



Elim Faith Community Nursing

A Ministry of Elim Care

SERVING IN THE SPIRIT OF CHRIST'S LOVE

ELIM FAITH COMMUNITY NURSE CONNECTION February 2018

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"Helping you to help others"

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It's a New Day: The Choice Is Yours

by Max Lucado, from [Let the Journey Begin](#)

It's quiet. It's early. My coffee is hot. The sky is still black. The world is still asleep. The day is coming.

In a few moments the day will arrive. It will roar down the track with the rising of the sun.

The stillness of the dawn will be exchanged for the noise of the day. The calm of solitude will be replaced by the pounding pace of the human race. The refuge of the early morning will be invaded by decisions to be made and deadlines to be met. For the next twelve hours I will be exposed to the day's demands. It is now that I must make a choice.

Because of Calvary, I'm free to choose. And so I choose.

I choose love. *No occasion justifies hatred; no injustice warrants bitterness. I choose love. Today I will love God and what God loves.*

I choose joy. *I will invite my God to be the God of circumstance. I will refuse the temptation to be cynical... the tool of the lazy thinker. I will refuse to see people as anything less than human beings, created by God. I will refuse to see any problem as anything less than an opportunity to see God.*

I choose peace. *I will live forgiven. I will forgive so that I may live.*

I choose patience. *I will overlook the inconveniences of the world. Instead of cursing the one who takes my place, I'll invite Him to do so. Rather than complain that the wait is too long, I will thank God for a moment to pray. Instead of clenching my fist at new assignments, I will face them with joy and courage.*

I choose kindness. *I will be kind to the poor, for they are alone. Kind to the rich, for they are afraid. And kind to the unkind, for such is how God has treated me.*

I choose goodness. *I will go without a dollar before I take a dishonest one. I will be overlooked before I will boast. I will confess before I will accuse. I choose goodness.*

I choose faithfulness. *Today I will keep my promises. My debtors will not regret their trust. My associates will not question my word. My wife will not question my love. And my children will never fear that their father will not come home.*

I choose gentleness. *Nothing is won by force. I choose to be gentle. If I raise my voice, may it be only in praise. If I clench my fist, may it be only in prayer. If I make a demand, may it be only of myself.*

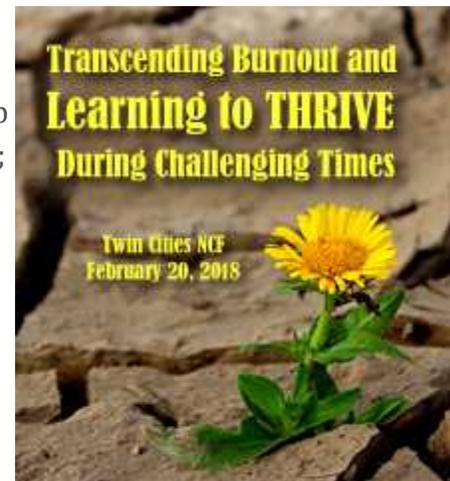
I choose self-control. *I am a spiritual being. After this body is dead, my spirit will soar. I refuse to let what will rot, rule the eternal. I choose self-control. I will be drunk only by joy. I will be impassioned only by my faith. I will be influenced only by God. I will be taught only by Christ. I choose self-control.*

Love, joy, peace, patience, kindness, goodness, faithful-ness, gentleness, and self-control. To these I commit my day. If I succeed, I will give thanks. If I fail, I will seek His grace. And then, when this day is done, I will place my head on my pillow and rest.

This devotion is excerpted with permission from [Let the Journey Begin](#) by Max Lucado, copyright Thomas Nelson.

Mark your calendars now!

- ✓ Thursday, February 15: Lunch & Learn for Seniors Living Well, 11am-1pm, “Multi-Dimensional Wellness”, St. Barnabas Lutheran Church, Plymouth. Contact Rose Umland at rumland@stbarnabaslutheran.org to register
- ✓ Saturday, February 17: Third Annual Church Security Summit, ***Umbrella of Church Security*** at Constance EFC, Andover, MN. In light of today's headlines, this is a valuable opportunity for your church to attend. Cost: \$35.00, which includes continental breakfast and a full lunch. **To Register**
- ✓ Tuesday, Feb. 20: Nurses Christian Fellowship ***Transcending Burnout and Learning to THRIVE During Challenging Times***. 6:30 – 8:30 for a soup supper and presentation at Stadium Village Church; 501 Oak Street SE, Minneapolis, MN 55441
[Click here to RSVP to Margaret](#)
- ✓ **There will NOT be a February Elim FCN Network Prayer and Care meeting!**
- ✓ Wednesdays, March 7 –April 18, 12:30 – 2:30 PM. Elim Care sponsored “Stepping On” fall prevention course at Elim Shores, 7900 Timber Lake Drive, Eden Prairie To register, please contact: joanne.hall@elimcare.org or Eileen Weber, FCN at nurse@phefc.org



