

Elim Care
Faith Community Nursing

Communique

SPEAKING TRUTH...Out of Love

Moses father-in-law, Jethro, said to him, “ *What you are doing is not good.* You will surely wear out, both yourself and these people who are with you, for the task is too heavy for you; you cannot do it alone”. Has anyone ever had this conversation with you? If so, what was your reaction? No one did but I wish they would have at certain times in my life. Are there people in your life you’d like to share this wisdom with? Are you concerned about their health, their relationships or their ministry? Jethro told Moses out of love that he was going to “burn out” and the important work of doing all God had planned was not going to get done. He suggested that Moses delegate most of his work to others and focus his efforts on jobs only he could do. People in positions of responsibility sometimes feel they are the only ones who can do necessary tasks; but others are capable of handling part of the load. Moses listened and acted. Delegation relieved Moses’ stress and improved the quality of the government and his leadership. Proper delegation can multiply your effectiveness while giving others a chance to grow. (Exodus 18: 17 -27, Life Application Bible).



A necessary part of delegating is first listing all the jobs/tasks you are currently doing and identifying those that can be done by others. Second, pray for the Holy Spirit’s guidance and humble yourself to His leading. Next, identify and develop leaders who share your vision and your passion. It can be hard to give up things we love to do or feel very passionate about. However, there may be others who have those same passions and we may be robbing them of their joy in using their gifts and talents. A Health Ministry Team can be a great way to provide opportunities for raising leaders, delegating, sharing and brain-storming. See the article below to get some ideas.

Trying to do the Lord’s work in your own strength is the most confusing, exhausting, and tedious of all work. But when you are filled with the Holy Spirit, then the ministry of Jesus just flows out of you. Max Lucado

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Why a Congregational Health Ministry?

The church provides a place where health and healing can be more than the absence of illness; we can be a conduit of God’s love for those in need of physical, emotional or spiritual repair?

Formalizing such a program adds a deeper dimension and a focus to meet needs within the church/community and

provide opportunities for parishioners to serve one another. Begin with a group of people committed to the planning, assessment, implementation and evaluation of health-related issues.

The full article is available through NW [Parish Nurse Ministries](#) . I have attached the entire article with permission from Marla Lichtsenn, RN, MPA,FCN, the author.

Upcoming Events and Courses

April 25, 2015

Caring for You so You Can Care for Others:

Examining the life of Jesus reveals a pattern of intentional self-care practices that can offer tools for Faith Community Nurses to:

- Clarify and celebrate our purpose
- Seek God's will
- Develop a self-care plan

This day is all about you and we invite you to come and be renewed, refreshed, recharged, and reconnected with others who want to serve God and others with passion.

9:15 AM —12:15 PM
Oxlip EFC Isanti, MN.
[Registration required](#)

All of these and more are listed on our website. [Click here](#) or copy and paste: <http://www.elimcare.org/senior-care-services/faith-community-nursing/faith-community-nursing-network/>

FCN courses in 2015: (Click for details)

FCNN Foundations Course@ FCNN, St. Paul, MN April 13—17
Or weekends only October 9/10 and October 23/24

Elim Care Spring Networking Event (click for details) April 25, 2015

FREE CEU's, breakfast, and lots of time for sharing and prayer

Hosanna Luth. Church (click for details) April 11

Good Grief. Living With Dying: Providing and Accepting Spiritual Care.
Sponsored with Nurses Christian Fellowship

Understanding and Dealing with Cumulative Grief (click to register)

The Chaplains Super Summit will be held on Tuesday, May 12, 2015 at Presbyterian Homes in St. Paul. The topic presented by Jim Vogt, Elim Care Chaplain, will be followed by a panel addressing “Personal Experiences with and Ways of Handling Cumulative Grief”. The cost is \$25 per person which includes lunch. There will be CEUs offered. .

