



### **Verse of the Week:**

*Christ Himself was like God in everything... But He gave up His place with God and made Himself nothing. He was born as a man and became like a servant. — Philippians 2:6-7 NCV*

As we transition from Thanksgiving to Advent may you recapture the wonder of Christmas by continuing to give thanks for God's greatest gift to us! It is a gift we can joyfully share!

### **Faith Community Nurses share:**

#### **The European FCN Conference attendees**



- The following is shared by Mary Anne, a FCN who created this for the Christmas season. This is a difficult time of year for many so she wanted to give some positive ideas for dealing with loss during the holidays.

### *The Empty Chair:*

*The hustle and bustle of the holiday season has started. The familiar songs, smells, sights and tastes, yet this year it is different. You walk in the card store and have one less card to get, one less present to buy. This Christmas there is an empty chair at your table. You try to focus on other things yet your mind thinks of that special person who won't be there this year. The reality of their death does not change. How you deal with it does!*

*Acknowledge your feelings - keeping them bottled up will lead to anger, frustration and anxiety.*

*Share your memories - chances are others are feeling the same way you are and want an opportunity to share memories and photos*

*Start a new tradition - Buy a present in memory of your loved one (a hoodie, sweatpants, shoes, socks, etc) and donate it to the Saint Vincent DePaul Society or your local charity/shelter.*

*Give thanks - Celebrate the life of your loved one and the time you had together, say a special prayer for them when you say Grace before your meal, get together and pray the person's favorite prayer for them.*

*Be Creative - Find a way to express yourself, through hobbies, draw, paint, poetry, gardening, cycling, you name it!*

### **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](#) under Upcoming Events or at <http://www.elimcare.org/services/faith-community-nursing/>

- **“Be Still” 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.
  
- **Westberg on the Road—A Year of Community Conversations**
  - The Westberg Institute will bring the Westberg Symposium “on the Road” in 2017! “Westberg on the Road” will be held at six locations in partnership with regional conferences or faith community nurse events. Details about each event is still to be announced by January. **Our Midwest location is Lansing, MI on April 21-22.**

## 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](mailto:kwedemeyer@keystonecommunities.com) or 651-387-2466
  
- **TED BOWMAN- Educator, Author, and Consultant in the field of Change, Transition, and Loss (flyer attached)**
  - December 4th - 10:05 am “Holidays and Everyday: Facing Losses, Finding Hope
  - December 11th - 10:05 am “When Plans, Expectations, and Dreams Are Shattered”
  - Abiding Savior Lutheran Church, 8211 Red Oak Drive, Mounds View, MN

- **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, LLM  
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](http://z.umn.edu/patientledmedicine)

Registration: [z.umn.edu/patientledreg](http://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](mailto:Jessica@fcnntc.org) or 612-237-4639..

- **GriefShare: *Support for those Grieving***

- A new session will begin January 11th – March 29<sup>th</sup> 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](mailto: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](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](mailto:info@ardenwoodpsych.com)

## Thought for the Day:

“What has God done for you recently for which you have yet to thank Him?” Anne Graham Lotz

*Helping You to Help Others*

*Joanne*