- ✓ Friday, March 9: *Becoming a Dementia-Friendly Congregation*, 10 am – noon at Augustana Lutheran West St Paul. Lyngblomsten sponsored (flyer attached)
- ✓ Wednesday, March 14: 10 AM–Noon
Older Adult Ministry Forum – *Supporting Older Adults with Mental Illness in Your Congregation* (flyer attached) Lyngblomsten sponsored
- ✓ April 9-10: 2018 EFCA North Central District Conference, Constance EFC, Andover, MN
- ✓ April 9 -11: International Westberg Symposium for Faith Community Nursing, Memphis TN “Expanding Horizons of FCN Practice”
<https://westberginstitute.org/symposium2018/>
- ✓ Tuesday, April 17, 2018, from 8 AM–5 PM Lyngblomsten
Older Adult Mental Health First Aid Workshop (flyer attached)

Faith Community Nursing News to Share

Mary Thompson, FCN at Bloomington Covenant, shared the "Serve the City" message (a ministry outreach during Super Bowl week) with the pastor's wife, Cyd Johnson, and Angie Olson. Both have been leaders in the work the Evangelical Covenant denomination has done to raise awareness about the issue of human trafficking. As a result:

+ Angie phoned the contact person at Hope Community Church who noted that one way to help would be to give \$10 gift cards to the victims. (Larger ones would be taken by the person controlling them.)

+ Angie gave an announcement at the service a week ago, the announcement below was sent to the church email list, and the "Serve the City" notice was also in the church bulletin. Angie was at a table in the foyer following the service two Sundays. Generous donations enabled their church to give 100 gift cards!

+ At a Sunday service, Mary led prayer for this ministry during the Super Bowl.

Please pray for **Dee Huanca and others** who have volunteered to minister to those victims of sex trafficking who seek shelter and help at the Serve the City site, Hope Community Church.

Shelly Rock is teaching the online Elim Care “Foundations” course.

Safe Home Visits: The following question was posted on the Westberg platform recently- “Have you come across any reservations about parish nurses making solo home

visits? This is a question that was addressed to me and I wonder if others have had similar concerns from pastors or church leadership.”

It is not 1965 and the neighbors likely are not Ward and June Cleaver. It’s not just that we can encounter unsafe situations within the church or within the homes where we make visits; we can encounter safety risks as we come and go from the home.

Many good responses were posted:

- 👤 “If you have doubts ALWAYS listen to your gut & take someone with you. One of my PN partners made an alone visit with a long history of mental illness. NOT a good decision ever! The person later told how she was harassed (not true)... thanks be to an attorney in the congregation who knew the PN & the congregant. A lesson learned. Remember congregational members are people, many with issues, & you as the visiting PN need to use your wisdom & skills.”
- 👤 **Lois Ustanko**, Director of Faith Community Nursing and Health Ministries Sanford Fargo replied: “...safety rules I used to give to my new nurses... included things like always making sure someone knows where you are going and how long you will be there, not taking too many personal items inside, knowing the context of the visit including conditions (i.e. the mental health issues mentioned above), who else might be in the home...”
- 👤 “I always suggest a PN take a friendly visitor with her if she does not know the individual. Many people are not members, seasonal, etc. Some PNs make first visit with pastor and then make other visits alone. It’s not only the house and occupants but also consider area you are visiting.”
- 👤 If you are going into a place that you're not completely sure of, always make sure you keep yourself in a position where you can get out. IE, don't get yourself cornered.

Faith Community Nurse RESOURCES



✓ **Delicious Heart Healthy Recipes**

- **The National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health Web-site features great recipes, family resources, healthy shopping and cooking tips, and videos. These recipes are limited in saturated fat, trans fat, cholesterol, and sodium and they're moderate in calories.**
- **Mayo Clinic**
https://www.mayoclinic.org/healthy-lifestyle/recipes/heart-healthy-recipes/rcs-20077163/?utm_source=newsletter&utm_medium=email&utm_campaign=heart-healthy

✓ **Take action to promote heart health- Share These Resources**

1. [Contact your local Red Cross](#) to host a CPR (cardiopulmonary resuscitation) training event in your community. Urge local community members to learn CPR and AED (automated external defibrillator). These skills can help save the life of someone who has sudden cardiac arrest.
2. [Keep Your Heart Healthy](#)
3. [Heart Health: Conversation starters](#)
4. [Heart Healthy Foods: Shopping list](#)
5. [Reduce Your Risk of Stroke](#)
6. [Manage Stress](#)

✓ **Minneapolis Homeless Shelters & Services For The Needy**

<https://www.homelessshelterdirectory.org/cgi-bin/id/city.cgi?city=Minneapolis&state=MN>

Lois Ustanko, Sanford Health Fargo Director, Faith Community Nursing & Health Ministry reminds us to think about all who are homeless and those who are trying to provide them with shelter. Keep them in prayer as they work to find places for everyone to sleep where it is warm and safe so no one dies unnecessarily. The Sanford Affiliated Faith Community Nurses providing care in the local emergency shelters have several residents

with serious injuries to fingers and toes due to frostbite as well as some needing dressing changes after amputations were performed.

- ✓ **Learning tools to use:** [Free Online Computer Training](#)– for Microsoft Office and other software applications

Helping you to help others,
Joanne

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