



Verse of the Week:

The kingdom is the Lord's, and He rules over the nations. — Psalms 22:28

Max Lucado states: "I have a prediction. I know exactly what November 9 will bring. Another day of God's perfect sovereignty. He will still be in charge. His throne will still be occupied. He will still manage the affairs of the world. Never before has His providence depended on a king, president, or ruler. And it won't on November 9, 2016. Understanding God's sovereignty over the nations opens the door to peace. When we realize that God influences the hearts of all rulers, we can then choose to pray for them rather than fret about them. Rather than wringing our hands we bend our knees, we select prayer over despair. Jeremiah did this. He was the prophet to Israel during one of her darkest periods of rebellion. He was called "the weeping prophet" because he was one. He wept at the condition of the people and the depravity of their faith. He was so distraught that one of his books was entitled Lamentations. But then he considered the work of God. Note the intentionality of his words:

This I recall to my mind, therefore I have hope.

The LORD's loving kindnesses indeed never cease,

For His compassions never fail.

They are new every morning;

Great is Your faithfulness. — Lamentations 3:21-23

Imitate Jeremiah. Lift up your eyes. Dare to believe that good things will happen. Dare to believe that God was speaking to us when He said:

In everything God works for the good of those who love Him. — Romans 8:28"

Prayer Requests:

Mary Martin-as she prepares to travel to the Ukraine. She will be meeting her ministry partner, Pamela D'Andre, a missionary nurse through Reach Global, who is the Faith Community Nursing Coordinator for Ukraine. They will be attending the first European Faith Community Nursing Conference in Mannheim, Germany Nov. 21-24.

The Elim Care FCN Advisory Board will meet on November 28. Please be in prayer as we plan for the coming year of ministry.

Faith Community Nurse News

- Yammer: Have you received an invitation to the Westberg Institute Faith Community Nurse Online Communications Platform?

Also known as “Yammer” almost 1,000 faith community nurses are now connected through this free technology. Once you register, you have over 50 groups to choose from. Denominational groups, state groups, interest groups, and local networks are being added as FCNs discover the benefits of being connected. If you don't find the group you are looking for; start a group and invite others to join. As a new participant you will receive a welcome and introduction to the platform from Sherrie Lemons. Groups that begin with “WI” are moderated by Westberg Institute staff. Other groups are moderated independently. For more information or to request an invitation for yourself and your network, contact Sherrie Lemons at lemons@churchhealth.org

- Maureen Daniels, RN MN who is the Faith Community Nurse Specialist for the Westberg Institute for Faith Community Nursing (formerly IPNRC) sends the message that she is retiring from her position with Westberg Institute and Church Health Center at the end of December.
- Remember our Elim Care Network gathering on November 16. (Invitation attached)

ELIM CARE FAITH COMMUNITY NURSING

PRAYER AND CARE MINISTRY

.....HELPING YOU TO HELP OTHERS

Monthly Meeting

Wednesday, November 16, 2016

11:00 AM – 1:30 PM

Elim Care Corporate Office – 7485 Office Ridge Circle, Eden Prairie, MN. 55344

Upcoming Events and Workshops:

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/> .

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**
 - “Be Still and Be Renewed” Friday November 18th OR Saturday November 19th 8:30 – 4:00 p.m.
 - “For GIVE ness ” Friday November 18th OR Saturday November 19th 8:30 - 4:00 p.m.
 - 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. Our Education Committee has put together a great series of symposiums, with topics such as Falls Prevention, Advocacy and Gun Violence, Parkinson's Disease, and Documentation Research. 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>

- **Health Partners-Center for Memory & Aging –Ask the Experts 2016 Talk Series**
 - **Thursday, November 10 from 11:30-1:00 pm**
 - “Not All Dementia is Alzheimer’s—Lewy Body Dementia and Frontotemporal dementia”
Dr. Michael Rosenbloom
 - Keystone Senior Living of Roseville; 2750 Victoria St N, St. Paul 55113
 - Lunch and Registration: 11:30 am to Noon
 - Presentation: Noon to 1:00 pm
 - **RSVP by November 4** to kwedemeyer@keystonecommunities.com or 651-387-2466

- **Get The Facts Education Series-Free!**

- Panel Discussion: Individuals Living with Early Stage Dementia and their Care Partners
- Thursday, November 10, 6:30-8:00pm
- Christ Presbyterian Church, 6901 Normandale Road, Edina, MN

- **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

- **The Westberg Symposium**

will not be held in ONE location next year – instead they will be offering the Symposium across the county in different regional locations. MN had tried to be a host, but it just did not work out. Our regional location will be held in Lansing, MI – April 21 & 22. Mark your new calendars now!

