



## **Elim Faith Community Nursing**

*A Ministry of Elim Care*

**SERVING IN THE SPIRIT OF CHRIST'S LOVE**

# **ELIM FAITH COMMUNITY NURSE CONNECTION**

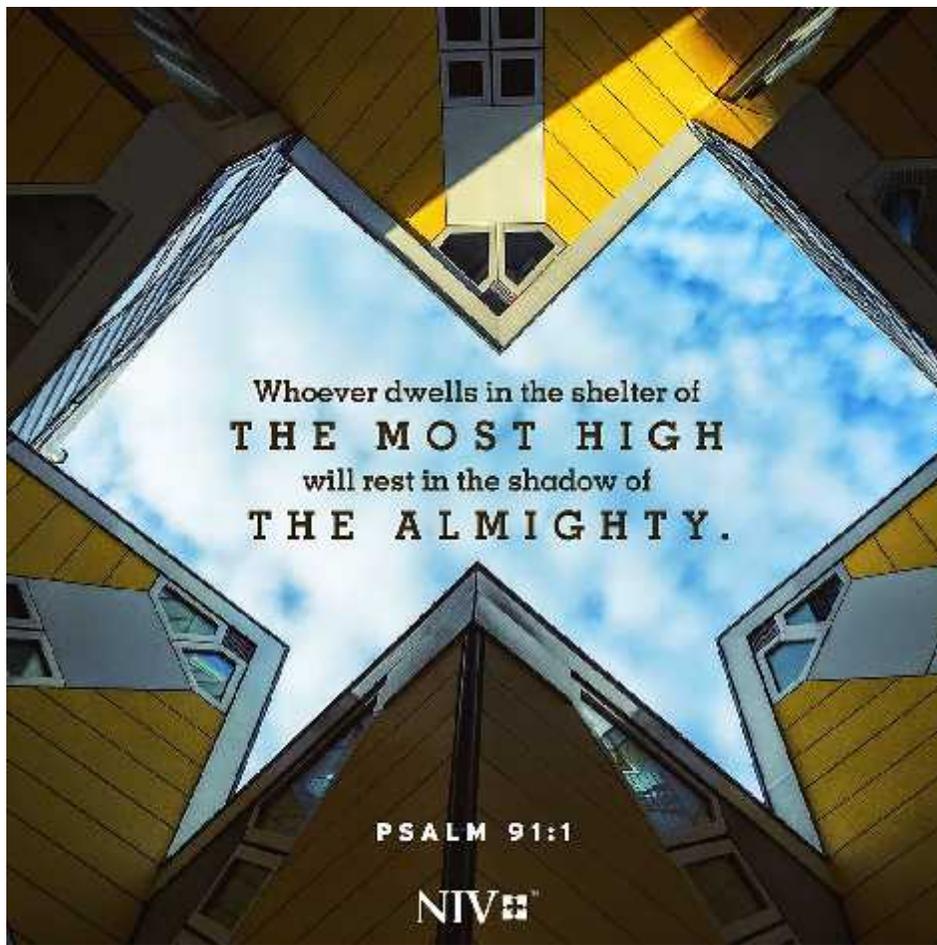
## **July 2018**

**Joanne Hall, Director of Elim Care Faith Community Nursing**

*"Helping you to help others"*

7485 Office Ridge Circle, Eden Prairie, MN 55344-3690

952-259-4461, [Joanne.Hall@elimcare.org](mailto:Joanne.Hall@elimcare.org)



**Mary Van Der Werf** was the first Elim Care Coordinator of FCN. Many of you were aware of Mary's recent surgery and were part of the army of prayer warriors on her behalf. She shares with us her "Aneurysm Timeline" which was "all God orchestrated" in her words.

