

Revised: 03 August 2015/Published: 03 August 2015

"Your Personal Medical Resource Book"

www.christuspatrick.org visit "Patients" or "Visitors"

To: Whom It May Concern

Have you been bombarded with information, over-whelmed with paper: prescriptions, test results, notes, limited time during your visit with a healthcare provider to get answers (9-14 minutes national average) or are there multiple health providers who might be managing a puzzle piece of your diagnosis?

What:

"The Medical Resource Book (MRB) was compiled as a way to assist you with managing and monitoring information while in your present state of wellness. This MRB may also receive information for any disorder you or a loved one might experience. I have found that organizing information received from different sources has helped empower people in choosing proactive wellness with the help of healthcare providers, and I sincerely pray this for you."

Anna 'Bernadette' Monlezun-Pontón

"Your Personal MEDICAL RESOURCE BOOK"

Categories for Receiving Information:

1. To Do List
2. Advance Directive/Legal
3. The Team
4. Billing/Finance
5. Appointments/Prepare
6. Medical Profile
7. Medicine Log
8. Medical Log
9. Information Management

WHOM

<u>Date:</u>	<u>MRB Taught</u>	<u>Receives MRB:</u>
<i>01 March 1995 to 10 March 2004</i>	<i>I gave the MRB to</i>	<i><u>217 Individuals</u></i>
<i>as well as to my MRB 'Team Support Members' for their respective patients:</i>		
<i>Lee Joseph Monlezun, Jr. M.D., FACOG, (1995)</i>		
<i>Constance Victoria Monlezun Darbonne, R.N., CFNP (1995)</i>		
<i>Tina King-Monlezun, R.N., CFNP, DNP (2001) Lake Arthur Health Clinic, LLC</i>		
<i>... 2009 to present date they are supplied with 'Medical Resource Book' Panel Cards</i>		

CSPH Support Groups by invitation to teach the MRB personally given; commenced counting!

<i>01 April 2003</i>	<i>LCMH 'I Can Cope' Cancer Support Group</i>	<i>(14)</i>
<i>17 July 2003</i>	<i>LA Rural Health Access Program and Better Health for the Delta –Lafayette, LA. Area Health Education Center (AHEC) Summer Conference Workshop Presenter</i>	<i>(13)</i>

21 October 2003 Business & Professional Women of LC (BPW) Speaker/City Hall (14)

***Total: 217 + 86 = 303 MRBs personally printed and given away individually then ...
08 March 2004 -Ellen Jones accepts the MRB to print as a) complete Binders and b) to be
inputted on their website; to begin the process, sends me to Assistant Administrator of
Marketing, Planning and Advocacy, Karen Stubblefield! Thank you and Lead, Kindly Light!!***

10 March 2004 American Cancer Society General Cancer Support Group, 6:00 PM CSPH
Health Promotions Bldg. BMP/RR (23)

11 March 2004 American Cancer Society Bosom Buddies Support Group, 6:00 PM CSPH
Health Promotions Bldg. BMP (22)

10 June 2004 CSPH Support Gr. Facilitators/BMP/CMD, 9-11 AM/Garber, First Floor (10)

17 June 2004 Paula Fortenberry, Facilitator, Surgical Weight-Loss Support Group &
Anne Billeaudeaux, CSPH Director- Business Development
(Physicians)/BMP 1:00 PM/Garber, First Fl. Classroom (02)

17 June 2004 Parkinson Support Group/BMP/CMD 2:30 PM/Garber/1st Fl. Classroom (15)

7 July 2004 Fibromyalgia Support Group/BMP/RR 1:00 PM/ Garber/1st Fl. Classroom (09)

19 July 2004 Prostate Support Group, 6:00 PM/Health Promotion Bldg. (26)

29 July 2004 Individuals from support groups to organize their MRB in Pastoral Care (03)

***04 August 2004 - MRB in pdf format from The Graham Group for in-house printing to teach!
Thank you!***

29 September 2004 CSPH Auxiliary/BMP/SDG 9:00 AM/Garber Auditorium (06)

30 September 2004 CSPH Home Care Services 3:00 PM/Lake Street office (23)

***21 October 2004 MRB is on the CSPH internet site 10 years post AAP's diagnosis and
7 months after Ellen Jones said "yes, teach her!" Thank you!***

