



Verse of the Week:

"The Lord has done great things for us and we are filled with joy!"

Psalm 126:3

I hope many of you will join us on October 26 for our monthly Elim FCN Prayer and Share time. Come prepared to share what fills you with joy, as well as your prayer requests and concerns. See the attached invitation!

Prayer Requests:

- Pray for those affected by the recent record rainfall in the Waseca area. Over 70% of the homes were affected with flooding to some degree or another. Pastor Chris Johnson, lead pastor of Christ Community Church (EFCA), had six feet of water in his basement. Other families in the church also experienced significant flooding.
- Continue to pray for Mary Martin as she prepares to attend the European FCN Conference in Mannheim, Germany with Pam D'Andre, FCN Coordinator for the Ukraine. Pray for finances to allow other Ukrainian FCN nurses & doctors to also attend.
- Pray that the Holy Spirit will touch the hearts of those He would lead into the ministry of Faith Community Nursing.

Praises and Thanksgiving:

- Our presence at the NCD EFCA Pastor's Teaching Conference on October 10-11 at Camp Shamineau provided several personal connections. Church staff with active FCN was enthusiastic in their appreciation of your ministry! The message of Faith Community Nursing was presented and well received.

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/> . Click on any number of links that provide you with resources and a calendar of upcoming events.

- **Prayer as an Essential Component of Spiritual Care**

- October 19, 2016 9:30am-12:30pm
 - Speaker: Susan Dyess, PhD, RN, Associate Professor, Florida Atlantic University
 - [Click to Register for October 19 Symposium - Twin Cities Metro](#)
 - Location: Woodbury Baptist Church, 6695 Upper Afton Road Woodbury, MN 55125

- **MN Board on Aging presents *Dementia Capability Training– Level 2 and 3* (brochure attached)**
 - Immediate Online Training
<http://mnaging.inspirelcms.com/index.cfm>
 - **In Person Training October 28th, 9:00 a.m. to 4:00 p.m.**
New Brighton Community Center, Room 224,
400 Tenth Street NW, New Brighton, MN

- **Elim FCN Prayer and Care Meeting (invite to share with others attached)**
 - Wednesday, October 26, 2016
 - 11:00 – 1:30
 - Elim Care Corporate Office
 - Topic: “The Faith Community Nurse and the issue of mental health”
Dee Huanca, Foundations instructor, will share from the current Foundations module.
 - **If you have not attended one of our meetings please try to join us.** You will find it inspiring, encouraging, and filled with stories and prayers from your fellow peers.

- **Foundations of Faith Community Nursing Grow2Serve Online Course**
 - 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.
 - **A Course Flyer is attached.**

- **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)

- **Coming in March**

A grant from the Sanford Foundation will bring Deborah Ziebarth, ED, MSN, RN to Fargo to present her *Transitional Care for Faith Community Nurses* workshop. Date and place details will follow. Deb is the Project Manager of the faith community nurse transitional care project for Church Health Center/ IPNRC in Memphis, TN. The goals of the Faith Community Nurse Transitional Care project are to reduce the hospital readmission rate among high-risk patients, evaluate the impact of faith community nurses in transitional care and to demonstrate the role of faith community's care ministry teams in post-hospital support.

Resources:

- **October is Breast Cancer Awareness Month:** Breast cancer is the most common cancer among women in the United States (other than skin cancer). But millions of women are surviving the disease thanks in part to early detection and improvements in treatment. The American Cancer Society is actively fighting breast cancer by helping women get tested to find breast cancer earlier, and helping them understand their treatment options and cope with the physical and emotional side effects. For resources to create awareness go to <http://www.cancer.org/healthy/morewaysacshelpsyoustaywell/breastcancer>

- **Non-prescription Antihistamines: Geriatric Considerations**

The American Pharmacists Association, the American Geriatrics Society and the U.S. Food & Drug Administration have all advised first generation H₁ antihistamines NOT be used by adults 65 years or older.