2015 FCNN Symposium Dates: (click for details)

Caring for the Spirit Across the Life Span June 17

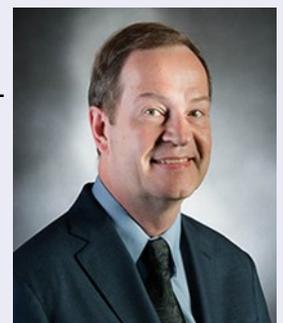
Bioethics Conference

Bioethics Conference. *Mark October 5-6, 2015 on your calendar.*

“Human Life and Dignity in Today’s World” will be held in New Hope, Minnesota with Dr. [John Kilner](#) as the keynote speaker. The North Central District, Elim Care and Faith Community Nursing will collaborate to provide this important conference. This is an event you won’t want to miss. The conference will contain three plenary sessions by Dr. John Kilner. Pastors, staff and those who struggle with these difficult decisions in their daily life will find this most helpful.

The conference is designed to explore the bioethical opportunities, perplexities, dilemmas, agonies and demands that we face. Our speaker and a number of workshops will offer Biblical perspectives to help equip us address complex situations and make decisions with Biblical integrity. A unique Christian world view will be reflected. Themes will include End of Life care and decisions, reproductive technologies, middle of life issues such as chronic illness and disabilities.

Please save the date and share with others! Registration will be available soon.



John F. Kilner, PhD
Trinity Evangelical
Divinity School

BRINGING JOY IN THE SIMPLEST FORM

The Bagger

Ken Blanchard and Barbara Glanz are Christian motivational speakers who tell this story about someone who attended their conference: About a month after the conference I got a call from a front line customer contact person, a 19-yr-old bagger named Johnny. The caller, who proudly informed me he had Downs Syndrome, said:



“Barbara, I liked what you talked about but I didn’t think I could do anything special for our customers, after all, I’m just a bagger”

Then he had an idea. He decided every night when he came home from work he would find a really good thought for the day—for the next day. If he couldn’t find one someplace, he would make one up. Then every night he and his dad would sit down by the computer and his dad would help him enter the saying six times a page on a computer and then Johnny would sit there and print off 50 pages. Then he would take a pair of scissors and cut off 300 copies and then he would sign his name to every one of them.

Then he would put the stack of them next to him while he worked the next day and every time he finished bagging someone’s groceries, he would put his saying on top of the last bag. Then he would stop and he would look the person in the eye and say:

“I put a great saying in your bag. I hope it helps you have a good day. Thanks for coming in”.

That was Johnny the Bagger.

A month later Barbara got a call from the store manager. “Barbara, you won’t believe what’s happened here. I was making my rounds. When I got to the cashier lines, the line at Johnny’s checkout was three times longer than anybody else’s. It went all the way down the frozen foods aisle.”



So he got on the loud speaker to get more checkout lines open, but they couldn’t get any of the customers to move out of Johnny’s line. They all said:

“That’s okay, we’ll wait. We want to be in Johnny’s line.”

One woman came up to him, grabbed his hand:

“I used to shop in your store once a week, now I come in every time I go by because I want to see Johnny. I want to get Johnny’s thought for the day.”

A few months later the manager called Barbara back. He said:

“Barbara, you’re not going to believe this, Johnny is transforming our store. He is changing the culture in our store. When the Floral Department has a broken flower or an unused corsage, they used to just throw it away. Now they go out into the aisles and they find an elderly woman or a little girl and they pin it on them. The guys who make our shopping carts are working on wheels that actually work. The whole culture of the store is being changed.”

I wonder if we ever take the time to appreciate acts of kindness that give so much joy to ourselves and others. Apparently, in this situation, many took the time to recognize and show how much they appreciated “Johnny, the Bagger”. How about you? What can you do to bring joy to others and change a culture for good!

RESOURCES

If you are unable to click on and access links, please notify me.

Please take the time to check out our website. We are adding new resources and links on a regular basis that are listed by topic: www.elimcare.org/fcn

*Power is gained by
sharing knowledge,
not hoarding it*

Cancer Resources:

- Breast cancer Survivor Talks about Steps for Giving Kids Power in a Powerless Situation

Alzheimer Resources:

- Videos for training those who are caregivers and so much more: This website is great for group events or one on one training with family/caregivers. [Www.mmlearn.org](http://www.mmlearn.org)
- A great resource to help navigate through legal and financial planning. [Legal and Financial Planning](#)

Health Tips:

- [Too much sitting can be deadly:](#)
- [NIH tips for losing weight, medication abuse, etc.](#)

Mental Health:

- Many of us are familiar with the [Christopher Benz Foundation](#). I had the pleasure of having lunch with Christopher's mother, Janet, who started this foundation to raise awareness and prevent other families from having to experience such tremendous pain and suffering. Please check the site out and I encourage you to contact them to do a training in your church or community. A story in their local newspaper touched many hearts to take action against this threat of robbing someone's life.

