



Verse of the Week:

Truly, truly, I say to you, that you will weep and lament, but the world will rejoice; you will grieve, but your grief will be turned into joy. John 16:20

The stress of chronic illness, a cancer diagnosis, or the loss of a loved one can be painfully amplified during the holidays, when everyone seems to be enjoying the festivities and looking forward to ringing in a New Year. It's not a surprise that mental health professionals and bereavement counselors see an increase in visits at this time of year. People don't stop being sick and dying during the holidays, and everyone is under pressure to cope. It's hard to balance the dynamic tension between the joy of the season and the reality of illness and loss.

We often focus on the celebrations that accompany Christmas. We celebrate the birth of Jesus in the same way we celebrate the birth of a grandchild-eating, drinking and making merry. But do we welcome Him into our hearts and lives? When we minister to the poor, the down-trodden, the sick and dying, the hungry, and the oppressed we demonstrate that He is right here among us and within us. May we all pause to look around and reach out to those in need, to recognize that the Jesus who was born into the world two thousand years ago is among us in every person and in every trial and tribulation we encounter in our lives. Let us take a moment to look around to recognize Him in those who do not have joy and peace in their lives right now. And let us do whatever we can to relieve the pain and misery in their lives so they can be hopeful that triumph will one day wipe out the sadness in their hearts. (from Lois Ustanko, Sanford Director of FCN).

Faith Community Nurses Share

The Silent Food Pantry (see attached)

Feed a Family of Two for One Week:

(All they need is running water, pots/pans and heating element)

(shared by Yvonne Askew, FCN Program Coordinator for Catholic Health, Buffalo, NY)

Upcoming Events and Workshops:

- **“Powerful Tools for Caregivers”- Starts January 16, 2017 (flyer attached)**
 - Monday afternoons 1:30pm-3:30-pm; Jan. 16-Feb. 20
 - Trinity E Free Church, 10658 210th St. W. Lakeville, MN 55044
 - offered by Elim Care Faith Community Nursing Co - Facilitated by: Marcia Flom, RN, FCN, Eileen Weber, RN, FCN and Marilyn Banks, RN, FCN
- **ELIM CARE FAITH COMMUNITY NURSING PRAYER AND CARE MINISTRY**
 - Monthly Meeting-
 - Discussion Topic: How to Plan a “Service of Remembrance” presented by Beth Moorehead, counselor at Wayzata EFC
 - Wednesday, January, 25, 2017
 - 11:00 AM – 1:30 PM
 - Elim Care Corporate Office – 7485 Office Ridge Circle, Eden Prairie, MN. 55344
- **2nd Annual North Central District Church Security Summit**
 - **Faith Community Nurses should consider attending this workshop!**
Attached is a template for developing Emergency Procedures for your church.
 - Saturday, **February 18th, from 9 am to 4 pm** at Constance EFC, 16150 Crosstown Blvd, Andover, MN 55304.
 - The North Central District Office and Constance EFC would like to invite you to attend our second Annual **Church Security Summit**. There will be **experts on mental health challenges and solutions, starting volunteer security teams from the ground up, make recommendations on helpful technology and other exciting principles of this very necessary ministry.**

Resources

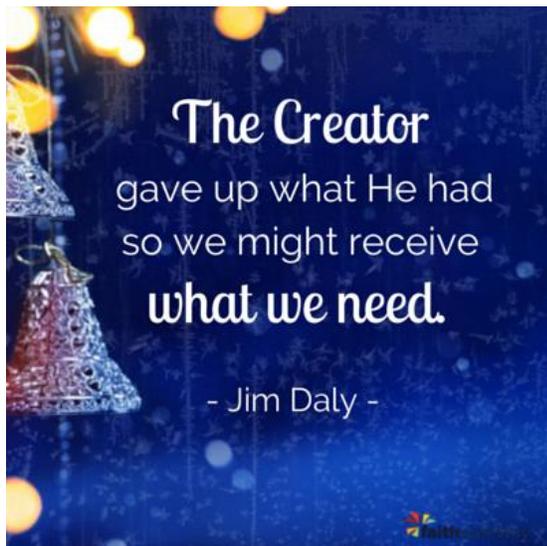
Travel Health

Sitting for long periods in a car or airplane can limit blood circulation and cause a condition called deep vein thrombosis (DVT). In DVT, blood clots form in the deep veins of the lower legs and thighs. A clot can travel through the bloodstream and lodge in the brain, lungs, heart and other areas, causing severe organ damage and even death. But deep vein thrombosis is easy to prevent, according to Dr. Alan Lumsden, chief of cardiovascular surgery at Houston Methodist DeBakey Heart & Vascular Center. **"If you plan to travel overseas or cross-country, make sure you get up and walk around at least every two hours, and try not to sleep more than four hours**

at a time. Drink plenty of water or juices, wear loose-fitting clothing, eat light meals and limit alcohol consumption," he said in a heart center news release. If you're a senior or have circulation problems, it's also a good idea to wear compression stockings. They will help prevent clots from forming, Lumsden said. **If it's not possible to get up and move every couple of hours, he suggested this workout while sitting down:** Extend both legs and move both feet back and forth in a circular motion. Move the knee up to the chest and hold the stretch for at least 15 seconds. Put both feet on the floor and point them upward, and then lift both heels as high as possible. Deep vein thrombosis affects about 2 million Americans a year, and nearly 200,000 die, according to the heart center. "Symptoms include pain and tenderness, swelling, redness, and increased warmth in one leg. In some cases, a physician might suggest that a patient go on blood thinners or simply take an aspirin before and during a long trip to avoid DVT," Lumsden said. People who are pregnant, or who have a history of heart disease, cancer or blood clots should always consult with a doctor before a long trip, he advised.

SOURCE: Houston Methodist Hospital, news release, November 2016
HealthDay

Thought for the Day:



Helping You to Help Others

The **mission of parish nursing** is the intentional integration of the practice of faith with the practice of nursing so that people can achieve wholeness in, with, and through the community of faith in which parish nurses serve. (Developed at the 2000 Westberg Symposium).

Wishing you all a blessed Christmas,

Joanne Hall, RN, BN

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