



Elim Faith Community Nursing

A Ministry of Elim Care

SERVING IN THE SPIRIT OF CHRIST'S LOVE

ELIM FAITH COMMUNITY NURSE CONNECTION

June 2018

Joanne Hall, Director of Elim Care Faith Community Nursing

"Helping you to help others"

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Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!" Psalm 46:10

Mark your calendars now!

June 18- Elim Care Faith Community Nursing Prayer and Care Ministry

11:30 AM – 1:30 PM Elim Care Corporate Office – 7485 Office Ridge Circle, Eden Prairie,

Lunch provided, followed by a time of fellowship and ministry sharing

Looking ahead:

August 5-7, 2018 Westberg Institute Educators and Coordinators Retreat “Navigating Changes in Life” www.westberginstitute.org

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

Faith Community Nursing News to Share

From Joanne: Regarding my replacement as Director of Elim FCN ministry, we hope to have a new Director identified by the end of June. I am working remotely the month of June and am still available by my Elim email. Thank you to all who have reached out over the past few weeks to express your support and appreciation for this ministry.

Cynthia Dainesberg, FCN at Calvary Evangelical Free Church in Walker, MN has developed a tool titled, *FCN Depression- a Diagnosis, or is it a Symptom? A Wholistic Differentiating Worksheet for FCNs and Pastors*. This tool is attached and available for your use. Please note it is for educational use only and not for diagnosis.

Mary Martin, FCN at Oxlip EFC, Isanti, MN is currently attending the International FCN Conference in Finland. She shares, “Our Finnish colleagues have gone above and beyond here, and they are hosting an excellent conference. Have FCNs from England, Scotland, Netherlands, Ukraine (Pam and team), Hungary, Germany, Finland, and little old me from the States! (Trying my best to represent Elim well!)”

Southeastern Minnesota Faith Community Nurses are meeting regularly in the Rochester area. If interested, contact Yvette Duloherly yduloherly@gmail.com.

Insurance Coverage and More: Three things a nurse should maintain while working/serving in the role of a Faith Community Nurse include 1) CPR certification, 2) personal professional liability insurance, and 3) nursing license in the state or states where the nurse will practice. **Insurance:** We recommend all Faith Community Nurses maintain their own personal professional liability insurance. It is offered through companies such as NSO or ANA/Mercer. In addition, the church should make their insurance company aware that they have a nurse on staff. Church Mutual and St. Paul Insurance are two of the many different companies a congregation may retain for their insurance coverage. Church Mutual reports since the scope of practice for FCNs is narrow and does not involve invasive procedures, they simply have the nurse turn in proof that the nurse has their personal liability coverage; they do not have a separate rider and there is no additional fee to the church as the nurse is included in coverage for all professionals of the church.

Faith Community Nurse RESOURCES

Faith Community Nursing Basic Preparation Courses

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).

ELIM Care's Foundations for Faith Community Nursing

12 week Online Course

September 5th – November 21st, 2018

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/fncourse>

Sanford Health

The Sanford Health Foundations of Faith Community Nursing course starts with a weekend retreat at Living Waters Retreat Center at Lake Poinsett SD on September 14-15. On-line classes are then held every Monday evening from 5:50-9:00 p.m. from September 17-November 19. The cost of \$300 for Sanford nurses or \$390 for non-Sanford participants covers the cost of the retreat and all course materials. Registration deadline is July 1, 2018. Contact Karla at karla.cazer@sanfordhealth.org for more information.

Life Care Memos – A Resource for *Support*

Help people through difficult times

Encourage those who are discouraged

Extend your ministry of compassion

Order form attached-send completed form to Dave.Kiel@elimcare.org

Managing Stress after Trauma:

The Veteran's Administration has established a National Center for PTSD and produces a monthly newsletter to assist patients as well as health professionals. You can [subscribe](#) to the PTSD Monthly Update.

Depression and Bipolar Screening Essential for New Moms

Women need to be screened for perinatal mood and anxiety disorders at least twice: once during pregnancy and again after delivery, according to the US Preventive Services Task Force. The ACOG [recommends screening](#) for depression and anxiety at least once during the perinatal period. Read the full Medscape article here:

[Depression and Bipolar Screening Essential for New Moms](#)

A resource to pastors and ministry leaders seeking to develop a mental health inclusion strategy within their churches.

<http://www.keyministry.org/training-videos-on-mental-health-inclusion/>



A Resource for those in Need

The Minnesota Department of Human Services works with Hunger Solutions Minnesota to distribute food to nearly 300 food shelves throughout the state. These local food shelves provide food to individuals and families suffering from hunger as they work to become economically self-sufficient.

The **Emergency Food Assistance Program** distributes U.S. Department of Agriculture (USDA) donated food to individuals and families who use on-site meal programs, food shelves and shelters. The Minnesota Department of Human Services contracts with Hunger Solutions Minnesota to allocate USDA commodities based on population and poverty data.

The emergency assistance program ensures an equitable distribution of commodities to all of Minnesota's 87 counties by partnering with Hunger Solutions Minnesota, working with seven regional food banks each distributing commodities to more than 400 food shelves, on-site meal programs and shelters statewide.

Food shelves are available to all who identify themselves as being in need. People may be asked to register to receive help. Households with incomes that do not exceed 200 percent of the federal poverty guidelines are eligible. Families identifying themselves as in crisis are not required to prove income or residence.

Those who are in need of food shelf assistance or more information can contact the Minnesota Department of Human Services' Office of Economic Opportunity at 651-431-6309, or Hunger Solutions Minnesota's Food Helpline toll free at 888-711-1151.

 **6 Tips for Healthy Transitions** (see attached PDF for posting)

Periods of transition or significant change in life, whether the death of a loved one, a loss of a job, a divorce, or adjusting to an empty nest, can take a toll on physical, mental and spiritual health. It's important to take changes in stride and do your best to keep your health and attitude up even when you feel down. Here are some tips for coping with change. Share these *6 Tips for Healthy Transitions* with your faith community:

1. Acceptance.

The first step for coping with any change is to fully accept it. Many times it is already out of your control, so accept that fact, and move forward.

2. Positivity.

Try to visualize the positive aspects of the change. Transitions happen for a reason, and many times change challenges us in ways that may make us uncomfortable, but can strengthen us if we let it.

3. Honesty.

Take time to be honest with yourself and reflect on your emotions, but do not let them control you.

4. Good Vibes.

Do your best to surround yourself with people who want the best for you and can help feed your positivity and boost your self-esteem. Being around others with optimistic attitudes can greatly influence your own.

5. Vulnerability.

Let yourself be vulnerable and ask for help when you need it. Realize that you're not the only one who has faced these obstacles, and seek out those who have had similar experiences and come out on top.

6. Letting Go.

The most important step of accepting and embracing change is to let go of the past. Letting go does not mean banishing it or forgetting it ever existed, but make a conscious effort to let the past be the past. The future is always unfolding, and dwelling on the past does little to help ride that wave. Keep yourself present in the present!

Tools for seniors to make the most of their money

Financial Literacy Month encourages older adults to review their finances. EconomicCheckUp® gives tips on money management, scams, and more so seniors can reach their goals.

[Browse the resources](#)



Helping you to help others,

Joanne