- **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.

Upcoming Foundations Courses:

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

- **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.

- **Foundations of Faith Community Nursing Grow2Serve Online Course (Brochure attached)**
 - January 18 - April 11, 2017
 - The course facilitator is Paula Lilja, RN, PN, DNSc, who serves as the FCN Coordinator for EFCA- Reach National Compassion and Justice in partnership with the Westberg Institute of Faith Community Nursing.
- **Foundations of Faith Community Nursing will be offered by Augustana University of Sioux Falls, SD**
 - Onsite: February 4 - April 27, 28, 2017
 - Online: February 6 - March 27, 2017
 - Both parts required for completion.
 - Contact paula.lubeck@avera.org or (605) 322-8815 for more information.
- **Foundations in Faith Community Nursing Course (brochure attached)**
 - FCNN of the Greater Twin Cities offers the International Parish Nurse Resource Center (IPNRC) certified course in a 36 CEU format taught by professional nursing faculty who are both educators and experienced faith community nurses representing an array of faith traditions. The Course is a pre-requisite for RNs who want to enter faith community nursing practice. For more information or questions about the Faith Community Nursing Course, please contact FCNN at 651.204.0904 or contact@fcnntc.org
 - **Spring 2017**
Date: April 3rd - 7th, 2017; Monday - Friday
Time: 9am - 5pm (closing convocation at 3pm on Friday)

Resources

- **WebEx: The Importance of Measuring Blood Pressure Accurately**

One in three adults in the United States has hypertension. With such a high prevalence, it is likely that most primary care practices treat many patients with this condition. Most people with hypertension are aware of their condition, but only about half have their blood pressure under control. Inaccurate blood pressure monitoring can make it difficult for the clinician to trust the blood pressure reading as the “true” blood pressure. This may lead to clinical inertia delaying treatment and potentially causing harm to the patient. Clinicians need simple and effective ways to improve hypertension control in their patient populations.¹

The WebEx is Thursday, November 10, 2016 from 12:00 – 1:00 p.m. CT. All participants must register.



Registration Instructions: 1) Click register on the button above, 2) enter requested information, and 3) submit.

***Save your confirmation email, this will include the meeting call-in information, password and the registration ID. Please note, this email may go to your spam or junk folder. It will come from the email address: messenger@webex.com.**

Objectives:

Upon completion of the WebEx, participants will be able to:

1. Explain why measuring blood pressure (BP) accurately is critical
2. Identify common factors contributing to errors in office BP measurement and how to avoid them
3. Determine which method of measuring BP yields the most accurate and representative blood pressures
4. Name three methods used to measure BP in the office setting

Presenters:

Michael Rakotz, MD, FAHA, FAAFP

Vice President, Chronic Disease Prevention & Management Improving Health Outcomes
American Medical Association

Dr. Rakotz has been a practicing family physician since 1997. He was formerly a vice chair for quality at NorthShore University HealthSystem, where his efforts to use health information technology to identify patients at risk for undiagnosed hypertension led to NorthShore receiving the 2013 Healthcare Informatics IT Innovator Award. He more recently served as director of population health and virtual medicine at Northwestern Memorial Physicians Group. In 2014 his medical practice was one of 30 recognized in the US to be designated as a Million Hearts® Hypertension Control Champion. In 2016, Dr. Rakotz was elected as a Fellow of the American Heart Association (FAHA) by the AHA's Council On Hypertension. At the American Medical Association, Dr. Rakotz serves as the Vice President for Chronic Disease Prevention and Management for improving health outcomes, focusing his efforts on preventing cardiovascular disease and type 2 diabetes nationally.

[American Medical Association](#) STEPSforward campaign

Materials and log-in details will be sent to all registrants 1-2 days prior to the WebEx Contact Jennifer Geisert, RN, BSN at 402/476-1399; Ext 539 or jennifer.geisert@area-a.hcqis.org with any questions.

- **Program Planning Helps:** - - Just a few suggestions, go to www.healthfinder.gov for more!

- **November:**

National Alzheimer's Disease Awareness Month (see attached article)

Alzheimer's Association

www.alz.org

American Diabetes Month: www.diabetes.org

Lung Cancer Awareness Month and Great American Smoke Out (11/17)

www.cancer.org

National Family Caregivers Month: www.nfcacares.org

National Hospice and Palliative Care Month: www.nhpco.org

Thought for the Day:

Veterans Day-A time to remember and support those who are serving and have served. (See the attached article "How Faith Communities Can Support Veterans and Their Families".)

Helping You to Help Others

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