***28 October 2004 - 250 MRB Binders/Cover/Tabs arrive for organizing to teach!
Thank you!***

01 November 2004 CSPH SBHC/Community Health/BMP/CMD, 3 p.m., WMHSchool (19)

04 November 2004 MRB Binder in its entirety to date in the hands of Karen Stubblefield!
Thank you! (01)

08 November 2004 MRB presented to Peggy Wolfe, Ph.D., Director, MSU College of
Nursing and Health Education. Scheduling to teach the MRB to a
'Wellness' class in the Spring 2005 and more possibilities being
discerned for 2005. Also, MRB in the hands of Tari Dilks with the MSU
Nurse Practitioner Program. (02)

(MRB in process to be offered to CSPH Patients through Physicians offices (4 x 9" panel card) through CSPH Business Development Office, Anne Billeaudeaux, Director/Karen Stubblefield! Thank you!)

- 09 November 2004 MRB/Team Support Members (1995 – present) delivered or by post in gratefulness! And, Rev. Brian King/CSPH (15)
- 18 November 2004 Offer to CSPH Associates- Karen Stubblefield/Lana Lake the teaching of a CSPH Working Binder, MRB, Silent Retreat Series to a select group and The Makings of a Heritage Center of Your Own! (for CHRISTUS Corporate!)
- 18 November 2004 to December 2004~ Individuals (09)*
- 05 January 2005 Fibromyalgia/Chronic Fatigue Syndrome Support Group/CSPH #2 meeting for post-survey (13)
- 20 January 2005 Parkinson Support Group/CSPH # 2 meeting for post-survey (12)
- Each Fall/Spring Semester commencing 2005 /MSU Katrina Carter, RN, Assistant Professor, College of Nursing and Health Education MRB presented to the 'Wellness Class', Clinical Nursing Students/Juniors & Seniors**
- 26 April 2005 MSU College of Nursing and Health Education Wellness Class MRB inserts, CSPH covers and tabs only... (42)
- 05 May/02 June/07 July 2005 Low Vision Support Group, OLQH Villa Maria, 3:00 p.m ...working to implement adaptive measures, i.e. Reading Templates and By-touch Tabs ...Homesight/Solutions for the Visually Impaired Attendance 10 to 13 per session (02)
- 13 May 2005 Sr. Carolyn Flynn, CCVI Archivist, The Villa/Houston & Margi Ciatto, RN St. Placidus, CCVI Retirement Residence. (3) (9) & 9 MRB Tab sets, one for each decade CSPH has been operating!**
- 19 May 2005 Friendship Senior Club, 10:00 a.m. 5th Ave. & 3rd St. Activity Center Attendance 50 (01)
- 02 June 2005 Calcasieu Community Clinic/Executive Director, Eligha Guillory and Clinic Coordinator, Pat Ortego (02)
- 30 June 2005 Odyssey Hospice, 8:30 AM and 1:00 PM, Old Trinity Church Bldg (25)
- 04 August 2005 AARP, Ryan Piccadilly, at high noon! Attendance 28 (01)
- January 2005 to 18 April 2005 Individuals - (09)*
- 28 April 2005 to 15 June 2005 Individuals - (13)*

30 August 2005 Amputee Society Support Group 1:00 pm SW LA Independence Center,
Kirkman Street, Butch Ritter/Catherine Hathaway attendance 20 (2)

Each Fall/Spring Semester commencing 2005/MSU Valerie Waldmeir, N.P. MRB present to the 'Nurse Practitioner Adult Health Course', Beginners and Graduates

30 August 2005 4:00 p.m. with Constance. Co-Present /Graduates/N.P.'s (12)
...MRB inserts, tabs and CSPH covers...

15 June 2005 to 30 August 2005 ~ Individuals (04)

14 March 2006 MSU College of Nursing and Health Education Wellness Class
R.N.'s...MRB inserts, tabs, CSPH covers... (60)

06 June 2006 Cameron Parish Council on Aging, Grand Lake, LA (23)
Dinah Landry and Mary Johnson

14 August 2006 St. Bernard Medical Center 55Plus Manager and Director
of Spiritual Care, Jonesboro, AR (02)

21 September 2006 33rd Annual Institute on Oncology Nursing (7 Parish area),
Lake Charles Civic Center; **Co-Present with CMD and RR/MRB on
Power Point!** Attendance- 150

September 2005 to October 2006 ~ Individuals (37)

