

From: Flom, Marcia

Sent: Monday, August 08, 2016 10:56 AM

Subject: Weekly Update



This will be my last weekly update. I have really enjoyed this short time serving Elim Care, our communities and especially all of you. I have learned a lot and it is with great confidence that I am happy and honored to pass the baton on to Joanne. She is going to be great and I believe she will take this ministry to the next level and seek God in all she does. Next week will be my last week, but instead of the weekly update which goes to our network of nurses, I will be sending out the Communique which reaches nurses, pastors, churches, lay leaders, etc. Please feel free to pass this update on to others as you wish.

Also, just a heads up please, put this course on your calendar and also on your church's calendar. Elim Care has committed to offer the **Powerful Tools for Caregivers** course to our communities. Eileen Weber and myself will be taking the trainers course in September and will be offering it at Prairie Hill EFree Church in Eden Prairie. It is a 6 week course on Tuesday afternoons beginning October 11 from 1:30 - 3:30. A full brochure will be available next week in the Communique but please start recruiting congregants who could benefit from this great teaching. It is for caregivers only and the class size is limited to 12. You can check out the website to gain more information about this valuable course: <https://www.powerfultoolsforcaregivers.org/> We encourage you to personally ask those you think may benefit from the teaching and speak about the benefits they will receive. We had to cancel the last course due to lack of participants. We need at least 6.

Also, please remember there will be no Prayer and Share Meeting in August. Our next one will be September 28th and will provide 1 CEU.

Verse of the Week:

Though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing. I Corinthians 13:3

From the book, Being Still with God Every Day, by Henry Blackaby, please enjoy this devotional. We can do all the right things... We can have faith that moves mountains, we can give to the poor, we can even die a martyr's death, but unless these actions emanate from the love of Christ, they are dead works. We are to do all that we do- be a spouse or a parent, serve in the workplace or at home, be involved in the church and the community – in the name of Christ, and we are to do all these things with His love.

Love is not a gift that some people have and others do not. God calls everyone to love as He loves. There is no acceptable excuse for a child of God to be unloving.

To be a Christian is to live a life that is controlled by and motivated by God's love. Whether it comes naturally to you or not, the Holy Spirit will help you to love people in ways that reflect the heart of God.

It is good to serve God, to believe God, and to trust God. But in addition to all of these God still calls us to love.

Prayer Requests:

- Please keep Joanne Hall, our new Elim Care FCN Director in your prayers as she spends the next two weeks traveling in Europe with her husband on a long-planned vacation.
- Pray for Elim Care FCN Advisory board as they prepare for their next meeting September 19th. We are asking for God to guide the discussion, give us His vision, and listen for His leading.
- Pray for those who do not know Jesus. Father, I come before You in prayer and in faith, believing. Your word says You desire all men to be saved and come into the knowledge of truth, so I bring _____ before You this day.
- Pray for all Faith Community Nurses: We ask you Lord to give us the desire and the discipline to come before you every day and lead and guide us. Help us to be flexible and put aside our own agendas so we can listen and hear Your agenda. Bring those before us who need a touch of Jesus and give us the strength and courage to boldly speak truth when needed.
- Pray for all the persecuted Christians throughout the world who are losing their lives for simply professing to be a Christian. Give them strength and joy as they seek you and show witness to others about the gospel and your saving grace. Be with their families as they watch horrific details of those killings. Pray for those who have lost their homes, loved ones and all belongings.

- Pray for those who are persecuting others that their blinders will be removed and transformation take place. Also that they will come before you in humility and love to serve you and only you.

Urgent Alert:

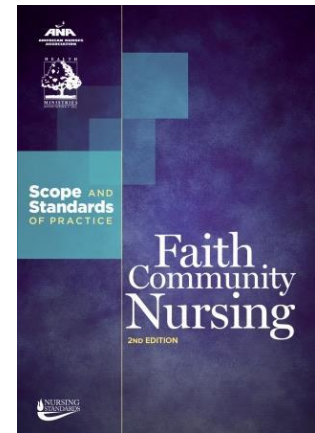
Please take the time to check out these new proposed changes from HMA.

LAST CALL!

**Revision of the *Faith Community Nursing*
Scope and Standards of Practice, 3rd Edition
is posted for your review!**

The document is posted on our [homepage](http://hmassoc.org/) and is available for your review. The document will be available through **Aug. 15, 2016!**

Faith Community Nurses take this opportunity to review the document and if you would like to provide feedback, please use the comment form provided. To find the document, use the homepage link above and then scroll down to our Announcements section!