"6/22/2018

*Many of you have asked about how I knew I had a brain aneurysm and how the surgery came about. Here is the incredible time table. It was all God orchestrated.*

*April 2017 – a couple weeks after my knee replacement surgery I began experiencing stroke-like symptoms, so I went to the ER and an MRI was done. The MRI did not reveal much new stroke activity (I had a stroke in 2003) but they said I should follow-up with my neurologist.*

*I made phone calls to Dr. H's office and found out that he was changing jobs and was no longer available for office calls. They also said I was a new patient since I hadn't been at the office for 3 years and they didn't have any openings to see me. My primary doctor went to bat for me and I got an appointment with Dr. B who was soon to be retiring. I am so thankful that at that visit he suggested I have an MRA (which is different than an MRI). When I met with him after that test he told me that it looked fine from a stroke standpoint but that it revealed that I had a brain aneurysm that wasn't there 3 years ago. It was ranked a #4. He said they do not treat until they are a #5 and that I should have a repeat MRA in a year. Of course, I was concerned, but trusted his plan. I was so very thankful that it was found. Brain aneurysms are asymptomatic so if I hadn't had that test for another reason, I would not have known.*

*April 2018 – I made an appointment with Dr. A, neurologist at Minneapolis Clinic of Neurology and had another MRA. He called with the results. The aneurysm had grown to a #5. He referred me to Dr. K, Neuro Interventional Radiologist at Abbott. When I called for an appointment I couldn't get in until June 14.*

*Thursday, June 14, 2018 – My appointment at Abbott. I had a CAT scan with contrast before my appointment. At the appointment Dr. K shared that the aneurysm had grown to a 6.5 and that it was lobulated (not round but had several lobes which indicates thinning). He said it was a high-risk aneurysm and that I should have it coiled & stented ASAP. The scheduler went right to work but was having trouble scheduling anesthesia. (A plus for me is that patients doing this procedure are put on aspirin and Plavix for 1-2 weeks before the surgery, but I have been on them since my heart procedure in 2003.) Another answer to prayer.*

*Friday, June 15 - When I talked to the office on Friday they had not found a date. She said if it wasn't the next week it would be in July. I alerted my prayer warriors.*

*No news over the weekend.*

*Monday, June 18 – I went to a meeting in Eden Prairie with other Faith Community Nurses. I told them my journey and they had a special time of prayer. We prayed specifically that the surgery would be scheduled soon. In the middle of the meeting my phone rang. I went out to answer it and it was the news that I would be having surgery the next day at 10:30 AM. I went back in the room and rejoicing broke out! (I wish I had a picture of the look on their faces. Pure joy.) I hurried home as I needed to get in a pre-op physical and go down to Abbott for a blood test to check my ASA/Plavix levels.*

*Tuesday, June 19 – I had an embolization of my right middle cerebral artery aneurysm (using stent & coil). The procedure starts by putting a catheter up the femoral artery (in the groin) and ‘traveling’ it all the way to the middle of the brain. The stent and coils follow the catheter to the aneurysm where they are placed and coiled until the doctor is sure that blood is no longer flowing into it.*

*Before the procedure Dr. K told my family that it would be most likely a 3-hour surgery. My aneurysm was in the middle of the brain. Most of them are at the base where they are easier to access. In pre-op I reminded Dr.K that I had many people praying for him. After surgery he told my family that about 45 minutes into the surgery he said knew that everything was working perfectly. No roadblocks for the catheter and the stent and coils went easily in place. He was done in 1 hour and 45 minutes. He told my family that it went very, very well. Best case scenario. Not surprising being there was an army of prayers on duty during that time.*

*I had a few ‘road bumps’ post op. The bleeding at the insertion site would not stop. A doctor came in at 10:30 PM and gave injections of medication (epinephrine & lidocaine) at the site. My most troublesome side effect was an injury to my tongue during anesthesia. All this is minor compared to the huge answer to prayer.*

*All in all I am rejoicing that my life has been spared once again. Cancer, stroke and now this aneurysm have all been treated and I am as good as new. God has plans yet for me. While I am healthy I want to please HIM in all that I do and say.*

*I am so thankful for ALL OF YOU for your prayers, your encouragements, your hugs and more.*

*Mary Van Der Werf”*

A prayer shawl was given to Mary by Dee Huanca, FCN on behalf of the Elim Care Faith Community Nurse Network. Here is Mary’s home address for those wishing to send a card:  
6736 Regent Ave. North Brooklyn Center, MN 55429