Total- (491)

27 February 2007 Nurse Practitioner Adult Health Course/MSU/Valerie Waldmeir, N.P.
Co-present with Constance Monlezun-Darbonne, N.P., 4:00 p.m. (15)

26 April 2007 Cancer Support Group, Vinton, LA/Angie Jones, R.N. (07)

27 October 2007 Cameron Parish Ladies/Silent Retreat/Lake Arthur, LA (09)

14 November 2007 Breast Cancer Support Group, Kinder, LA/Karen Lambert (07)

October 2006 ~ 27 November 2007~ Individuals (32)

27 November 2007 MRB delivered to Janis Ehlers, Calcasieu Parish School Nursing
Coordinator for 58 schools, 32,000 students and 16 nurses! (01)

01 December 2007 Cameron Parish Ladies/Silent Retreat/Lake Arthur, LA (12)

Total - 529

10 February 2008 Our Lady of the Lake University/Convent, San Antonio, TX (02)

12 February 2008 Nurse Practitioner Adult Health Course/MSU/
Valerie Waldmeir, N.P., Ph.D. (10)
Co-present with Constance Monlezun-Darbonne, N.P., 4:00 p.m.

14 February 2008 Still Waters Cancer Support Group, Our Lady Queen of Heaven (09)
Family Life Center, 6:30 p.m.

27 November 2007 ~ 31 July 2008 *Individuals* (57)

12 April 2008 Young Adult Ministry Group at Silent Retreat, Lake Arthur, LA (5)

16 April 2008 MSU College of Nursing and Health Education Wellness Class (70)
RN's...MRB inserts, tabs, CSPH covers...Katrina Carter, RNC, MS,
Assistant Department Head

19 June 2008 CSPH Parkinson Disease Support Group, Coord. ~ Jill Breaux (10)
United Way Bldg., 2:00 PM

19 July 2008 CSPH Ladies/Silent Retreat in Lake Arthur, LA (04)

27 November 2007 - 31 July 2008 ~ Individuals **Total- 696**

27 August 2008 Diabetes Management Support Group/CSPH ... (12)

16 November 2008 Joy Huff, Administrator CSPH CHRISTUS Village (1)
...with suggestion that each person that signs up receives a
MRB!! She loved it!

31 July 2008 ~ 30 December 2008 *Individuals* (18)

18 March 2009 Cameron Parish School Board, Stephanie Rodrigue, (07)
Superintendent and RN's staff
Grand Lake, Hackberry/Johnson Bayou, Grand Chenier, LA

30 July 2009 **Total Medical Resource Books given away...** (737)
1 March 1995 ~ 30 July 2009! Thank you, Father!

July 2009 CSPH printing "**Medical Resource Book Panel Card**"
for teaching purposes through the CSPH website ~ *click "For Patient"*
or "For Visitor" for:
CSPH Corporate Account Manager, HH/Hospice, CSPH School Based
Health Clinics, The Clinic/ER/ICU/Day Surgery waiting rooms,
Women's Health Care Centers, all screenings and mailings in/from all
physical plants, all physician offices, CHRISTUS Village, Imperial
Calcasieu Public Library System, etc., etc., etc...

This MRB Panel Book was the brain-child of **Renee A. Reina, Owner and Executive Director**
of 'Sylvan Learning' in Lake Charles, LA. She is also a CSPH Volunteer serving as a
Eucharistic Minister with the Department of Pastoral Care. Ms. Reina printed the first 303
MRBs that were given away!! She is a cousin of my Cameron Parish people and stalwart Co-
Worker in all other of my 16 Ministries!!!



THE MEDICAL RESOURCE BOOK

*To Assist In
Managing and Monitoring
Wellness of Body, Mind and Spirit.*

The Medical Resource Book (MRB) was compiled as a way to assist you with managing and monitoring information while in your present state of wellness. This MRB may also receive information for any disorder you or a loved one might experience.

