northern Virginia that consists of hospitals and other health services including emergency and urgent care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community we serve through excellence in patient care, education and research.

www.inova.org

Your contribution to the Congregational Health Partnership program will help ensure that other congregations receive similar health related benefits. To volunteer or to make a donation, please contact the Inova Health System Foundation at 703-321-2915.

PARTNERING CONGREGATIONS

- All Dulles Area Muslim Society/FAITH
- Arlington United Methodist
- Annandale United Methodist
- Bruen Chapel United Methodist
- Church of the Good Shepherd
- Culmore United Methodist
- Ekklesia USA
- Fairfax Korean Presbyterian
- Farlington United Methodist
- First Baptist Church of Springfield
- First Baptist Church of Vienna
- First Korean United Methodist
- Friendship United Methodist
- Good Shepherd Catholic
- Graham Road United Methodist
- Holy Trinity Lutheran
- Hope Lutheran
- Iglesia Bautista Hispana Emanuel
- Iglesia Bautista “Jesuscristo es el Camino”
- Iglesia de Dios de La Profesia de Alexandria
- Iglesia de Dios de la Profesía de Sterling
- Iglesia Hispana Metodista Unida de Arlington
- Iglesia Metodista Unida/Gracia
- Immanuel Church on the Hill
- Knox Presbyterian
- Korean Central Presbyterian
- Lomax A.M.E. Zion
- Lord of Life Lutheran
- McLean Korean Presbyterian
- Messiah United Methodist
- Mok Yang Presbyterian
- National Gardens Baptist
- Nativity Lutheran
- Pender United Methodist
- Pilgram Korean Community Baptist Church
- Pleasant Valley United Methodist
- Pohick Episcopal
- Prince of Peace Lutheran
- Seoul Presbyterian
- Springfield Christian
- St. Andrew’s Episcopal
- St. Anthony’s Catholic/MAPAVI
- St. John’s United Methodist
- Unitarian Universalist Church of Arlington
- United Baptist
- Virginia Korean Baptist
- Virginia Presbyterian
- Washington Christian



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NEWS



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