



Verse of the Week:

Psalm 107:21–22 (NKJV)

Oh, that men would give thanks to the Lord for His goodness, And for His wonderful works to the children of men! Let them sacrifice the sacrifices of thanksgiving, And declare His works with rejoicing.

“Even the greatest blessings can fail to bring Joy unless they are received with gratitude. Just keep coming into My Presence with thanksgiving. Your persistent thankfulness may actually provide the long-awaited key I will use to unlock major difficulties in your life.”

Sarah Young from *Jesus Calling Morning and Evening Devotional*

Nurses Share!

- Those attending the November Elim Care FCN Prayer and Care enjoyed a time of sharing-prayer requests, scriptural fellowship and food! Sharon Williamson, FCN at Wayzata EFC, shared this salad as part of our lunch together.

Yummy Salad with greens and fruit

- 1 bag cole slaw cabbage
- 1 bag Italian greens (any mixed greens/lettuce mixture)
- 2 fresh oranges or several small Halo mandarins, peeled and cut up
- 1 red pepper chopped
- ½-1 cup pecans chopped

Ken’s Steak House Sweet Vidalia Onion Lite dressing

Mix all together, adding pecans after salad tossed with dressing.
Can also be topped with grated Romano or Parmesan cheese if desired.

- Cynthia Dainsberg shared the information below on the seminar- **“How Patients Are Creating Medicine’s Future: From Citizen Science to Precision Medicine”**

Upcoming Courses, Events and Symposiums/Workshops:

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)
- **Note: Concordia in Moorhead MN:** Jean Bokinskie will take a one year sabbatical from offering the Foundations course as she now serves as the chair of the nursing department. Please keep her in prayer during this time of transition.

Links for information and registration for the following are found on our website [Elim Care FCN](http://www.elimcare.org) under Upcoming Events or at <http://www.elimcare.org/services/faith-community-nursing/>

- **“Be Still” Three November Retreat Series With Jayne Kane Life Coaching**
 - “NEW!!! “Care for the Care Giver” Wednesday November 30th 9 - 4 pm.
 - A new one day retreat for professional care givers to encourage and empower them. This day is for caregivers who have a need to step away and gain perspective.
- **Faith Community Nurse Network of the Twin Cities:**
 - The 2017 Symposium calendar is up and you can begin to register now for the entire series of 4 symposiums. Registration includes 14.4 Contact Hours PLUS 4 continental breakfast, and 4 lunches. Please contact Meg Schrafft at meg@fcnntc.org or 651/204-0904, with any questions. You can find more information here: <http://www.fcnntc.org/continuing-education-symposiums.html>

- **Westberg on the Road—A Year of Community Conversations**
 - The Westberg Institute will bring the Westberg Symposium to you in 2017! “Westberg on the Road” will be held at six locations in partnership with regional conferences or faith community nurse events. Experience fellowship and support on a more local level while enjoying the national and international connections of the Westberg Symposium.

Upcoming Events

- **Health Partners-Center for Memory & Aging –Ask the Experts 2016 Talk Series**
 - **Thursday, December 1 from 11:30-1:00 pm**
 - “Understanding Memory Loss: Communication, Resources, and Living Well” -Dr. Terry Barclay
 - Lighthouse of Columbia Heights; 3801 Hart Blvd NE, Columbia Heights 55421
 - Lunch and Registration: 11:30 am to Noon
 - Presentation: Noon to 1:00 pm
 - **RSVP by November 23** to kwedemeyer@keystonecommunities.com or 651-387-2466
- **How Patients Are Creating Medicine’s Future: From Citizen Science to Precision Medicine**
 - **Tuesday, December 6, 2016 - 11:30am to 1:30pm**
Coffman Union Theater – University of MN
Free and open to the public; box lunch is provided.

The Internet and Big Data are transforming science. Fitness trackers and wearables are streamlining the gathering of health data, while the Precision Medicine Initiative seeks to harness these data together with genomics to create personalized medicine. Meanwhile, patient groups want an active role in the development of therapies and drugs. In this final event of the Deinard Lecture Series, four panelists will discuss these dynamics and the questions they raise about medical research, privacy, data ownership, and ethics. A robust discussion and question-and-answer period will follow.

Presenters:

Prof. Jason Bobe, MSc Icahn Institute for Genomics and Multiscale Biology, Mount Sinai School of Medicine

Prof. Barbara Evans, PhD, JD, LL.M
University of Houston Law Center

Ernesto Ramirez, PhD
Director of Research & Development. Fitabase

Prof. Kingshuk Sinha, PhD
Carlson School of Management, University of Minnesota

More info: z.umn.edu/patientledmedicine

Registration: z.umn.edu/patientledreg

Co-sponsored by the University of Minnesota's Consortium on Law and Values in Health, Environment & the Life Sciences; Center for Bioethics; and Joint Degree Program in Law, Science & Technology.

- **2nd Annual North Central District Church Security Summit**

- Saturday, **February 18th, from 9 am to 4 pm** at Constance EFC, 16150 Crosstown Blvd, Andover MN 55304.
- Thom Ranier in his December 14, 2015 article, "16 Trends in American Churches in 2016" declares Church Security as the fastest growing ministry!! 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.

- **Transitional Care for Faith Community Nurses by Deb Ziebarth**

- Mark your calendars now to be in Fargo for an all day workshop on **March 16, 2017**.
- This Transitional Care for Faith Community Nurses workshop has been offered nationally at the Westberg Conference twice and in other regions across the nation.
- More details to follow

Resources

- **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..

- **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
- Lakewood Church in Baxter, MN is currently providing sessions on Tuesdays at 7pm through December 20. Contact afelten@lefcmail.com for more information.

- Find a support group in your area at: <http://www.griefshare.org/>
- **Arden Woods Psychological Services-Friday Forum for Pastors and Christian Leaders**
 - http://www.ardenwoodpsych.com/Arden_Woods/Friday_Forums.html
 - Friday, January 8, 2016 - 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

National Health Observances

November is National Diabetes Month: November is National Diabetes Month, which is a good time to remind people who have diabetes that they are three times more likely than other people to end up in the hospital because of influenza (flu). The flu may also affect their blood glucose levels. People with diabetes (type 1 or type 2), even when well-managed, are at high risk of serious flu complications, often resulting in hospitalization and sometimes even death. Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. Help people protect themselves! Get more information from the Centers for Disease Control and Prevention.

Thought for the Day:

Sometimes people feel a bit banged up and bruised by their life circumstances. Remind them that scars are visible evidence that they have survived something challenging.

Helping You to Help Others

Joanne

