



Elim Faith Community Nursing

A Ministry of Elim Care
SERVING IN THE SPIRIT OF CHRIST'S LOVE

UPDATE

ELIM FAITH COMMUNITY NURSE CONNECTION

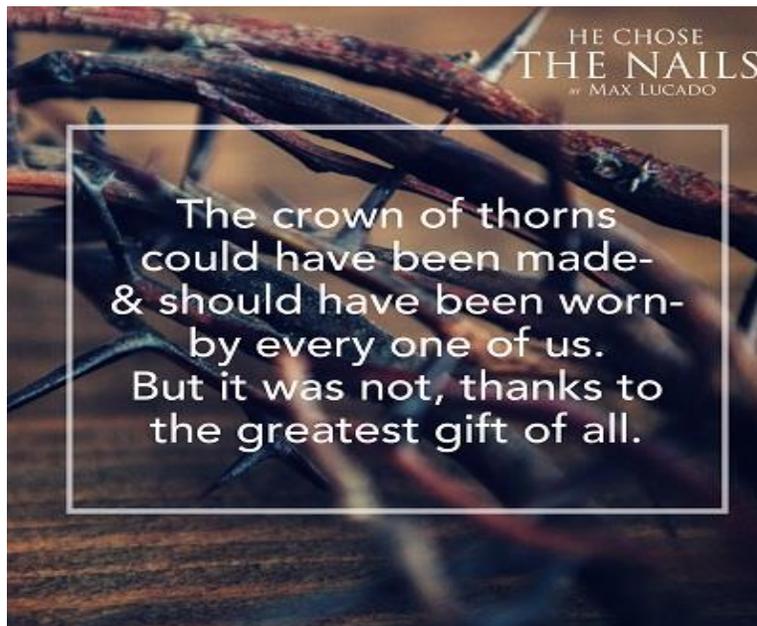
April 2017

Joanne Hall, Director of Elim Care Faith Community Nursing

"Helping you to help others"

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The crown of thorns
could have been made-
& should have been worn-
by every one of us.
But it was not, thanks to
the greatest gift of all.

God did what the law could not do. He sent His own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving His Son as a sacrifice for our sins. — Romans 8:3 NLT

The hill of the cross is rich with the gifts of God's grace. These were gifts he didn't have to give. The only required act for our salvation was the shedding of blood, yet God did so

much more. God's greatest gift of all — His greatest act of love for us — was sending Jesus into our world. Why did God give us this gift?

For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. — John 3:16

God did it for us — just for us — because He loves us.

Read more of Max Lucado's study at <http://www.faithgateway.com/he-chose-the-nails-session-one/#.WOUNT2dTHcs>

Faith Community Nurses Share:

- **March Elim Network gathering**

Our time together included

Mary Martin sharing about her trip to the European FCN Conference with Pam D'Andre and Pam's recent visit to the United States with Fr. Nikolay

Dee Huanca shared she will retire from the FCN position at First Free in Bloomington on June 30. Dee shared some of the tools they used to recruit a Health Care Team to work with Maureen as she continues the FCN ministry.

Carri Waller, a representative from Care Patrol, shared resources she can provide as a Senior Care Consultant. She is available to present "Senior Care Survival Steps for Busy Adult Children". The outline of her presentation is **attached**.

- **Transitions & Updates**

Arvilla Felten resigned her position as FCN at Baxter effective March 29. Her ministry will be missed!

