

**From:** Joanne Hall  
**Sent:** Monday August 29, 2016 10:56 AM  
**Subject:** Weekly Update



### **Verse of the Week:**

*I pray that **out of His glorious riches He may strengthen you with power through His Spirit in your inner being**, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge - that you may be filled to the measure of all the fullness of God. **Now to Him who is able to do immeasurably more than all we ask or imagine**, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. - Ephesians 3:16-21*

Christine Caine shares the following thoughts in her book, *Unstoppable-Running the Race You Were Born to Win*:

*"The Bible is full of ordinary people whom God called to His divine relay. Which of them, in their power, their resources, or their ways had what was required to do what God called them to do?*

*Not one.*

*Moses was told to lead his people from slavery, then was caught between Pharaoh's chariots and the Red Sea. Joshua was told to conquer the walled city of Jericho armed with nothing more than trumpets. Gideon was told to defeat the massive Midianite army after the Lord purposefully shrank his army from 32,000 men to only 300 armed with nothing more than trumpets, torches, and empty jars. Peter was beckoned by Jesus to get out of the boat and walk on water.*

*Are you catching the theme here?*

*Just like these people, when we learn to focus on who God is rather than on what we are not, we see that it is God who is working in us to do the very thing He has purposed to do in our lives...Carrying the baton in our race is never about what we can accomplish for God...If He wanted, God could accomplish everything on His own without us, just as He created the heavens and the earth...As you continue in your race, refuse to focus on what you are not, what you cannot do, and what you do not know. Rely on God's power. Rely on God's resources"*

Recent prayer requests from our FCN have included asking for open doors to have the Faith Community Nursing ministry expand, be more visible and more accepted by staff in our churches, and clearer vision in developing future programs or services that can be offered in our churches.

### **Prayer Requests:**

- Let us continue to pray for God's power and resources in expanding our FCN ministries!
- Eileen Weber, FCN, Prairie Hill EFC in Eden Prairie continues the hospice journey with her mother in Hawaii. She sends the following prayer requests: 1. That my siblings and I will work out schedules to be with them 24/7, a challenge from far away. And also that each daughter makes it home before she passes away. (A balancing act to guess when to come and yet cover the 24/7. Hawaii is not the easiest nor cheapest place to travel to.) 2. That the pain in Mom's legs will diminish. Even a light touch causes pain, and her legs need to be moved for care. 3. That God would smooth the transition from earthly life to heavenly life.
- Pray for me as I travel to and attend the FCN Coordinator Course in Memphis, TN, Sept 6-9. Pray this will provide many resources to "help me help you" through our FCN ministries.
- Pray for our Elim Care FCN Advisory Board meeting on September 19. We are asking God to guide our discussions, give us His vision, listen for His leading and direct our decisions.

### **Upcoming Events and Workshops:**

**Remember there will be no Network Prayer and Share Meeting in August. Our next one will be September 28<sup>th</sup> and will provide 1 CEU.**

Please check out our website [Elim Care FCN](http://www.elimcare.org/services/faith-community-nursing/): or copy and paste this in your browser: <http://www.elimcare.org/services/faith-community-nursing/> . Click on any number of links that provide you with resources and a calendar of upcoming events.

- **14 Contact Hours for Free! Sept 1-2**
  - Understanding Suicide: Effective tools for Prevention, Intervention & Survivor Support
  - Two-Day Course: 14 Contact Hours
  - Thursday, September 1, 2016 8:00 AM - 5:00 PM, Check in begins @ 8am
  - Friday, September 2, 2016 8:00 AM - 5:00 PM, Check in begins @ 8am
  - Suicide provides unique challenges to both the professional caregiver and those within the informal support system. This course will help define unique challenges for individuals faced with providing crisis intervention with suicidal people and their support systems. It seeks to examine evidence-based concepts and gives practical tools to equip helpers with suicide prevention, intervention and supporting survivors in the aftermath of a suicide completion. The course is interactive and uses lecture, small and large group discussion, role-plays, and video interviews with survivors and experienced leaders in the field of suicidology.
    - **Register:**  
<https://www.klovecrt.crisisresponse.org/register/222/page1.asp?m=4276&c=238&hc=>
    - **Location:** St. Mary's Greek Orthodox Church 3450 Irving Ave South Minneapolis, MN 55408.
    - **The Presenter:**
    - Kevin Ellers, D.Min. is the Territorial Disaster Services Coordinator for The Salvation Army in the U.S.A. Central Territory. He is also president of the Institute for Compassionate Care which is dedicated to education, training and direct care. He is an associate chaplain with the Illinois Fraternal Order of Police, serves as faculty for the International Critical Incident Stress Foundation, and is a member of the American Association of Christian Counselors Crisis Response Training Team. He has extensive training and experience in crisis response, disasters, chaplaincy, pastoral ministries, marriage and family therapy, and social services and as an author and speaker teaches broadly in these related topics.
  