[The story can be read here:](#)

- Register for free to participate in this important online summit on April 14th.
[The Church and Mental Health Webinar](#)

Risk Assessments:

- [A great link for a number of risk assessments including stress-related conditions](#)

Disaster Preparation and Planning

- [Preparing for a Disaster:](#) This link provides a checklist and many useful ways to help individuals, communities, and churches prepare for disasters. Also many free brochures are available including checklists that can be sent to you directly.

Spiritual Tools and Resources:

- Our role is to foster innovation movements that activate THE CHURCH to greater impact for the Glory of God's name. [Leadership Network](#) is a site that offers a number of resources to develop leaders and work with churches to impact the world. Click on the above link to read their story.
- [Chuck Swindoll's website](#) offers a number of resources for growing in your faith and providing encouragement through daily devotions, curriculum on line, and numerous videos and books.
- [Church Health Reader:](#) A great resource loaded with information on ways the church can be a valuable resource for physical, spiritual, and emotional needs. For \$15.00/year you can receive a subscription to their magazine.

Real Stories of Faith Community Nurses

[Heaven Sent– Parish Nurses Are Making a Difference](#) (click for full story)

This article was done in 2004 by Peggy Dryden, RN, MSN, MBA, MLS freelance editor; manager, [Ask the Expert Advanced Practice Nurse and eLetters](#): She interviewed Maureen Daniels, RN, MN, the Director of the Deaconess Parish Nurse Ministry Network of St. Louis, Missouri. The full list of questions and her answers are very encouraging and enlightening. Here are just a few highlights from the article.

I would love to interview one of you for our next Communique. Do I have a volunteer? Please email me if you're interested.

1. **How is parish nursing different from other areas of nursing?**

Response: Parish nursing is different from other types of nursing in that it springs from the faith base and the church. The entire congregation is the parish nurse's client. Parish nursing focuses on the total health/healing of the client -- body, mind, and spirit -- and works within the faith community. The spiritual care of this community is central to the parish nurse, and much of the work centers on the care of this larger group of clients. The nurse, due to the church base, forms long-term relationships with the congregation, at whatever phase of life they are in. Parish nurses also minister in some measure to the pastors and ministers they serve, as well as to the other staff at the church.

Many of our most vulnerable and needy clients are without healthcare. Parish nurses provide access to the healthcare system and advocate for the care of their client when there is no one else to do that for them. The parish nurse is the voice for many of the clients, especially the isolated elders at home or in nursing homes, many of whom have no one else to speak on their behalf.

2. **What are the greatest challenges you face?**

Response: I think our greatest challenge is working to keep parish nurses paid. The outcome studies that Deaconess Parish Nurse Ministries have done demonstrate that the best outcomes come from a paid parish nurse model vs a volunteer model. It's been our experience that those parish nurses, who stay at their jobs for many years, also give many unpaid hours and contribute enormously to the health of these churches. Our funding has come from the payments the 3 churches committed to the salary as well as what we receive through grant organizations, local businesses, and many individual donations. Our experience indicates that once a parish nursing program is in place in a church, it becomes very well accepted and appreciated, and often the church members will advocate to maintain the program.

Another big challenge for us is the ability to accept people and the choices they make even though we believe they could make healthier choices that would give them a better or perhaps longer life. We can offer classes and discussions to encourage changing health habits, but people must make their own choices.

3. **What do you view as your greatest contributions to parish nursing?**

Response: Parish nursing has been the most satisfying (and challenging) nursing I have ever done in 30 years of working full time. It is satisfying because I can connect with the faith and spiritual needs of the clients in my care and relate to the client's faith and the strength they draw from that. This connection makes the healing more complete, whether or not the client is "cured" or not. For example, I find that helping clients who are working on lifestyle changes is more appealing to the client when done in the context of understanding the importance of our stewardship of the body, mind, and spirit to God.

