



The month of September has been busy! The change of seasons is becoming more evident each day.

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

Ecclesiastes 3:1 "To everything there is a season, a time for every purpose under heaven..."

### **Joy In Every Season**

from [Life Is Better At the Beach](#)

*There is a rhythm the oceans follow. The waves swell and recede; the tide goes in and out. It affects fishing, sea life, climate, and beachgoers alike. It seems silly to fight against the tide because it's going to continue going in and out even if you try to resist. The best thing you can do is adjust to its coming and going.*

*The tide has a rhythm, and so does your life.*

*There will be seasons of sorrow and loss... There will be times when you are filled with joy and hope... Just as the trees change in the fall and the sun shines brightly in the summer, you will not stay in the same season forever. If you're in a barren and desolate winter, take heart because spring is coming. If you feel the warm rays of sun in a season of summer, enjoy it. Don't look in dismay at the coming seasons. Bask in the sunlight, and give thanks.*

*There are seasons of busyness, and then a reprieve comes. Don't be anxious when you feel the seasons changing; they come and they go just as the tide rises and falls.*

*And the One who holds the oceans in His hand and set each star in its place will most certainly be with you through every single season.\* \* \**

Excerpted with permission [Life Is Better at the Beach](#) copyright Thomas Nelson.

## Upcoming Events and Workshops:

Please check out our website [Elim Care FCN](http://www.elimcare.org/services/faith-community-nursing/): 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.

- **ELIM CARE FAITH COMMUNITY NURSING PRAYER AND CARE Network**

**Wednesday, Sept. 28 – 11:00am– 1:30 PM!!**

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

- **Parish Nurse Fall Renewal 2016 (brochure attached)**

- October 7-8

In the work of caring for others, we are acutely aware that attention to self care is a necessity. Come spend Friday evening and Saturday exploring ways to enhance your own emotional and spiritual resiliency. We'll explore ways to say yes to what feeds your soul and no to what steals your joy. Come and find community and support with other parish and faith community nurses

- **Powerful Tools for Caregivers (brochure attached)**

- October 11 through November 15
- 1:30 p.m. – 3:30 p.m. (Tuesday afternoons)
- Prairie Hill Evangelical Free Church 17200 Valley View Rd, Eden Prairie, MN 55346
- offered by Elim Care Faith Community Nursing Co - Facilitated by: Marcia Flom, RN, FCN and Eileen Weber, RN, FCN

- **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

## Resources:

**MN Adult Abuse Reporting Center:** If you suspect a vulnerable adult is being harmed, call the Minnesota Adult Abuse Reporting Center at 844-880-1574. The center is open 24 hours per day and 7 days per week. Your identity will be kept confidential.

#### What to Report

Abuse: This includes physical, emotional and sexual abuse, use of restraints, involuntary seclusion, or punishment.

Caregiver Neglect: People must get the food, shelter, clothing, health care and supervision they need from those responsible to help.

Self-Neglect: This happens when the vulnerable adult is going without their basic needs, such as food, shelter, clothing, health care and supervision.

Financial Exploitation: This includes stealing or taking the vulnerable adult's money or property.

#### Who is Vulnerable?

A vulnerable adult can be anyone 18 years or older who:

- Has a physical, mental or emotional disorder that makes it difficult for the person to care for himself or herself without help and to protect themselves from maltreat.
- Is in a hospital, nursing home, transitional care unit, assisted living, housing with services, board and care, foster care or other licensed facility.
- Receives services such as home care, day services, personal care assistance or other services licensed by the MN Department of Human Services or the MN Department of Health.

<http://mn.gov/dhs/people-we-serve/people-with-disabilities/services/adult-protection/>

### **Faith Community Nurses Share:**

Mary Martin, FCN, Oxlip EFC in Isanti will be returning to the Ukraine in November to work with Pam D'Andre, an EFCA Reach Global missionary nurse there. They will be attending the European FCN conference in Germany. **I have attached Mary's outreach request to her nursing friends and colleagues.**

### **Thought for the Day:**

*Never give up, for that is just the place and time that the tide will turn.* — Harriet Beecher Stowe

### *Helping You to Help Others*

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