Categories for Receiving Information:

1. **Information Management** ~ Organizing Your Medical Resource Book.
2. **To Do List** ~ People to see, calls to make, reports to track, literature to read, ideas, people to thank.
3. **Advance Directive/Legal**
4. **Multi-specialty Team** ~ Those Who Companion You.
5. **Billing~Insurance~Financial Responsibility~Coding~Reimbursement**
6. **Appointment Chart** ~ On Preparing to Visit a Healthcare Provider
7. **Medical Profile**
8. **Medicine Log**
9. **Medical Log ~ Questions for Your Healthcare Provider**
10. **Medical Websites**

The Medical Resource Book is available to print from:
www.ChristusStpatrick.org
Lake Charles, Louisiana
Click 'Patient', 'Visitor', or 'Health and Wellness'

Cameron Parish School Board Parents "Open House" utilizing a Medical Resource Book (MRB) and the Brand New MRB Panel Cards!:

Tuesday, August 25, 2009

Principals: MRB (04)

MRB Panel Cards:

- 1) 6:00 p.m. - Johnson Bayou High School/70 present (47)
- 2) 7:00 p.m. - Hackberry High School/75 present (62)

Wednesday, August 26, 2009

- 3) 5: 30 p.m. - South Cameron Cafeteria/80 present (55)
4) 6: 30 p.m.-Grand Lake High School/Elementary/125 present (42)

Thursday, September 03, 2009

- 5) 6:00 p.m. - Grand Lake High School/High School/145 present (87)

27 August 2009 CSPH 'Young at Heart Expo' Panel Presentation MRB/panelist (04)
LC Civic Center **MRB Panel Cards (20)**

01 September 2009 Renee A. Reina, CSPH Volunteer/Dept. of Pastoral Care/
Owner/Executive Director Sylvan Learning Center, Lake Charles &
Creator of the CSPH Panel Card! MRB Panel Cards (20)

11 September 2009 Valarie P. Waldmeier, PhD, FNP-BC, ANP-BC
Associate Professor and Coordinator Graduate Nursing Program
McNeese State University **MRB Panel Cards (20)**

30 December 2008 ~ 24 November 2009 Medical Resource Books~ Individuals (34)
25 November 2009 ~ 03 June 2010: " Individuals (20)
TOTAL MRB (791)

Dear Kay Morgan, Director of Volunteer Services, CHRISTUS St. Patrick Hospital,
This data should work for tracking just one of your Volunteers in just one of her ministries!!
Total MRB's given away and taught: 10 June 2004 - 3 June 2010 =
791 - 303 = 488 MRBooks x 3 hours per teaching session = 1,464 volunteer hours;
It took 6 months (September 1994 to March 1995) to initially compile the Book! (CSPH training as a
Volunteer was March 2001 and I serve to present date!) Your Pink Lady...Lead, Kindly Light!

21 July 2010 CSPH/Mended Hearts Support Group/5:00 pm (15)
CHRISTUS Diabetes Management Center Classroom/Kay G. Morgan

13 January 2011 *Requested updated MRBook inserts/Binders 'To Teach CSPH Support*
Groups' et al! Thank you Department of Marketing!

10 February 2011 Smart Solutions Dietary Program/5:15 pm (09)
CHRISTUS Diabetes Management Center Classroom/Darolyn Johnson

16 February 2011 MRBook Panel Cards delivered to Valarie P. Waldmeier, PhD, FNP-BC,
ANP-BC, Associate Professor and Coordinator Graduate Nursing
Program McNeese State University (15)

17 March 2011 "Parkinson's Association of the South" Support Group/2:30 pm
715 Ryan St., United Way Bldg./Eligha Guillory Jr. (06)

23 March 2011 Diabetes Support Group/9:30 am (07)
CHRISTUS Diabetes Management Center Classroom/Theresa Goree

20 April 2011 CSPH Mended Hearts Support Group/5:00 pm (08)
CHRISTUS Diabetes Management Center Classroom/Joseph Miller

13 June 2011 McNeese State University Student Health Center, 1:30 pm (08)
Elisa Guillory, Director

07 September 2011 "Parkinson's Association of the South" Support Group, 10:00 am (11)
Ella Guillory, Director

03 June 2010 ~ 12 September 2011 *Individuals (37)*

12 September 2011

*Total Medical Resource Books taught through groups and/or to individuals:
892 MRBs + 303 in the beginning personally printed and given away individually =
1,195 for 17 years... approximately 70 MRBs given away per year!!
Thank you, Father, and CHRISTUS St. Patrick Hospital, Lake Charles, LA!
Lead, Kindly Light!*