Mary Gardeen, FCN, shares from Quito, Ecuador:

Tonight I was invited to the local Nurses Christian Fellowship group (called MEDEC here) which met at our hospital. It was to be a forum on spiritual care and I was asked to prepare some comments (along with others). It turned out to be a night of unusual blessings as there were 5 different nurses who shared who go back to my earlier years here. All had been in Bible classes or in a couple of cases student Bible studies with me. I was just absolutely amazed at how the Lord is using each one where she is now. One is a professor at the University, 3 others in the social security hospital system (huge here), and two still work at our hospital. The growth and maturity and the ways they are praying with patients and sharing Scripture and having a testimony was just wonderful. I was asked tonight if I could come down to one of the social security facilities where two former colleagues work and perhaps speak to a group of nurses

they would gather. A week ago I was asked if I could go to the university and speak to some of the nursing students about "self-worth". So I feel that the Lord is opening doors once again to encourage and share Christ with nurses if these opportunities materialize. There is a small group of nurses going from here to Cuba this week to encourage Christian nurses there. I know two of these gals really well and we've been in Bible studies other years. I'm so excited to hear about this! It is in conjunction with the Latin Nurses Christian Fellowship.

- If you missed the article, "**Creating a Health Ministry Team**" in the Spring 2017 issue of **EFCA Today** I encourage you to click on <https://www.efcatoday.org/story/creating-health-ministry-team>. The article was authored by **Cynthia Dainsberg, FCN at Calvary EFC in Walker, MN.**

Some excerpts from the article include:

Creating a church plan

So how might your church create what I call a health ministry team? This is a group of believers, skilled in areas of health care, who work collaboratively for the health of individuals and of the congregation as a whole. (See "[Church Health Ministry Checklist](#)" for practical next steps.)

First, consider what often contributes to making church leaders less than effective in dealing with a health crisis.

Second, look at human resources already available within your congregation, to form the bulk of your health ministry team. An underutilized resource in many churches is that of a paid or volunteer Faith Community Nurse.¹

Third, look to add external resources to your health ministry team, such as chaplains

Mark your calendars now!

April 19—Advocacy & Gun Violence Symposium: The Faith Community Nurse Network of the Greater Twin Cities Symposium will be Wednesday, April 19th from 9:30 am-12:30 pm with registration open at 9 am. Kathi Koehn, MA, RN, Executive Director of MNORN will explore the role FCNs can play in advocating for issues that matter. Rev. Nancy Nord Bence, Executive Director of Protect Minnesota will share her insights on gun violence as a growing, critical public health concern. The session will be **held at** St. Stephen Lutheran Church in Bloomington MN. Up-to-date details about FCNN symposiums can always be found at www.fcntc.org

April 22 – H2G: Hormones, Health and God -8th Annual Seminar for Healthcare Professionals and Students

SPONSORED BY: *Called to Care Healthcare – Hosanna Church in partnership with Nurses Christian Fellowship/USA.* Hosanna Church, 9600 163rd St. W. Lakeville, MN 55044 9:15 a.m. - 1:00 p.m.

April 24 - EFCA NCD Encore Spring Celebration (55+) Trinity EFC, Lakeville-(see attached flier)

April 26 – Elim FCN Monthly Network with Joni and Friends-(see attached flier)

11:00 AM – 1:30 PM Elim Care Corporate Office – 7485 Office Ridge Circle, Eden Prairie, MN.

May 12 – FCN Spring Super Summit – *Spiritual Formation and Self Care*

Plan to attend & register today!

The Faith Community Nurse Spring Seminar SPONSORED BY ELIM CARE will be held from 9 a.m.-1:30 p.m. on Friday, May 12th at Bethel University in Arden Hills, MN. This seminar will focus on the intersection of spirituality and self-care (with a large emphasis on resiliency) specific to chaplains and nurses. Lunch and 2.4 nursing CEU's will be provided. Cost: \$25 per person. Please RSVP by April 24, 2017 to dkiel@elimcare.org

Faith Community Nurse RESOURCES

- ***Why Walk - A Journey for Body and Spirit***

From the Church Health Reader Winter 2017

For most people, walking is a simple form of exercise. Weather permitting, walkers can be outside on nature paths, sidewalks, or tracks. They can also be inside malls, large stores or fitness centers. Individuals can choose the length of time and pace of walking.

