

PARISH NURSE EDUCATION SERIES

Sundays, 2:30 - 4:00 p.m., in the Fellowship Hall

❖ January 8

Wake Up to Sleep!

**Speaker: Patsy Maxey, RPSGT, RST, CPT
Centra Sleep Center**

Adequate, good quality sleep is essential to good physical and mental health. This program will give us facts about the consequences of certain sleep behaviors and the signs and symptoms of some common sleep disorders. We will learn about good sleep hygiene, the health consequences of untreated sleep disorders, and the diagnosis and treatment of sleep disorders. Come and learn some things about sleep and sleep disorders that might surprise you!

❖ February 12

A Lifelong Challenge: Getting Ready

**Speaker: Nancy Overstreet, DNP, Geriatric Nurse Practitioner
Certified Dementia Practitioner**

Every phase of the life cycle has “developmental tasks” that must be accomplished if we are to achieve dignity and joy. We all hope for a long life but the later years can be among the most challenging. What can we do during the other phases of our lives to prepare for the last years? What are the developmental tasks of aging and how can we accomplish them? This can be considered a ***lifelong challenge*** that involves physical, financial, emotional, spiritual and relational aspects. Our speaker will help us explore these various tasks. She draws from her years of experience as a nurse practitioner and educator in helping the aging and their families meet the challenges of later life. This program is for those who hope to live long enough to become elderly and those who are doing so.

❖ March 12

Medications: An Overview of Current Issues

**Speakers: Bruce Gerlich, R.Ph
Mitch Overstreet, R.Ph
Ryan Wolfe, Pharm.D**

Medications bring us many benefits, including improved health and longer lives. However, use of medications can also bring many questions and concerns. A panel of Holy Trinity’s own pharmacists will bring us an overview and update on such issues as medication safety, use of multiple medications, over-the-counter medications, Medicare-Part D, and use of controlled medications. Bring your questions or just come to learn more about the important topic of medications.