



Here's hoping that everyone of you enjoyed your summer months!

Starting this weekend, nurses in the parish will resume doing blood pressures after all masses on the first weekend of each month. Stop by the Hospitality Room to have your blood pressure checked.



Following are some safety tips from the Safe Campuses Now and Security On Campus for keeping college kids safe:

- Take the most open, well-lit paths to wherever you need to go.
- Always carry a cell phone for emergencies, programmed with the number for campus security. Learn the location of any call boxes and "panic buttons" that may be located around campus.
- Avoid walking alone at night, if possible. If you're alone on campus after dark, call campus security to help you get home safely.
- Make sure friends, roommates and parents know you daily schedule.
- Keep your dorm room or apartment locked, including windows.
- If you need help, shout, "help" or "police". Simply screaming may be misniterpreted as loud partying.
- If a person or place seems questionable, leave.
- Don't be embarrassed about being safe. Being prepared makes it easier to react in a threatening situation.
- Don't drink alcohol to excess or take illicit drugs. In fact, alcohol and drug abuse are involved in about 90 percent of college campus crimes.

Taken from Mayo Clinic Livewell, August 2008

Healing Adventure Camp - Ironwood Springs Christian Ranch



On Saturday, October 25, 2008 from 8:30 a.m. to 5 p.m. a free one-day camp for children and teens(ages 5-18 years) who have experienced a loss will be held at Ironwood Springs Ranch,7921 Co. Rd. 6 SW, Stewartville, MN. It is a Healing Adventures Camp sponsored by the Mayo Hospice Program, with support from the Department of Chaplain Services and Mayo Eugenio Litta Children's Hospital. Campers will have the opportunity to spend time with other children who have had a similar experience and meet with trained grief facilitators who will encourage discussion on loss, grief, healing, and new beginnings. Campers will be assigned to age-appropriate groups and there will be activities including nature walks, crafts, rock wall climbing, music and petting zoo. (Continued on the next page)

On that day from 3:30 p.m. to 5 p.m., there will be a closing activity that families are invited to join in. From 8:30 a.m. to 11 a.m., there is an optional Adult Support Session. Registrations must be received by Fri. Oct. 10. Call Carol Kuisle @ 284-1690 .



September is Ovarian Cancer Awareness Month

Signs and symptoms relate to abdominal bloating and gastrointestinal disturbances:

- Abdominal or pelvic pressure, discomfort or pain; back pain
- Persistent indigestion, gas or nausea
- Feeling full even after a light meal
- Abdominal swelling or bloating
- Unexplained changes in bowel habits: constipation or diarrhea
- Changes in bladder habits: urgency, frequency or incontinence
- Loss of appetite
- Unexplained weight loss or gain, especially in the abdominal area
- Severe fatigue

These signs and symptoms are nonspecific and can be associated with many diseases and disorders. The key seems to be persistent or worsening signs and symptoms; if any of these symptoms occur almost on a daily basis for 2-3 weeks, a woman should see her gynecologist. The causes of ovarian cancer are unknown, being alert to these persistent or worsening signs and symptoms can help you and your doctor identify and diagnose ovarian cancer in its early, more treatable stages.

Taken from Mayo Clinic Women's Healthsource, April and July 2005



Don't Peel Your Apple!

Researchers at Cornell University identified a dozen compounds in the peel from fruits and vegetables that inhibit or kill human cancer cells in lab tests.

UC Berkeley Wellness Letter, Oct. 2007, provided by Parish Nurse Perspectives, Fall 2007



Berry Good!

After 8 weeks, a recent study of middle-aged people with high blood pressure, berries help prevent cardiovascular disease in at least 3 ways. By adding 5 ounces of berries to their daily diet, participants had lower blood pressure, higher HDL("good") cholesterol, and less "sticky" blood (an effect similar to aspirin). The researchers attributed the benefits to substances in berries called polyphenols, also found in red wine, chocolate and tea.

UC Berkeley Wellness Letter, June 2008, provided by Olmsted Co. Public Health Service