12 September 2011 ~ 20 December 2011 *Individuals (19)*

31 December 2011 ~ 28 January 2012 (18th year!) *Individuals (16)*
TOTAL MRB: 1,230

12 April 2012 Michelle.Hensgens@LourdesRMC.com MBA-HCA, Manager, Service,
Excellence Core Team, Our Lady of Lourdes Regional Medical Center,
Lafayette, LA, (05)

18 July 2012 'GRACE' Corporation, Suzanne Emerson/CSPH/Panel Cards (35)
MRB/Individuals (02)

29 January 2012 ~ 13 August 2012 *Individuals (24)*

21 September 2012 Our Lady Queen of Heaven School (OLQH) Faculty Silent Retreat (08)

25 October 2012 Medical Office of Lee Joseph Monlezun, Jr. M.D. Panel Cards (250)
...as per his request and that of Constance Monlezun Darbonne, CFNP!

26 October 2012 OLQH School Faculty Silent Retreat (08)

09 November 2012 OLQH School Faculty Silent Retreat (08)

13 November 2012 McNeese Wellness Program- Faculty, Health Educator -Kelly Darbonne
Panel Cards (12)

14 December 2012 OLQH School Faculty Silent Retreat (08)

18 January 2013 OLQH School Faculty Silent Retreat (07)

22 February 2013 OLQH School Faculty Silent Retreat (07)

08 March 2013 OLQH School Faculty Silent Retreat (07)

03 April 2013 Catholic Charities of Southwest Louisiana, Diocese of Lake Charles (08))

Trish Trejo, Deputy Secretary

12 April 2013 OLQH School Faculty Silent Retreat (07)
OLQH Faculty TOTAL: (60)
14 August 2012 ~ 2 April 2013 Individuals Total (19)
3 April 2013 to 12 November 2013 Total (20)

01 March 1995 to 10 March 2004 I gave the MRB to 217 Individuals
as well as to my MRB 'Team Support Members' for their respective patients:
Lee Joseph Monlezun, Jr. M.D., FACOG, (1995) A Professional Medical Corporation – Gynecology
and Fertility
Constance Monlezun Darbonne, R.N., CFNP (1995) and
Tina King-Monlezun, R.N., CFNP, DNP (2001) Lake Arthur Health Clinic, LLC

CSPH Support Groups by invitation to teach the MRB personally given; commenced counting!

1995 to 2004 a total of 303 MRBs personally printed and given away individually then ...
08 March 2004 -Ellen Jones accepts the MRB to print as a) complete Binders and b) to be
inputted on their website; to begin the process, sends me to Assistant Administrator of
Marketing, Planning and Advocacy, Karen Stubblefield! Thank you and Lead, Kindly Light!!

01 March 1995 - 12 November 2013:
TOTAL MRB Individuals/Groups: 1,360
Medical Resource Books x 3 hours per teaching session = VOLUNTEER HOURS: 4,080

23 Jan/July 2014 Met with MRB Team/CSPH Department of Marketing (4) in order to
'update' the MRB page by page, tab by tab and Panel Card! Wonderful!

11 February 2014 Professional Educator Sorority, Delta Kappa Gamma (5)
Trish Trejo, Coordinator

Visit Cameron Parish Public School Health Units:

17 February 2014 1- Hackberry High School Panel Cards & (1)
Ashley Poole, R.N.
2- Johnson Bayou High School Panel Cards & (1)
Amanda Self, R.N.

18 February 2014 3- South Cameron High School Panel Cards & (1)
Susan Dupont, R.N./Director of CPPS Health Unit Personnel

25 February 2014 4 - Grand Lake High School Panel Cards & (3)
Kelly Huffer, R.N., Ashley Granger, L.P.N., Tina Green, L.P.N.

25 February 2014 Cameron Parish Council on Aging, Panel Cards & (1)
Director, Dinah Landry

25 February 2014 Cameron Parish Public Library/Grand Lake
Director, JoDee Roberts Panel Cards & (1)

Email: leadkindlylight@bellsouth.net "Medical Resource Book" **Website:** www.leadkindlylight.net
J.M.J.

14 October 2014 65 updated MRBooks and Panel Cards ready-to-go into the world!

15 October 2014 – 03 August 2015

Individuals/Groups – 46

01 March 1995 – 03 August 2015:

TOTAL MRB Individuals/Groups: 1,406

Medical Resource Books - 3 hours per teaching session = VOLUNTEER HOURS: 4, 686

Thank you, Father!