To read the complete interview [click here](#) and choose this article from Google Search to avoid logging in to their webpage.

Suggested Books and Additional Resources

Sabbath Rest Retreats. Offered throughout the year, SRR's give attendees Biblical training on Sabbath rest, provide some basic tools to use and give an opportunity to practice them. SRR's can be custom tailored for leadership teams and whole churches, deepening relationships with God and fostering an environment of healthy rest within the Body of Christ. This is offered through the NCD Evangelical Free Church of America. For more information contact Dr. Jim and Lois Anderson at productiverest@brainerd.net or by phone: 320.260.0247.

Journal Of Christian Nursing: If you haven't subscribed to this magazine I strongly encourage you to do so. This is an excellent resource that provides real-life stories from fellow nurses. This bi-monthly publication offers great information to help us grow in our profession. This month they offer CEU's on a topic that has generated a lot of interest in the medical field: **Nursing on Empty: Compassion Fatigue Signs, Symptoms, and System Interventions.**

Some Recommended Books:

- **Simplify: Ten Practices to Unclutter Your Soul** by Bill Hybels
- **Why? Trusting God When You Don't Understand** by Anne Graham Lotz
- **Don't Sing Songs to a Heavy Heart** by Kenneth C. Haugk, PhD
- **When Helping Hurts** by Steve Corbett and Brian Fikkert
- **Spiritual Leadership: Moving People on to God's Agenda** by Henry and Richard Blackaby

DID YOU KNOW?..... Some interesting facts and stats

1. **Did you know that ants stretch when they wake up in the morning.**
2. **Did you know a one minute kiss burns 26 calories?**
3. **Did you know there are between 210-410k deaths due to medical errors per year, making medical errors the third-leading cause of death in the U.S., after heart disease and cancer?**
4. **Did you know nearly 1 in 2 American adults live with at least one chronic illness?**
5. **Did you know about 75 percent to 80 percent of all out-of-hospital cardiac arrests happen at home, so being trained to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death for a loved one.**
6. **Did you know effective bystander CPR, provided immediately after cardiac arrest, can double a victim's chance of survival**
7. **Did you know according to the US Department of State, in more than 60 countries, Christians face persecution from their government's or surrounding communities because of their faith in Christ?**
8. **Did you know every 30 seconds another person becomes a victim of human trafficking?**
9. **Did you know there is no sound in space?**

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EFCANurseNetwork

Elim Care Faith community Nurse Ministry works with congregations and communities in a collaborative effort by integrating Biblical principles into areas of health and wellness. The Faith Community Nurse cares for the physical, emotional, relational and spiritual needs of individuals and families of all ages.

Marcia Flom, RN, FCN
Elim Care Faith Community Nurse Coordinator

Helping you to Help Others



Please Share Your Ideas and Stories

Please consider sharing your experiences and stories. Do you have a specific project, program, favorite book, or story you'd like to share? If so, please submit your articles to Marcia at mflom@elimcare.org. We have the privilege of sharing what Christ is doing in and through us so please help us spread the word and encourage one another.

Concordia Faith Community Nurse Course Graduates 20

On Friday, March 20th at Luther Seminary, 20 new Faith Community Nurses were recognized for their achievement at the Service Of Dedication. It ended with this special prayer that reminds why and how we do what we do. **“With this dedication and anointing we pray that our hands and hearts might be strengthened for the work that lies ahead. We pray that we might be compassionate to human need, tender and strong in our care for one another, genuine in our**

friendship, faithful to the commitment to this special ministry, and faithful to You, O Lord, our Healer, Counselor, Savior, and Friend. Amen.“ Elim Care provided a \$1000.00 grant to Prairie Hill EFC and we welcome their nurse, Eileen Weber. We are so excited to have her be a part of this ministry.



Save the Date! Saturday, April 25th, @ Oxlip EFC, Isanti

Remember this day is for you! Come and enjoy this time to reflect on the abundant life God desires for you. The thief comes only to steal, kill and destroy. But I have come that they may have life and have it abundantly. John 10:10