## **Mark your calendars now!**

**Note: there will not be an Elim Network gathering in July or August**

**August 5-7, 2018** Westberg Institute Educators and Coordinators Retreat “Navigating Changes in Life” [www.westberginstitute.org](http://www.westberginstitute.org)

**Sept. 7-10, 2018** Health Ministries Assoc. Annual Meeting and Conference  
*The Sacred Practice of Caring: Partnering For A Healthy, Hopeful Future*  
St. Elizabeth Training and Educational Center, Erlanger, KY  
More information at:  
**[Upcoming Conference page.](#)**

**April 8-10, 2019** Westberg Symposium –Keynote Speaker-Philip Yancey

## **Faith Community Nursing News to Share**

**Congratulations to the Elim Online Foundations course graduates –April 2018!**

-  Carol Wines – South Carolina
-  Jacquelyn Hovis - Minnesota
-  Stacy Meyer -Minnesota

**Next ELIM Care Foundations for Faith Community Nursing**

12 week Online Course

September 5<sup>th</sup> – November 21<sup>st</sup>, 2018

January 16 - April 3, 2019

This course explores the specialty practice of Faith Community Nursing which combines professional nursing and health ministry, emphasizing health and healing within the faith community and the larger community. It offers registered nurses with a strong spiritual faith the knowledge to implement and facilitate a Faith Community Nursing ministry, as well as practical opportunity to apply learning from the course to the dynamic nature of their faith community and its particular needs. During this course students need not be online at specific times. Assignments have due dates, and within the boundaries of assignment due dates you are free to complete them according to your schedule. This course is derived from the curriculum endorsed by the Westberg Institute for Faith Community Nursing and is led by Shelly Rock, RN, MSN, FCN Coordinator and Westberg trained Educator.

40.5 CEU's for Registered Nurses.      Course Cost is \$300

**To Learn More Go To: <https://www.grow2serve.com/fcncourse>**

**Elim Care's Director of FCN** - Interviews have taken place for the position. I will be continuing in the position and helping with a transition until August 1.

### **Part-Time Faith Community Nurse Position Opening**

Salem Covenant Church

2655 Fifth Street NW

New Brighton, MN 55112

651-633-9615

Website: <http://www.salem-covenant.church>

Consider serving as the Faith Community Nurse (FCN) for a vibrant congregation of over 1,000 members. The FCN oversees the health ministry of Salem Covenant Church by encouraging people of all ages, both individually and collectively, through education, referral to community resources, spiritual guidance and support. Salem has had a well-established FCN ministry for over 20 years. This position includes working closely with the Visitation Pastor to visit people who are hospitalized and homebound. The FCN is an integral member of the church staff and enjoys active support from the pastoral staff. The position is 15-20 hours/week.

Requirements: 1) Registered Nurse with current Minnesota license with a BSN or BAN degree; 2) Successful completion of a foundations course in faith community nursing, or willingness to complete the course within 12 months of employment (at Church expense); 3) Minimum of five years of nursing experience; 4) effective communicator with strong verbal and writing skills. If you would like a more detailed job description or have any questions, please contact Nichelle Kaul, Business Administrator at [nkaul@salem-covenant.church](mailto:nkaul@salem-covenant.church) or 651-288-3350.

### **Faith Community Nurse Position Available**

Augustana Lutheran Church in West St. Paul, MN is seeking a Faith Community Nurse. Augustana has a well-established FCN program with a strong group of volunteers involved in the ministry. Responsibilities include nurturing members throughout their lifespan by promoting wellness of the whole person—emotional, physical, and spiritual as well as provide a caring presence in times of illness, crisis, and celebration.

