



What is a Parish Nurse?

Parish nurses are licensed, registered nurses who practice whole-person health for themselves, other people and their faith community. The focus of their work is assisting the members of the faith community in maintaining and/or regaining health and wholeness in body and spirit.

Mission Statement

- To challenge the nursing profession to reclaim spiritual dimensions of nursing care
- To challenge the health care system to provide whole person care
- To challenge the faith community to revitalize its healing mission

Services Offered

- Blood pressure monitoring
- Resources to promote well-being (spiritual, physical, emotional, and mental)
- Transitional care: providing post-hospital follow up phone call

Contact Information

Voice Mail: 319-447-0100 x 316; Email: parishnurse@faith-life.org

Who are the Parish Nurses at St. Mark's?



Sheila Crook-Lockwood

- Currently pursuing her Doctor of Education in Health Professions Education
- Currently works at Upper Iowa University in Cedar Rapids
- Parish Nurse Training completed in April 2015

Work experience: Mercy Medical Center medical/surgical, clinical nursing instructor, health care simulation at Kirkwood Community College

Family: Husband, Eric; 4 sons and 1 daughter; 3 stepchildren

St. Mark's Activities: St. Mark's Parish Nurse Coordinator, hospitality, and small group

Other interests: Teaching BodyVive aerobics for the Y, Reading, Gardening, Spending time with family and friends



Anita Haughenbury

- Received her BSN from Mt. Mercy College
- Currently works at Unitypoint St. Luke's Hospital
- Parish Nurse Training completed in April 2015

Work experience: 25+ years in Cardiac and Pulmonary Rehab with a focus on activity, exercise, eating habits, medication use, heart and lung care, and diabetes

Family: Husband, Jim; 3 children; 8 grandchildren

St. Mark's Activities: Care Team, Church Council, hospitality, and small group

Other interests: Coggon Area Betterment Association, Harvest Home (annual town celebration), Volunteer for Linn County Fair, Yardwork, Exercise class, Farm activities



Joan Smith

- Diploma from St. Luke's School of Nursing
- Currently works at Mercy Medical Center
- Parish Nurse Training completed in October 2012

Work experience: Cardiac Care Unit (CCU), Intensive Care Unit (ICU), pre and post-surgical care, geriatrics-care center, clinical nursing instructor

Family: Husband, Rich; 1 son and 2 daughters

St. Mark's Activities: Care Team, in-home communion assistant, hospitality, and small group

Other interests: Spending time with family and friends, Reading, Gardening, Cooking, Walking, Biking, and Golfing

Colorectal Cancer Awareness

Colorectal cancer screening saves lives. If you're 50 years old or older, get screened!

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50.

Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.

Risk Factors

You might be at an increased risk for colorectal cancer if you:

- Are age 50 or older
- Smoke or use tobacco
- Are overweight or obese, especially if you carry fat around your waist
- Are not physically active
- Drink alcohol in excess (especially if you are a man)
- Eat a lot of red meat, such as beef, pork or lamb, or a lot of processed meat, such as bacon, sausage, hot dogs or cold cuts
- Have a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- Have a personal or family history of inflammatory bowel disease, such as ulcerative colitis or Crohn's disease

Symptoms

Early stages of colorectal cancer don't usually have symptoms. Later on, people may have these symptoms:

- Bleeding from the rectum or blood in or on the stool
- Change in bowel habits
- Stools that are more narrow than usual
- General problems in the abdomen, such as bloating, fullness or cramps
- Diarrhea, constipation or a feeling in the rectum that the bowel movement isn't quite complete
- Weight loss for no apparent reason
- Being tired all the time
- Vomiting

What You Can Do

If you're aged 50 to 75, get screened for colorectal cancer regularly. If you're between 76 and 85, ask your doctor if you should be screened.

- Be physically active.
- Maintain a healthy weight.
- Don't drink too much alcohol.
- Don't smoke.

Transportation Options in the Cedar Rapids Area

LIFTS provides safe door-to-door transportation for eligible elderly and disabled citizens in the metro area of Cedar Rapids, Marion, and Hiawatha. Bus transportation for the elderly and persons with disabilities in the Cedar Rapids metro area and the general public in rural Linn County for work, school, doctor appointments, grocery shopping, etc.

Cost: \$3.00 each way.

LIFTS also provides public transportation to all Linn County residents outside the metro area.

Phone number: 319-892-5170, Fax: 319-892-5179

Hours: Monday - Friday, 7 am - 5 pm

Riders Club of America (RCA) provides transportation for mobile seniors that are ambulatory and over 55, or have a medical condition which prevents you from driving.

Cost: Annual Membership Fee and driver's fees.

Driver's fees are paid in advance for each travel destination by RCA through your account.

Important Information:

- 24-hour notice is required to coordinate volunteer drivers with your schedule to offer safe rides.
- You can go anywhere in the metropolitan area, anytime.
- Transportation is one-way. The same driver that picks you up at home and transports you to your destination, may not be the same one that takes you back home.
- Wheelchairs: Riders must be able to transfer to the car on their own and there must be a wheelchair at the destination. Drivers will not transport your wheelchair.
- Pick up: They will pick you up at your home
- Support: If you need help, they can carry packages or walk you to the car. This is not an additional cost.
- For security purposes all drivers and riders have a background check.

Phone: 319-365-1511

Hours: Monday - Friday, 9 am to 3 pm