

Elim Care Faith Community Nurse Ministry

RESOURCE PACKET



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“Helping You to Help Others”

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What you will find in this informational packet

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Elim Care Faith Community Nursing mission statement

Elim Care Faith Community Nurse Ministry works with congregations and communities in a collaborative effort by integrating Biblical principles into areas of health and wellness. The Faith Community Nurse cares for the physical, emotional, relational and spiritual needs of individuals and families of all ages.

Elim FCN Ministry Philosophy

- We believe in the fundamental unity of human life in its physical, emotional, intellectual, social, and spiritual components.
- We believe that this fundamental unity has its source and sustenance in a loving God.
- We believe that each congregation strives to be a primary center where members look for assistance in living full, abundant and healthy lives, through all stages of life. As Jesus attended to various needs in all phases of human life and death, the congregation through the Health Ministry expresses the healing of Jesus Christ today.
- We believe that a registered professional nurse with formal parish nurse training can provide a creative way to meet the physical, emotional, and spiritual needs of the congregation's members.
- We believe that the congregation is a healing institution and has the responsibility for helping its people live full, abundant and healthy lives.

What we offer to nurses

- Ongoing guidance, support and consultation
- Continuing educations
- Networking/peer support with other Health Ministries
- Access to Elim Care education and resources
- Lending library of Faith Community Nurse resources

What we offer to pastors

- Understanding of the Faith Community Nurse concept
- Presentations to boards and congregations
- Assistance in implementing Faith Community Nurse ministry
- Assistance in selecting a Faith Community Nurse
- Ongoing support of Faith Community Nurse ministry

Scope of duties and responsibilities of Elim Care Faith Community Nurse Ministry

Elim Care Faith Community Nurse Program

- Provides consultation, ongoing guidance and resource support for participating Faith Community Nurses and pastors
- Assists churches in implementing a Faith Community Nurse ministry
- Shares information about resources and programs
- Provides access to Elim Care education and resources
- Provides an opportunity for continued education
- Sponsors networking/peer support opportunities

Faith Community (Your church)

- Selects a Faith Community Nurse with consultation from Elim Care
- Determines hours and compensation
- Includes the Faith Community Nurse in staff activities and budgetary process
- Provides office, phone and locked file cabinet
- Assures Faith Community Nurse professional liability coverage and licensure

Faith Community Nurse

- Attends a Faith Community Nurse Foundations course
- Uses professional nursing skills to provide education and counseling to church members
- Provides advocacy and resource links with community programs and healthcare systems
- Meets regularly with the pastoral staff to report information and make referrals
- Offers spiritual care as core of practice
- Identifies, recruits and trains care-giving volunteers
- Maintains appropriate health ministry records
- Collaborates with Elim Care Faith Community Nurse Program

What is a Faith Community Nurse?

A Faith Community Nurse is a licensed registered nurse, formally trained in Faith Community Nursing and committed to the healing and caring ministry of the church.

Who can use the title Faith Community Nurse?

A registered nurse (RN) formally trained in Faith Community Nursing.

Other titles used are Parish Nurse, Congregational Nurse, Church Nurse, and Minister of Health.

Additional individuals serving in health ministry should select a title (other than Faith Community Nurse or Parish Nurse) that is reflective of their education and current licensure while considering the language with which their congregation is familiar.

What does the Faith Community Nurse do?

The Faith Community Nurse combines the health and spiritual dimensions of care-giving while working within the scope of their skills and training. The needs of one congregation might not be the needs of another. Any one of these roles may be the focus in a particular congregation as time and skills permit, or all of them can be enacted.

Health Counselor - Discusses health issues and problems with individuals as well as making home, hospital and nursing home visits as needed. Helps individuals cope with the complicated health care system.

Spiritual Support - Offers presence and prayer during visits and times of crisis. Ministers care and concern in presenting the gospel.

Health Educator - Educates on health issues with an emphasis on prevention of disease and promotion of wellness.

Referral Source - Assists in locating community health resources and church based ministries and, when appropriate, provides Christ-centered advocacy.

Facilitator - Recruits, trains and coordinates volunteers in the development of health ministries.

Sample areas of ministry

Adults	Support groups Senior resources Blood pressure screenings Disability awareness Domestic Violence resources
Youth	Relevant teen education Babysitting skills
Children	Visits and resources to new moms Nursery infection control Disability education and inclusion
Care Ministries	Visits to hospitals, homes, and nursing homes Appropriate referrals to families dealing with illness or other crisis Mental Wellness/Counseling ministries
Worship	CPR & first aid training to greeters and ushers
Prayer	Prayer with those who have health concerns Services of Prayer for health and healing
Community	Blood drive Health Fair Health education Fitness program
Evangelism	Sharing our hope in Christ as we are ministering
Missions	Medical missions teams Health education for short-term teams
Property	First aid kits/AED Safety issues and accessibility in the building
Communication	Promoting wellness (classes, bulletin boards) Newsletter health column

Roles and boundaries of Faith Community Nurses

- Faith Community Nurses are not to duplicate available nursing or medical services, **but they do facilitate access to available resources in the community and church.** Faith Community Nurses provide interventions and advice within the scope of their education and training.
- Faith Community Nurses are not free social service caseworkers, **but they are licensed to promote well-being or crisis resolution through referral.** Professional nurses are bound to help congregations access needed community services. Faith Community Nurses often consult social service providers for situational guidance.
- Faith Community Nurses are not psychiatric counselors, **but they listen and guide congregations through the process of accessing needed emotional & mental health provider services.** Often they are part of the community-based after-care support team, but they are not the primary caregivers in complex situations.
- Faith Community Nurses are NOT 911 permission givers. **They educate congregations about signs & symptoms that warrant prompt attention, but permission to call 911 is never needed!** Faith Community Nurses help people access their physicians when needed, but they are not a formal part of the emergency response team. They are not to be regarded as cost effective 911 intermediaries!
- Faith Community Nurses do not give medical diagnoses or recommend prescriptions, **but they can interpret medical language, diagnostic meanings, and test findings when those in congregations do not understand the meaning of what they have been told.** They help to communicate with physicians more effectively. They offer advocacy when invited to intervene and seek to bridge the gaps in health education and care delivery systems.
- Faith Community Nurses are not a substitute for pastors, **but support pastors in their caring ministry.**

Adapted

How a Faith Community Nurse can make a difference to pastors, churches and communities

To the pastor

- Encouraging members to care for each other
- Promoting healthy followers of Jesus Christ
- Nurturing and supporting all age groups
- Assisting in visiting members in their homes and at hospitals
- Acting as a vehicle to reach the community and drawing them into the church
- Providing safety measures in the church building

To the church and its community

- Being there for all ages and socioeconomic groups
- Enabling people to maintain health & wellness
- Connecting persons with identified health needs to those in the congregation who can help meet those needs
- Interacting with people from the beginning of life to the end
- Fulfilling the biblical mandate to teach, preach and heal
- Returning the focus to the church as the place for healing
- Offering health and healing to the surrounding community for purposes of growth and outreach in the church
- Increasing awareness of the relationship between one's physical, emotional, social and spiritual well being
- Offering a presence as people are looking to the church as health needs are increasing and resources are decreasing
- Helping the congregation understand healthcare systems as increasing complexity has caused consumers to be uncertain, unaware or uninformed. Helping people gain access to appropriate healthcare

Why should our church have a Faith Community Nurse?

Christ's ministry was to the whole person. He forgave us our sins, healed our hurting bodies and brought understanding to our confused minds. His disciples were urged and trained to follow His example of bringing healing to a hurting world. The Gospels recite His healing ministry and plan for abundant living. In the rest of the New Testament we read of His disciples taking the Good News of forgiveness and healing to the world.

When Christianity began with the dawn of the first century, the church became a major influence in taking care of the whole person – spiritual, emotional and physical needs. As Christ cared for the total person and healed people of their sins (spiritually), their broken bodies (physically), their relationships (socially) and their fears (emotionally), the church was called in part to continue that care. Deacons and Deaconesses were the first to be assigned to care for those needs.

Across the centuries the church grew various caring ministries and centers for respite. Hospitals, missions and crusades reached out to hurting people of all kinds. With the good news of salvation through Jesus Christ came the hands-on caring ministries that demonstrated the love of God. The early church served as a health institution, but over the last few centuries a separation occurred. The medical community pulled away from the church and relied only on science to bring healing to people. The church was left to care for only the spiritual needs, and the treating of the whole person became fragmented.

Today health care has become increasingly segmented and complex. People sometimes have difficulty sorting out services they need. Many elderly people do not know where to turn or what help is available for them. Parents may find themselves in the health care maze looking for resources to care for their children. Often the church staff finds itself assisting members with healthcare issues they have not been trained to deal with.

In recent years there has been an increasing awareness of the interrelationship between a person's physical, emotional and spiritual well being that encompasses the concept of a whole person health. Fortunately, within the past 20 years health professions and churches have recognized the need for health or caring ministries within the church. Out of this recognized need and as a result of increased interest and desire to care more fully for our congregations, the Faith Community Nurse Ministry was born.

The Faith Community Nurse Ministry combines nursing and ministry to help individuals of all ages with their physical, emotional and spiritual needs. They work closely with pastors and/or the key leadership of each congregation to develop a congregational health ministry, which provides resources, consultation and education.

Valuable Tips to Help Sustain a FCN Ministry

1. Communicate weekly with staff on your activities. Seek their advice.
2. Work closely with your pastor. Share information and make referrals to one another. Submit a short monthly report to your pastor. It may be either statistics, list of activities or stories.
3. Meet with your elder or leadership board at least once a year to give reports and dialogue with them.
4. Have a presence in church on Sunday AM and at church activities (have a FCN kiosk, have office hours, wear a name tag).
5. Carefully explain to the pastors and congregation what you can and cannot do. Create an understanding of the difference between FCN and pastoral visits.
6. Establish good communication with the church administrative assistants. Ask that they pass on information on hospitalizations, deaths, newborns, etc.
7. Pray. Find prayer partners who pray specifically for you and your ministry.
8. Write a FCN report in your annual church report.
9. Lessen your load by making referrals to other church ministries (e.g. Stephens Ministry).
10. Recruit several to be on a Health Ministry Team. You will need champions to support and carry out your ministry. Limit the amount of meetings but frequently email/phone to identify program needs, seek help with projects, market programs and develop budgets.
11. Invade all areas of ministry – missions, women’s, men’s, children, teens, nursery, community outreach, evangelism, small groups and worship. Meet with ministry teams to discover how you can help them and how they can help you. Offer educations, prayer support, visitation, screenings, etc. Give your ministry time to develop. Push but don’t shove Faith Community Nursing.
12. Attend staff meetings and/or staff prayer times.
13. Create ministry boundaries. These will vary with each FCN. You may want to set hours you are available at church, or when you will check your phone messages and church emails.
14. Check daily for your own emotional, spiritual, physical and social health.
15. Discover how your church communicates with the congregation. Then request a FCN spot in those areas (e.g. bulletin/newsletter, slides on Sunday AM, flyers or on road signs).
16. Multiply yourself. Recruit other RN’s to be part of the ministry.
17. Keep learning. Attend area Faith Community Nursing targeted education offerings.
18. Create and maintain a FCN page for your church’s web page.

How to Pray for a Faith Community Nurse

"...the earnest prayer of a righteous person has great power and wonderful results." James 5:16

- For the Lord's leading, guidance and wisdom
- Patience and understanding to listen and be present
- Provision of volunteers to do their ministries
- Good communication with staff regarding needs
- Ability to maintain confidentiality
- Balance/boundaries in their ministry
- Boldness in witness
- Physical endurance
- Health and well being of their staff and congregations
- Funding needed to power FCN ministry
- Active health ministry teams
- Ability to locate specific resources for their client's needs
- Freshness each day from the Lord and His Word
- Creativity in encouraging and engaging the church body in meeting needs where and when appropriate
- Discipline and joy in bringing everything to God in prayer
- Above all – that their efforts will be glorifying to God

Beginning a Faith Community Nurse program in your church

What are the steps?

- Envision the scope/idea.
- Learn about the program and structure to best meet the needs of your church
- Communicate the FCN program to nurses and pastors in your church
- Develop scope/idea into a viable program by using pastors and health professionals who are interested and willing to offer support
- Select a nurse to be trained as a Faith Community Nurse
- Locate space in the church, develop a one to three year plan of implementation, accountability, budget and evaluation
- Assess needs of your congregation
- Educate your church regarding this new program
- Sustain the program within your church

What is the cost?

- Faith Community Nurses ideally are salaried but may serve as unpaid staff
- Additional benefits may include: FCN preparation course, liability insurance, professional license, office/supplies, mileage
- Budget expenditures may include: Education, support group materials, equipment (e.g. blood pressure/first aid kits), resource library

How the Faith Community Nurse works with existing staff and ministry teams

First, it is important to meet with staff and gain support before developing a health ministry. Remember, each church has unique structure and goals.

Learn where health ministry fits into your church

Care ministries

As a part of the senior staff

Focus on existing goals and ministry statement

Write a Faith Community Nursing purpose statement that reflects church goals.

Write a job description.

Gain support of the church staff

Remember a Faith Community Nurse is not to replace staff, but to enhance it.

Items to clarify:

What are expectations for time/budget?

What support help can you expect to receive?

What assistance will be given to make your ministry visible?

In what areas do they expect your involvement?

Communicate

With those you are accountable to on staff

With your health ministry team

Meet

Set up meetings with several areas of ministry in your church to educate them on your role (e.g. men's/women's, missions, prayer teams, children/youth, elders).

How can you be of help to them?

Be a part of regular staff meetings.

Inform and involve the congregation.

Whole Person Health

A wholistic approach to health care brings together aspects of faith and health to educate, counsel and help members of congregations.

Physical

Don't you know that your body is the temple of the Holy Spirit, who lives in you and who was given to you by God? 1 Corinthians 6:9

Then he (Jesus) sent them out to preach the Kingdom of God and to heal the sick. Luke 9:2

Emotional

We are often troubled, but not crushed: sometimes in doubt, but never despair; there are many enemies, but we are never without a friend; and though badly hurt at times, we are not destroyed. 2 Corinthians 4:8-9

A cheerful heart is good medicine, but a down cast spirit dries up the bones. Proverbs 17:22

Spiritual

Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life both for the present and for the future. 1 Timothy 4:8

Relational

For where two or three are gathered in my name, there am I in the midst of them. Matthew 18:20

. . . and pray for one another that you may be healed. James 5:16

Faith Community Nursing testimonials

"As every pastor knows, it is a struggle to keep a congregation aware of the spiritual and emotional benefits of physical health. But taking care of our bodies is part of what we have been called to do as a spiritual people. Our parish nurse has stepped into a needed role in our church, and her expertise continues to be very much appreciated."

Ronn Johnson, Pastor, Coon Rapids Evangelical Free Church, Coon Rapids, MN

Faith Community Nurse – A Blessing

My sister and I have been assisting two cousins, L & M, who live in a care facility. On many occasions we have been encouraged by the support and encouragement provided by the Faith Community Nurse from First Evangelical Free Church in Minneapolis. On one occasion, the FCN contacted my sister about concerns volunteers from First Free had shared after visiting L at the care facility. The Faith Community Nurse attended L's next care conference with my sister. The FCN brought professional and spiritual perspective to the care conference and in subsequent conversation with my sister was helpful in better understanding and advocating for L's care needs. The same day, the Faith Community Nurse also visited M, who was not feeling well. After visiting with her and reading the Bible, she prayed with M in such a way that, later, M said, "It was just what I needed". It is encouraging for L and M to know that First Free Church remembers and cares for them. There are multiple ways the Faith Community Nurse has and is continuing to minister to L and M and to our family. As L and M's care needs increased, we contemplated moving them to a care facility closer to where we live. The Faith Community Nurse was on our prayer team during those days of decision making and kept in touch with L and M during this time of transition. L and M are now both enjoying their new home and they continue to be thankful, as we are, for the Faith Community Nurse who visits and encourages them.

Rosalie Carlson, family member

"I consider my role as Faith Community Nurse my 'joy' and not my 'job'. I am the 'connector of dots', initially receiving health, hospitalization and death situations, and then responding directly or connecting the needs presented with those in the church body that can help. As a Faith Community Nurse, it is a privilege to enter into the lives of those in crises (because of a hospitalization or illness, a death, a health concern, etc) and listen, pray and network with others in the church body to help meet the needs of the individual and family."

Ginny McMillan, Faith Community Nurse, New Hope Church, New Hope, MN

Faith Community Nursing testimonials cont.

"Having a Faith Community Nurse means

- Prompt follow-up and follow-through on all known hospitalizations, deaths and other health related concerns within the church family. A pastor cannot do all of this!
- Effective communication and coordination with pastors, staff and ministry support teams (such as meals, homebound visitation, etc) to keep abreast of situations they each need to be aware or be apart of.
- Encouragement offered through listening and prayer.
- Having a health resource for referral to agencies in the community that can offer additional support for seniors, people with disabilities or anyone in need.

A Faith Community Nurse is INVALUABLE!"

Katherine Bentley, former Care Coordinator at New Hope Church, New Hope, MN

"Having a faith community nurse at BPEFC has raised wholistic care to a higher level at our church. The faith nurse is an integral part of our church staff and takes the lead on the health needs of our congregation. As a senior pastor, I would never want to be without a faith community nurse on the church staff."

Richard Ensrud – former Senior Pastor of Brooklyn Park Evangelical Free Church

Herb Bloomquist, Shamineau Ministries Executive Director, wrote telling how appreciative he was of Dee Huanca, Faith Community Nurse at First Free, Minneapolis. Dee often visited Herb's mother before she passed away. Herb writes,

"Dee was so faithful in visiting my mom even when mom's memory of who Dee was had long faded. I know that Dee would go and visit mom and simply massage her hands, speak to her of how wonderful and caring those hands had been in raising five boys, and reading some scripture. Though mom probably couldn't grasp much of what Dee was saying, I know she understood the love that Dee brought and that simply having a kind face speaking such gentle words to her helped her through some confusing days. I can also attest to the comfort that it gave me and my brothers to know that there was one more person who was visiting mom and bringing some cheer. I am a huge fan of FCN and give my whole hearted endorsement of it to any NCD district church!"

Links

Links are provided for your convenience only. Elim Faith Community FCN program does not control the web sites listed and assumes no liability or responsibility for them, including any content or services provided to you. You should not consider any link to or from another site as an endorsement of that site by Elim Care Faith Community Nursing unless expressly stated.

Faith Community Nursing

American Nurses Association <http://www.nursingworld.org/>

Offers Scope and Standards for Faith Community Nurse Practice, 2nd Edition for purchase: <http://nursesbooks.org/Main-Menu/Standards/A--G/Faith-Community-Nursing.aspx> or at <http://www.amazon.com/Faith-Community-Nursing-Standards-Practice/dp/1558104291>

International Parish Nurse Resource Center www.churchhealthcenter.org/fcnhome

Faith Community Nurse Network <http://www.fcntc.org/> (12 County Twin City area)

Nurses Christian Fellowship, Journal of Christian Nursing <http://ncf-jcn.org/>

Health Ministries Association <http://www.healthministriesassociation.org/>

Minnesota Nurses Association <http://www.mnnurses.org>

MNA Frequently Asked Questions CEU's

<http://mnnurses.org/sites/default/files/documents/No%2028%20-%20Continuing%20Education%20for%20Nurses.pdf>

Faith Community Nursing Foundations Courses

EFCA/Equip Online Foundations Course www.elimcare.org/fcnonlinecourse

FCNN Foundations Course <http://www.fcntc.org/FoundationsCourse>

Concordia Parish Nurse Preparation Course

<http://wwwp.cord.edu/Offices/parishnurse/courses.php>

IPNRC courses by date, state or online <http://www.churchhealthcenter.org/courses>

Addictions/Alcohol

National Institute on Alcohol Abuse and Alcoholism <http://www.niaaa.nih.gov/>

Teen Challenge www.mntc.org

MN Christian-based Substance Abuse treatment

Arthritis

Arthritis Foundation <http://www.arthritis.org/>

Cancer

American Cancer Society <http://www.cancer.org>

National Cancer Institute <http://www.nci.nih.gov/>

OncoLink <http://www.oncolink.com/>

Prevent Cancer <http://www.preventcancer.org/>

Subscribe to newsletter, download posters, and order brochures

Office of Cancer Complementary and Alternative Medicine (OCCAM)

<http://www.cancer.gov/cam/>

Care giving

Caregiver <http://www.caregiver.com>

Subscribe to e-newsletter

Family Caregiver Alliance <http://www.caregiver.org/>

Care Givers Library <http://www.caregiverslibrary.org>

Free tools including driver's assessment, home safety tip sheet, valuable records worksheet and care giving needs

Children

American Academy of Pediatrics <http://www.aap.org/>

Chronic or Serious Illness

Rest Ministries <http://www.restministries.org/>

Spiritual, emotional, relational, and practical support through a variety of resources

CaringBridge www.caringbridge.org/EFCA

Nonprofit service that provides free web sites to patients and families when someone is facing a serious medical condition, treatment or recovery - partnership with EFCA

Communicable & Chronic Diseases

Centers for Disease Control (CDC) <http://www.cdc.gov>

World Health Organization <http://www.who.int/>

Diabetes

American Diabetes Association <http://www.diabetes.org/>

Nat'l Institute of Diabetes, Digestive, & Kidney Diseases <http://www2.niddk.nih.gov/>

Disabilities

Joni & Friends <http://www.joniandfriends.org/>

Church support for disability ministry, daily e-devotional

Joni & Friends Minneapolis <http://minneapolis.joniandfriends.org/>

Special Delivery packages at Christmas for homebound/persons with disabilities. Helps for starting a disability ministry

Domestic Violence

Toolkit to End Violence Against Women <https://www.ncjrs.gov/pdffiles1/206041.pdf>

Emergency/CPR

American Red Cross <http://www.redcross.org/>

Food & Nutrition

US Department of Agriculture <http://www.usda.gov/>

FDA (Food & Drug Administration) <http://www.fda.gov/>

Food Safety & Nutrition <http://www.foodsafety.gov/>

General

MN Help <http://www.minnesotahelp.info/public/>

Online access to 12,000 statewide resources for all ages, listed by location and type of service

Health

Medline www.medlineplus.gov

Complete medical website from the National Library of Medicine. 750 health topics; find a doctor; medical dictionary and encyclopedia; drug & supplement information; and current health news (in 40 languages)

National Institute of Health <http://health.nih.gov/>

Health topics A to Z

National Health Observances (NHOs) <http://healthfinder.gov/NHO/>

Special observance days, weeks, or months dedicated to raising awareness about important health topics. Toll free numbers for health information

American Academy of Family Physicians <http://www.familydoctor.org>

Centers for Disease Control & Prevention (CDC)

<http://www.cdc.gov/health/diseases.htm>

Health topics listed alphabetically

Mayo Clinic Health Information <http://www.mayohealth.org/>

U.S Dept. Health and Human Services <http://www.healthfinder.gov>

Encyclopedia of over 1,600 health topics from the most trusted sources

Minnesota Department of Health (MDH) <http://www.health.state.mn.us/>

Health statistics, health topics

Medical Matrix <http://www.medmatrix.org/> links to many web sites

MedTV www.emedtv.com

Information & Videos on Medical Procedures

Heart/Stroke

American Heart Association <http://www.americanheart.org/>

National Stroke Association <http://www.strokeassociation.org/>

National Heart, Lung and Blood Institute <http://www.nhlbi.nih.gov/>

Hospice

National Hospice & Palliative Care Organization <http://www.nhpco.org/>

Association for Death Education & Counseling <http://www.adec.org>

Organization dedicated to death education, care of the dying, grief counseling

Medications

FDA <http://www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm>

Listed alphabetically

Pharmaceutical Info www.dailymed.nlm.nih.gov

From National Libraries of Medicine – up to date info on 3,500 pharmaceuticals

Rx List <http://www.rxlist.com/>

Internet Drug Index

Medication Schedule www.mymedschedule.com

Free web site to input daily medications and print out detailed medication schedule

Mental Health

National Mental Health Assoc (Mental Health America) <http://www.nmha.org/>
National Institute of Mental Health <http://www.nimh.nih.gov/index.shtml>
Mental Health Ministries <http://www.mentalhealthministries.net/>
Mental health and the faith community

Parenting

National Institute on Media and the Family <http://www.mediafamily.org/>

Pregnancy

Robbinsdale Women's Center www.robbsdalewomen.org/

Christian organization offers pregnancy testing, peer counseling, support programs, ultrasound, and post-abortion recovery for women in crisis

New Life Family Services www.newlifefamilyservices.com

Pregnancy Care Center, Support Groups, Adoption Services, Abstinence Resources

Seniors/Aging

MN Board on Aging/Metropolitan Area Agency on Aging www.mnaging.org

Info on issues ranging from housing to benefits

AARP www.aarp.org

Alzheimer's Assn <http://www.alz.org/mnnd/>

Christian Association of Senior Adult Ministries (CASA) <http://www.gocasa.org/>

Your Guide to Choosing a Nursing Home or Other Long-Term Care

<http://www.medicare.gov/Pubs/pdf/02174.pdf>

Elim Care, Inc www.elimcare.org

Helpful web sites listed under senior resources. Listing of Elim EFCA affiliated facilities.

NIH Senior Health <http://nihseniorhealth.gov/siteindex.html>

Very readable for seniors

Access America for Seniors <http://www.seniors.gov>

Agency for Health Research and Quality (Pocket Guide to Staying Healthy available for tips to help older adults stay healthy)

Statistics

State Health Facts www.statehealthfacts.org

Use to plan FCN programs, write grants

Support Groups

GriefShare <http://griefshare.org/>

Support group materials, support group finder, daily devotional

DivorceCare <http://www.divorcecare.org/>

Support group materials, support group finder, daily devotional

First Place 4 Health www.firstplace4health.com

Weight loss/healthy living - Support group materials, support group finder, daily devotional

Celebrate Recovery <http://www.celebraterecovery.com/>

Hurts, hang-ups, habits - Support group materials, support group finder, daily devotional

Women's Health

National Women's Health Information Center <http://www.womenshealth.gov/>

How to talk to your Health Care provider and how to get a second opinion

National Women's Health Resource Center <http://www.healthywomen.org/>

Free newsletter and materials

Elim Care Faith Community Nurse Advisory Board

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Lakewood EFCA, Baxter, MN

Dee Huanca, MS, RN, FCN

First Free, Minneapolis, EFCA

Ginny McMillan, RN, MSN, FCN

New Hope Church, EFCA

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