- **Health Ministries Association (HMA) National Meeting and Conference, Journey to Wholeness: Faith Leaders Meeting Community Health Challenges**
  - September 12-14, 2016, Chandler, Arizona
  - <http://hmassoc.org/upcomingconference/>
  
- **Powerful Tools for Caregiver Leader Training-brochure attached**
  - Sept 15 and 16
  - Cost is \$150 –contact Pamela Franklin for tuition aid
  
- **Aging with Gusto Conference (Brochure Attached)**
  - Tuesday, September 20, 2016 9:00 am to 4:00 pm
  - Wilder Community Center for Aging
  - 650 Marshall Ave St Paul, MN 55104

○ For information, contact: jroles@vital-aging-network.org | 651-690-4111

- **Parish Nurse Fall Renewal 2016 (brochure attached)**

### **October 7-8**

- In the work of caring for others, we are acutely aware that attention to self care is a necessity. Come spend Friday evening and Saturday exploring ways to enhance your own emotional and spiritual resiliency. We'll explore ways to say yes to what feeds your soul and no to what steals your joy. Come and find community and support with other parish and faith community nurses

### **Resources:**

- **Rest Ministries: Your illness oasis because it's okay to rest**
  - A great resource for nurses, caregivers and those with chronic illness and disabilities.
  - <http://restministries.com>
- **Zika continues to be in the news-the following links provide a couple of the latest updates.**
  - The US Food and Drug Administration (FDA) has recommended [universal testing](#) of donated whole blood and blood components for Zika virus in the United States and US territories. "We're taking this step to further enhance the safety of the blood supply," Peter Marks, MD, PhD, director of the FDA's Center for Biologics Evaluation and Research, said in an August 26 news conference. Read the full article at [Universal Zika Testing of Donated Blood Recommended by FDA](#)
  - [Health Official Warns Zika Could Spread Across U.S. Gulf](#)  
<http://www.medscape.com/viewarticle/867701>
- **In the book, *Faith Community Nursing , Scope and Standards of Practice*, Standard 7 is Ethics. "The faith community nurse practices ethically". One of the competencies of this Standard states: "The FCN upholds healthcare consumer confidentiality within religious, legal, and regulatory parameters. " (Faith Community Nursing: Scope and Standards of Practice. 2nd ed. Silver Spring, MD: American Nurses Association, 2012. Print. page 5).**
  - Elim Care staff was recently reminded of the importance of maintaining confidentiality when sending written communications (emails or text messages)

about sensitive issues and the potential HIPAA violation when using a communication medium , such as a personal phone or device which is not secure.

### **Faith Community Nurses Share:**

In the book entitled, *Parish Nursing, Stories of Service and Care* by Verna Benner Carson & Harold G. Koenig, the following story is shared by Donna Kremer as an example of facilitating forgiveness.

“A member of our church was slowly dying of prostate cancer. For several months he attended our church’s monthly Service for Healing and Wholeness. We laid hands upon him, prayed and anointed him with holy oil. When he died, a woman angrily confronted me with the utter futility of this practice. Her friend was not cured, therefore the Healing Service was bogus in her mind. We talked at length about the concepts of healing and cure and how one could be healthy despite a terminal diagnosis (and vice versa). This led to her disclosing a grudge she had continued to harbor for more than twenty-five years. We talked of the physical and spiritual fallout she had experienced over all those years and then we prayed-for forgiveness, healing the wounds and peace. Forgiveness has been a slow process for her, but we continue to enter the churning waters together, confident of God’s healing presence. Interpreting the difference between healing and cure continues to be a challenge. Meeting people where they are, on their own theological playing field, requires much more listening and tongue-holding than I would have ever imagined. “

### **Bone health: Tips to keep your bones healthy**

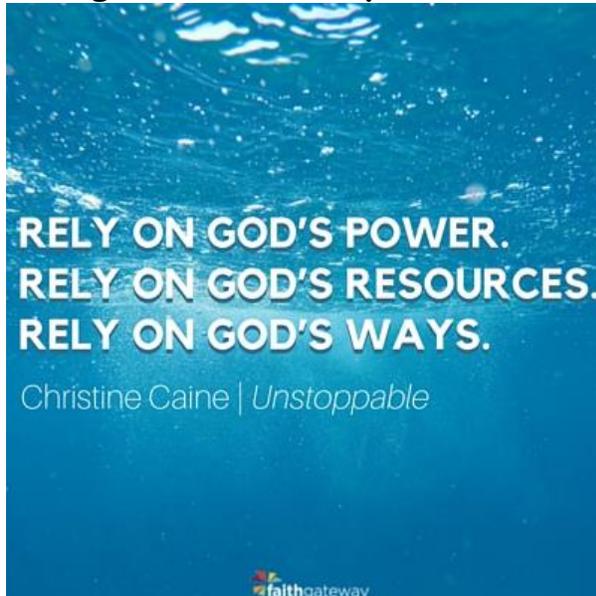
<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/bone-health/art-20045060?pg=2>

You can take a few simple steps to prevent or slow bone loss. For example:

- **Include plenty of calcium in your diet.** For adults ages 19 to 50 and men ages 51 to 70, the recommended dietary allowance (RDA) is 1,000 milligrams (mg) of calcium a day. The recommendation increases to 1,200 mg a day for women after age 50 and for men after age 70. Good sources of calcium include dairy products, almonds, broccoli, kale, canned salmon with bones, sardines and soy products, such as tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about supplements.
- **Pay attention to vitamin D.** Your body needs vitamin D to absorb calcium. For adults ages 19 to 70, the RDA of vitamin D is 600 international units (IUs) a day. The recommendation increases to 800 IUs a day for adults age 71 and older. Good sources of vitamin D include oily fish, such as tuna and sardines, egg yolks, and fortified milk. Sunlight also contributes to the body's production of vitamin D. If you're worried about getting enough vitamin D, ask your doctor about supplements.

- **Include physical activity in your daily routine.** Weight-bearing exercises, such as walking, jogging, tennis and climbing stairs, can help you build strong bones and slow bone loss.
- **Avoid substance abuse.** Don't smoke. Avoid drinking more than two alcoholic drinks a day.

### Thought for the Day:



### *Helping You to Help Others*

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