The health benefits of a brisk walking habit are well known, including:

- weight loss
- stress management
- improved mental health
- lowered blood pressure
- restorative sleep
- cardiovascular health

But what are the spiritual health benefits of walking? Here are a few:

- time for prayer
- marveling in the body God created

- giving thanks for creation
- sharing with a companion walker
- sense of stewardship for God's gift of life

Why should congregations get involved with walking programs? Our faith unites the body and spirit in a whole being. A walking program has physical benefits while also drawing us closer to God by adding an intentional reflective or devotional element. Stepping away—literally—from the demands of our daily routines to walk, reflect and pray reminds us that God created us and wants to come near to us.

Congregational walking programs don't have to be complicated: a few friends, choice of routes, a devotional resource, and a system for keeping track of progress are the basics. Walking as a spiritual practice invites us to enter into the lands of the Bible, bring body and spirit together, and experience greater well-being. Read the entire article and see several "walking program" suggestions at

http://chreader.org/why-walk/?utm_source=CHResources&utm_campaign=06301f6197-EMAIL_CAMPAIGN_2017_03_22&utm_medium=email&utm_term=0_1bff84af6d-06301f6197-309074825&mc_cid=06301f6197&mc_eid=8adf67b624

Western Kentucky University offers "Faith Community Nursing Foundations" as a self-paced on-line course up to 3 times per year. The IPNRC curriculum is used. The current cost is \$350 for approved 36 contacts hours. Course information is available at <http://www.wku.edu/cwd/cert-pd/fcn/index.php> Contact Beverly Siegrist at (270) 745-3490 or Beverly.siegrist@wku.edu with questions.

The Minnesota Department of Human Services (DHS) operates five community dental clinics that provide services to individuals with developmental disabilities, severe/persistent mental illness and traumatic brain injury who are unable to obtain care from other community providers. Clinics are located in Brainerd, Cambridge, Faribault, Fergus Falls and Willmar. **See the attached brochure.**

BP equipment check/calibration site –

FCNs, Ginny and Charlotte, at New Hope Free Church highly recommend the following resource:

C. W. Healthcare Inc., located to 8572 Excelsior Blvd, Hopkins, MN 55343, 952-426-4812, will gladly do free checks on BP equipment. You should call ahead as the person who does the checks is not always there.

The 2011 "Church lady" law might be helpful for you to review in light of church sponsored community meals, potlucks and other gatherings involving food:

<http://www.health.state.mn.us/divs/eh/food/pwdu/fsp/cookcrowd/>

The Minnesota Department of Veterans Affairs is a good resource for FCNs working with Veterans

<https://mn.gov/mdva/resources/>

A recipe for spring!

MARCH 2017

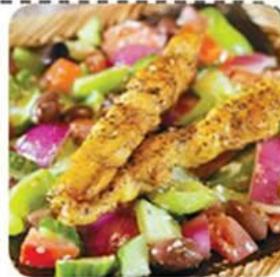
MAKE A GREAT PLATE.

Water-heavy vegetables make for a filling, heart-healthy meal.

Chicken Cutlets with Greek Salad

INGREDIENTS

4 chicken cutlets	½ English cucumber, diced
Pinch each salt and pepper	10 Kalamata olives, pitted and sliced
2 tbsp extra virgin olive oil, divided	½ cup feta cheese, crumbled
1 pint grape tomatoes, halved	1 tbsp lemon juice



DIRECTIONS

Sprinkle chicken with salt and pepper. Brush with ½ tbsp olive oil. Grill over medium heat for 3-4 minutes per side or until 165°F inside. In medium bowl, combine tomatoes, cucumber, olives, feta, lemon juice and olive oil. Serve chicken on top. **Option:** Add onion and green pepper.

Makes 4 servings. Each: 267 calories • 28g protein • 15g fat • 82mg chol • 6g carb • 0g sugar • 2g fiber • 423mg sodium

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An interesting fact –how do these diagnoses compare with your own ministry? FCNs Top 20:

Below are the top 20 medical diagnoses and concerns addressed by FCNs from across the nation who are using the Henry Ford documentation system:

See the chart below:

