



Verse of the Week:

"Anyone who loves God must also love their brother and sister."

1 John 4:21

I recently read the following account written by Tim Gustafson in "Our Daily Bread" (Vol. 61). I wondered if Karen was a FCN!

When a woman in Karen's church was diagnosed with ALS (amyotrophic lateral sclerosis, also known as Lou Gehrig's disease), things looked bad. This cruel disease affects nerves and muscles, eventually leading to paralysis. The family's insurance wouldn't cover home care, and the stricken woman's husband couldn't bear the thought of putting her in a nursing home. As a nurse, Karen had the expertise to help and began going to the woman's home to care for her. But she soon realized she couldn't take care of her own family while meeting the needs of her friend, so she started teaching others in the church to help. As the disease ran its course over the next seven years, Karen trained thirty-one additional volunteers who surrounded that family with love, prayer, and practical assistance.

"Anyone who loves God must also love their brother and sister," said John the disciple (1 John 4:21). Karen gives us a shining example of that kind of love. She had the skills, compassion, and vision to rally a church family around a hurting friend. Her love for one person in need became a multiplied love lived out by many.

How might God use your talents and abilities to serve others in need?

Ask God to show you how He wants you to use your gifts for His kingdom.

Faith Community Nurses Share

- **Mary Martin, RN, FCN Coordinator for Rural Faith Community Nurse Network and Oxlip Evangelical Free Church shares:** Pam D'Andre and Fr. Nikolay will be in Minnesota Feb 1-5th, talking to supporters of Pam's ministry and about Logos Center in Kiev. They want to meet with groups that are interested in partnering with them, and supporting

them in various ways. Mary is setting up meetings for them, so let us know if you would be interested.

- **Jan Stevens - NW WI Parish Nurses Newsletter:**

- BLOOD PRESSURE UPDATES**

- In a recent FCN Perspectives publication there was an article titled “Best Practice: Blood Pressure Cuff Calibration”. The recommendation was to calibrate equipment at least annually or if the gauge is outside the zero zone when the cuff is completely deflated. As they noted: “Blood pressure calibration which is higher by 3 points may increase the number of patients treated for high blood pressure by 24%. Blood pressure calibration which is lower by 3 points may cause 19% of patients with high blood pressure to be missed”. Check with your local clinic or hospital regarding recalibrating your equipment.

Jan also sent info about an online self-study program titled “*Beyond the 50%: It starts with Blood Pressure Measurement*”. This is a one-CEU program (free up to June 2017) that you can access by going to www.wisconsinnurses.org/beyond-the-50/.

To reach Links for information and registration for the Foundations Courses below please check out our website [Elim Care FCN](http://www.elimcare.org): or copy and paste this in your browser: <http://www.elimcare.org/services/faith-community-nursing/>.

Upcoming Foundations Courses:

- **Foundations of Faith Community Nursing Grow2Serve Online Course**
 - January 18 - April 11, 2017
- **Foundations of Faith Community Nursing through Augustana University of Sioux Falls, SD -Online**
 - February 6 - March 27, 2017
- **Foundations in Faith Community Nursing Course offered by FCNN of the Greater Twin Cities**
 - Date: April 3rd - 7th, 2017; Monday – Friday
 - Time: 9am - 5pm (closing convocation at 3pm on Friday)

Upcoming Events and Workshops:

- **Interested in becoming a *Stepping On* leader?**

- As a leader, you will be able to help the older adults in your congregation develop the special skills and awareness they need in order to avoid falling. If interested, contact Jessica Drecktrah, Program Director, Faith Community Nurse Network at Jessica@fcnntc.org or 612-237-4639.

- **Arden Woods Psychological Services-Friday Forum for Pastors and Christian Leaders**
 - http://www.ardenwoodpsych.com/Arden_Woods/Friday_Forums.html
 - Friday, January 8, 2017 - 8:30 to 10:00 a.m.
 - held at Salem Covenant Church, 2655 5th St. NW, New Brighton, MN
 - **“INTERCULTURAL SENSITIVITY”**
Chris Frank, M.A., LPCC, will be exploring intercultural sensitivity in ministry and helping professions, based upon his graduate and ongoing research in this area as well as his time in church ministry and student development at Bethel University.
 - Please indicate via email or phone if you are planning on attending a session:
Phone: 651-482-9361 email: info@ardenwoodpsych.com

- **“Powerful Tools for Caregivers”- Starts January 16, 2017**
 - 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
 - **Email – flommarcia@gmail.com or call: 952.923.2304**
 -

- **ELIM CARE FAITH COMMUNITY NURSING PRAYER AND CARE MINISTRY**
 - Monthly Meeting- Agenda attached
 - Discussion Topic: How to Plan a “Service of Remembrance” presented by Beth Moorehead and Dee Sandberg from 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 (flyer attached)**
 - **Faith Community Nurses should consider attending this workshop!**
 - Saturday, **February 18th, from 9 am to 4 pm** at Constance EFC, 16150 Crosstown Blvd, Andover, MN 55304.

Resources

The Westberg Institute for Faith Community Nursing now supports an online knowledge sharing platform called “Yammer”. This Platform connects nurses globally on wide array of healthcare topics. There are specific groups, where questions, responses and resources are posted, and you may join any that are of interest to you. One group is Midwest FCNs with 48 current members. **If you are interested in joining this group on Yammer, please send me an email (joanne.hall@elimcare.org) and I will send you an invitation to join. No obligations and you control the number of emails you receive!**

GriefShare: *Support for those Grieving*

A new session will begin January 11th – March 29th at St. Matthew Lutheran Church, 4101 Washington Street NE, Columbia Heights, MN 55421 763-788-9427

Find a support group in your area at: <http://www.griefshare.org/>

Thought for the Day:

"Lose the long list of resolutions and do something about one thing this year instead of nothing about everything." #MyOneWord

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).

Joanne Hall, RN, BN
Faith Community Nurse
Director of Faith Community Nursing
Elim Care Ministries
7485 Office Ridge Circle
Eden Prairie, MN 55344-3690
Joanne.Hall@elimcare.org
Direct: 952.259.4461
www.elimcare.org