Upcoming Events and Workshops:

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. Great opportunities:

- **About Mental Illness & Fairweather - August 17, 2016 7:00 pm**
 - Enjoy author Bruce Ario's personal story of triumph over mental illness. You will hear his compelling personal journey over the last nearly 40 years in which he confronted the challenge of a mental illness diagnosis and was able to overcome it through peer support, employment, the help of society, and the touch of God. Come to understand the dynamics of mental illness and receive help and hope for you and loved ones dealing with this challenge.
 - Free and open to the public.
 - Wednesday , August 17, 2016 7:00 pm
 - Prairie Hill Evangelical Free Church

17200 Valley View Road
Eden Prairie, MN 55346

- **Advance Care Planning - First Steps Training -August 16th**
 - St. Mary's Hospital in Superior, WI
 - FREE -Sponsored by Essentia – **Registration form attached**
 - **Register by August 8th to get the required Pre-conference training done prior to the class.**
- **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

28 Contact Hours for free

Take advantage of these two great courses that are offered by The Salvation Army and KLove. My husband and I have taught both of them and I can assure you they are well worth the time to attend. You will get great insight into caring for others who have experienced trauma in their lives and also how to have a much deeper understanding of Suicide. The instructor, Kevin Ellers, is an international trainer and was our “boss” for many years during our time in disaster response. You will gain a lot from his expertise and experiences.

- **Emotional & Spiritual Care in Disasters**

Two-Day Course: 14 Contact Hours

Tuesday, August 30, 2016 8:00 AM - 5:00 PM, Check in begins @ 8am

Wednesday, August 31, 2016 8:00 AM - 5:00 PM, Check in begins @ 8am

This course will enhance your skills to provide effective emotional and spiritual care (ESC) to meet the disaster-related needs of disaster responders and disaster affected families and individuals within disaster operations. This course builds on the crisis intervention principles taught in the Critical Incident Stress Management (CISM) core courses to effectively integrate these principles within ESC teams for appropriate care throughout the disaster continuum from the immediate to long-term recovery process.

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 Eilers, 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.

Resources:

- **Marcia's comprehensive list of Spiritual Care Resources (Attached)**

A Faith Community Nurse Story:

I'd like to share from one of my favorite books as I write my last weekly update. I have learned a lot more about the life of Faith Community Nurses and the unfolding and expansion of this ministry through this book, Parish Nursing, Stories of Service and Care, by Verna Carson and Harold Koenig. , At the end of the book the authors discuss the future of FCN and interesting research options that could shed new light into the relevance and need for this ministry.

[One area for research is the relationship between faith and health. For instance, a common theme among the nurses who shared their stories with us was the effectiveness of prayer and the importance of visitation to congregants either in the hospital, in a nursing home, or in the

congregant's own home. An appropriate demonstration project for parish nursing might be first to examine the effectiveness of prayer. Does prayer correlate with decreased anxiety or depression? Increased hope? Increased acceptance of death? The role of the parish nurse offers countless opportunities to study the relationship between faith and various aspects of health as well as to examine the effectiveness of specific faith-based interventions such as prayer, worship service, and receiving communion. The territory is fertile with research opportunities and parish nurses have only just begun.

As we conclude this book about the many stories of parish nurses, we hope that you enjoyed accompanying us on this journey. The story of parish nursing is a story of call, response, journey, and faith. We began by listening to nurses describe their call to ministry. Sometimes the call was strong and clear, at other times it was vague but persistent. Likewise, the response was sometimes immediate and wholehearted; at other times it was delayed and tentative. All responses were acts of faith.

We listened as the nurses described the details of the journey...the highs and lows, the joys and sorrows. We hear them describe how God has led them not just to ministry within their own congregations but to ministry beyond the church to surrounding communities of need. One theme consistently present throughout the stories is that this is a ministry ordained by God. An acceptance of this as truth leads us to believe that God will continue to guide and shape this clinical practice. How it will occur is something about which we can only speculate. There is an old saying, "man plans and God smiles". And so as we conclude this book which our predictions as well as our hopes for the future, we can take comfort in the belief that Someone may indeed be smiling.]

Healthy Tip of the Week:

Batch roast your vegetables:

Before your week begins, line a rimmed baking sheet with parchment paper and roast all your favorite veggies like broccoli, cauliflower, mushrooms, squash, sweet potatoes, asparagus, and green beans. This small step will help ensure healthy eating during the week. Toss roasted veggies on a salad, in an omelet or breakfast scramble; serve on the side of grilled chicken or in a wrap. To roast vegetables, preheat oven to 425, arrange the veggies on the baking sheet not to overcrowd the pan, mist veggies with olive or coconut oil. Sprinkle with salt and pepper and bake for 25-45 minutes or until they begin to turn brown and crisp.

Thought for the Day:

One sign of a beautiful person is that they always see beauty in others. Author unknown

Marcia

Helping You to Help Others

Marcia Flom, RN, FCN

Faith Community Nurse Coordinator

7485 Office Ridge Circle

Eden Prairie, MN 55344-3690

mflom@elimcare.org

Office: 952-259-4461

www.elimcare.org

