



Verse of the Week:

Blessed are those who mourn, for they will be comforted. Matthew 5:4

The Elim Care FCN Network was blessed this past week by the sharing of Beth Moorhead, pastoral counselor on staff at Wayzata EFC, and Dee Sandberg, head of Caring Ministries from Wayzata EFC. Their GriefShare ministry provides support for those who have experienced a loss and their annual Evening of Remembrance honors the lives and memories of family members who have died. Pictures, meaningful objects and thoughts of the one who is gone are shared during the evening. Beth and Dee shared “lessons learned” and details in planning the meal and the service, which profoundly affects those family members who attend.

Grief thoughts shared by a fellow FCN:

***As for grief, you'll find it comes in waves.** When the ship is first wrecked, you're drowning, with wreckage all around you. Everything floating around you reminds you of the beauty and the magnificence of the ship that was, and is no more. And all you can do is float. You find some piece of the wreckage and you hang on for a while. Maybe it's some physical thing. Maybe it's a happy memory or a photograph. Maybe it's a person who is also floating. For a while, all you can do is float. Stay alive.*

***In the beginning, the waves are 100 feet tall and crash over you without mercy.** They come 10 seconds apart and don't even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you'll find the waves are still 100 feet tall, but they come further apart. When they come, they still crash all over you and wipe you out. But in between, you can breathe, you can function. You never know what's going to trigger the grief. It might be a song, a picture, a street intersection, the smell of a cup of coffee. It can be just about anything...and the wave comes crashing. But in between waves, there is life.*

***Somewhere down the line,** and it's different for everybody, you find that the waves are only 80 feet tall. Or 50 feet tall. And **while they still come, they come further apart.** You can see them coming. An anniversary, a birthday, or Christmas, or landing at O'Hare. You can see it coming, for the most part, and prepare yourself. And when it washes over you, you know that somehow*

you will, again, come out the other side. Soaking wet, sputtering, still hanging on to some tiny piece of the wreckage, but you'll come out.

Joanne

Faith Community Nurses Share:

We want to be relevant to your ministry. To help us plan the content of email communications, monthly meetings and retreats or workshops it would be helpful to have you identify your “top 3” list. What are the top three topics you would like offered as continuing education for the Elim Care Faith Community Nurses in 2017? Send your comments to me!

Blood Pressure Equipment Accuracy is Important

Shared by Annette Jesch **Faith Community Nurse**
Parish Health Ministries Program
CentraCare St. Cloud Hospital

“The St. Cloud Hospital Bio Med Department in 2005 agreed to have blood pressure equipment checked for accuracy for St. Cloud Area Parish Nurses. Bring your equipment to the Bio Med Department at the St. Cloud Hospital. Bio Med is located in the basement of the hospital.

Turnaround is a few days for testing digital and manual blood pressure equipment. Bio Med staff recommends BP equipment be checked annually and any time you are concerned about accuracy.

For questions, call 320-252-2700 and ask for Bio Med. No appointment is necessary. Bring between 8 a.m. and 4 p.m.

*Other Faith Community Nurses have taken blood pressure equipment to check for accuracy to hospitals in their area.”

Is anyone aware of other metro area hospitals that provide such a service? Let me know and I can share that information here.

Upcoming Foundations Courses:

Building a Strong Ministry: It’s never too early to encourage other RNs from your community or congregation to attend the Faith Community Nurse Foundations course. Those who have attended the course likely will become interested in participating in your ministry in some capacity. This also provides you with the opportunity to begin strategic succession planning.

To reach Links for information and registration for the Foundations Courses below 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/> .

- **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)

Upcoming Events and Workshops:

- **NAMI -Faith Communities, People with Mental Illnesses and Their Families**

- Increase your understanding of the role faith and faith communities play in recovery for people living with mental illnesses as you increase your understanding of mental illnesses, learn the impact of the associated stigma, and **learn about NAMI and its resources.**
- **Roseville**, Sunday Jan. 29th at 10:00 am - 11:00 am, St. Michael's Lutheran Church, 1660 West County Road B - in Courtyard Room. For more information, contact Briana at 651-645-2948 ext. 128.
- **Bloomington**, Sunday Feb. 5th at 9:15 am - 10:15 am, Oak Grove Presbyterian Church, 2200 West Old Shakopee Road. For more information, contact Briana at 651-645-2948 ext. 128.
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- **Thursday, February 16 from 11:30 am -- 1:00 pm**

- **“Things You Have to Know About Stroke”**
- Dr. Haitham Hussein with the Regions Hospital Comprehensive Stroke Center
- Lunch and Registration: 11:30 am -- Noon
- Presentation: Noon -- 1:00 pm
- **New Perspective Senior Living Highland Park; 750 Mississippi River Blvd., St. Paul 55105**
- **RSVP by February 10** to Lyn Smasal at lsmasal@keystonecommunities.com or 651-698-1111

- **2nd Annual North Central District Church Security Summit**

- Faith Community Nurses should consider attending this workshop!
- Saturday, **February 18th, from 9 am to 4 pm** at Constance EFC, 16150 Crosstown Blvd, Andover, MN 55304.

- **Tuesday, February 28 from 7:30 am -- 9:00 am**
 - **“Healthy Brain Aging & Alzheimer’s Research”**
 - Dr. Bhavani Kashyap
 - Breakfast and Registration: 7:30 am -- 8:00 am
 - Presentation: 8:00 am -- 9:00 am
 - **New Perspective Senior Living Waconia (formerly Lighthouse); 500 Cherry St., Waconia, MN 55387**
 - **RSVP by February 23** to Rita Halloran at rhalloran@npseniorliving.com or 952-856-4700

Resources –

- **New website link for Westberg Institute Faith Community Nursing and the Yammer platform-check it out!**
 - <https://westberginstitute.org/fcn-knowledge-sharing-platform>
- Learn more about the **STEADI Fall Prevention program**:
Falls and their associated injuries are preventable. That is why it is exciting to see that the CDC is pushing forward with [Stopping Elderly Accidents, Deaths, and Injury \(STEADI\)](#). This is an evidence-based program to help clinicians prevent falls among their patients. Listen to a discussion through the link below:

http://www.medscape.com/viewarticle/873187?nlid=111825_785&src=WNL_mdpls_feat_170110_mscpedit_nurs&uac=260577AN&spon=24&impID=1269878&faf=1
- **Continuing Education for Faith Community Nurses:** Becky Seymour MSN, RN-BC FCN from Baptist Health develops 6-12 education sessions each year that specific to Faith Community Nurses. She just published the schedule for the 2017 sessions (attached). Cost for participation is \$10 per session with ANCC credits awarded. The registration form for the March 31st session “Generational Differences” with presenter Faith Roberts is also attached. For more information contact Becky at Phone: 409-212-5648 or Rebekah.Seymour@bhset.net



Teleconference
Schedule for 2017.d



Teleconference
Registration Form M

- **National Coalition On Aging Blog** [Economic Security](#)

By Brandy Bauer | 1.12.2017

3 Scams to Protect Against in the New Year

Millions of Americans fall prey to scams each year. Staying alert and knowing where to report financial exploitation helps stop scammers from claiming more victims. **Here are three tips to keep you up-to-date on scams that are making the rounds right now. See attached document.**

- **Jayne Kane Life Coaching & Retreats**- see the attached flyer for what's coming in the month of February

<http://www.jaynekane.com>

Helping You to Help Others

The **mission of parish nursing** is the intentional integration of the practice of faith with the practice of nursing so that people can achieve wholeness in, with, and through the community of faith in which parish nurses serve. (Developed at the 2000 Westberg Symposium).

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