Antihistamines are sold over the counter and many/most people self-manage seasonal or environmental allergies so they assume that whatever is on the shelf is safe for consumption. **H₁ antihistamines are commonly classified by functional class (e.g., first generation [sedating] and second generation [non-sedating]).** Adverse effects depend on the ability of the H₁ antihistamines to block muscarinic, adrenergic, and serotonergic receptors and to cross the blood–brain barrier. The first-generation nonprescription H₁

antihistamines (i.e., brompheniramine, chlorpheniramine, clemastine, dexbrompheniramine, diphenhydramine) cross the blood–brain barrier and are associated with central nervous system adverse effects (e.g., drowsiness, fatigue, dizziness, impaired thinking and memory, agitation, and hallucinations; children and the elderly may experience paradoxical excitation and agitation). Anticholinergic adverse effects associated with the first-generation H₁ antihistamines include dry mouth, dry eyes, pupillary dilatation, urinary retention, constipation, memory defects, dizziness, postural hypotension, and weight gain. Some first-generation H₁ antihistamines block alpha-adrenergic receptors, serotonin receptors, and cardiac ion currents, contributing to cardiovascular toxicities such as dysrhythmias, prolongation of the QT interval, and postural hypotension.

First-generation H₁ antihistamines with anticholinergic adverse effects are of great concern for individuals over age 65 years. The American Geriatrics Society (AGS) updated Beers list of potentially inappropriate medications in older adults includes five nonprescription first-generation H₁ antihistamines (brompheniramine, chlorpheniramine, clemastine, dexbrompheniramine, and diphenhydramine [oral]).

First-Generation OTC Antihistamines—Should Not Be Taken in Those 65 Years of Age & Older

- Brompheniramine (1 brand name: Dimetapp Cold and Allergy Elixir)
- Chlorpheniramine (1 brand name: Chlor-Trimeton)
- Dimenhydrinate (1 brand name: Dramamine)
- Diphenhydramine (2 brand names: Benadryl Allergy, Nytol, Sominex)
- Doxylamine (2 brand names: Vicks NyQuil, Alka-Seltzer Plus Night-Time Cold Medicine)

Second-Generation OTC Antihistamines—An Option for Those 65 Years of Age & Older

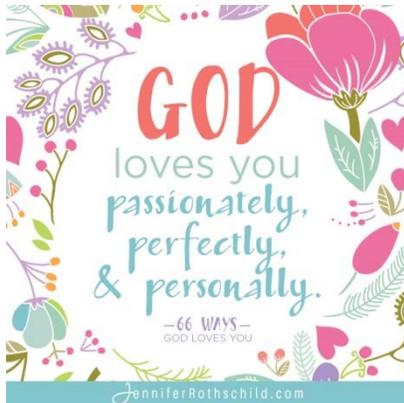
- Loratadine (2 brand names: Alavert, Claritin)
- Cetirizine (1 brand name: Zyrtec)
- Fexofenadine (1 brand name: Allegra)

Faith Community Nurses are in an excellent position to help members of the congregation understand the dangers of older adults taking the first-generation antihistamines. It is important to note that both types of antihistamines often are mixed with other medicines, such as pain relievers or decongestants. Stress the importance of reading labels because many of the brand names above are for these combination medicines, which are meant to treat many symptoms at the same time. In general, it's a good idea to treat just the symptoms the individual is experiencing. For example, if they have only a runny nose, don't choose a medicine that also treats headache and fever.

For more information go to the <https://www.pharmacist.com/nonprescription-antihistamines-geriatric-considerations>

Faith Community Nurses Share:

- Financial gifts and work teams are welcomed by Christ Community Church in an effort to help families within the church and in the community affected by the recent flooding in Waseca. Checks can be made out to and sent to: Christ Community Church, 2200 4th St NE. Waseca, MN 56093. For information on sending work teams, contact Pastor Chris (pastorchris@cccefca.com) or Pastor Howard Lundeen (pastorhoward@cccefca.com).
- Know of anyone who might be in need of purchasing a Lift Chair? We are aware of a Lift Chair in “like new” condition that is available. Let me know if you are interested in contacting this person.
- Identify nurses in your congregations who might be interested in Faith Community Nursing. Encourage them to consider participating in one of the online or in person Foundations courses.



Helping You to Help Others

Joanne Hall, RN, BN
Faith Community Nurse
Director of Faith Community Nursing
Elim Care Ministries
7485 Office Ridge Circle
Eden Prairie, MN 55344-3690
Joanne.Hall@elimcare.org
Direct: 952.259.4461
www.elimcare.org