Start Date: Negotiable

Time Commitment: 30 hours per week (including Sunday mornings), 12 month contract

Requirements:

- Registered Nurse currently licensed to practice in Minnesota
- Completed Faith Community Nurse Foundations Course (or must complete within first three months of employment)
- Community/public health experience
- Strong interpersonal skills
- Excellent communication and organizational skills

- Commitment to holistic care (mind, body, spirit)
- Spiritual maturity
- Ability to multi-task

Salary: Negotiable

Send or email resumé and inquiries by July 15:

Augustana Lutheran Church  
 Attn: Pastor Mark Aune  
 1400 South Robert St.  
 West Saint Paul, MN 55118  
[maune@augustana.com](mailto:maune@augustana.com)

**The call for workshop and poster presentation proposals is now open for the 2019 International Westberg Symposium April 8-10 in Memphis, TN.** The theme is “In These Times: FCNs Serving Through Adversity.” Faith community nurses, clergy, chaplains, health advocates and others involved in wholistic health ministry and crisis care are encouraged to submit a proposal. Click or copy & paste the link for more information and to submit. <https://form.jotform.com/81575010979160>

### **Faith Community Nurse RESOURCES**

**Taking Care with Dementia:** Alzheimer’s disease is the most common form of dementia. Understanding the nature of the disease will help FCNs help someone who is a caregiver look after a loved one. Susan Martins Miller offers the following five tips for visiting a person with dementia:

*About five million Americans have Alzheimer’s disease, the most common form of dementia. The disease affects thought, language and memory. You may have a family member with dementia, or you may know someone in your congregation or community. You may be the caregiver, or you may want to help someone who is a caregiver. Understanding the nature of the disease will help you look after a loved one, a caregiver, or yourself.*

1. *Learn to “speak dementia.”*

*Language shifts with the disease, and a person with dementia may generate conversational language even in the severe stage but have more trouble understanding. Avoid using the verbal shorthand friends and coworkers readily understand. You might say, “I know you like the social stuff,” and the person with dementia does not understand what the “social stuff” is. Consider what language sounds like from the perspective of someone who is losing ability.*

2. *Sift questions carefully.*

*“Are you ready for the holiday?” The person with dementia may not even know what time of year it is. “What did you have for lunch?” Short-term memory loss will make this question impossible. “Remember? I said I was coming back.” No, the person does not remember. Many people with dementia will feel they “should” be able to answer, and the inability to do so*

*causes emotional distress. Craft conversation around the current activity. "Would you like to go for a walk?" "Shall we have a cup of coffee?"*

*3. Provide orientation hooks.*

*A visit with someone with dementia will go more smoothly if you subtly help the person orient to the moment. "It's a sunny day for the middle of January." "I'm Jane from church, and I enjoy coming to see you on Fridays." "It's almost time for lunch. Are you hungry?"*

*4. Be invitational.*

*As the disease progresses, even the simplest decisions can be overwhelming. Rather than asking, "What do you feel like having for lunch?" say, "I'll make us some tuna sandwiches." Rather than, "What would you like to do this afternoon?" say, "I brought this photo album to look at together."*

*5. Be patient.*

*Mental processing for many people slows as part of aging, and dementia in any form slows cognitive responses. As you make conversation, avoid filling every bit of silence. The person with dementia may be trying to form a response, a process which is disrupted by more language coming too fast. Even finding shoes and getting ready to leave the room can take longer, though the person is capable of the task without the stress of being rushed. If your visit wakes someone from a nap, allow time for the person to rouse. Offer a glass of water rather than a rush of language.*

Susan Martins Miller learned these lessons firsthand in the process of losing her father to Alzheimer's disease and caring for her late mother. This article was featured in the Fall 2016: Health Ministry Matters print issue. [Click here](#) to see the complete table of contents. Written by [Susan Martins Miller](#) on June 29, 2017

**Minnesota's Area Agencies on Aging** work in partnership to deliver services, build programs, and engage older adults as contributing members in society. FCN's can collaborate with the Agency on Aging to present Juniper Evidence Based Programs. Juniper classes help people take an active role in their health and well-being. Learn more at <https://mn4a.org/partners/juniper/>

### **NAMI Minnesota to launch new website on July 2nd**

On July 2nd, NAMI Minnesota will be welcoming a new website [www.namimn.org](http://www.namimn.org). What's new?

- ) A Calendar that will allow you to search for Classes, Support Groups, Events, Trainings and Presentations by County

- ) A Health Library that you can search by health condition, treatment and medication to get the latest information from the National Institute of Mental Health
- ) New, easy-to-use forms to request presentations, publications and more!



Helping you to help others,

Joanne

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