



ELIM FAITH COMMUNITY NURSE CONNECTION July 2017

Joanne Hall, Director of Elim Care Faith Community Nursing
"Helping you to help others"
7485 Office Ridge Circle, Eden Prairie, MN 55344-3690
952-259-4461, Joanne.Hall@elimcare.org



The day of our nation's birth in that little hall in Philadelphia , [was] a day on which debate had raged for hours. The men gathered there were honorable men hard-pressed by a king who had flouted the very laws they were willing to obey. Even so, to sign the Declaration of

Independence was such an irretrievable act that the walls resounded with the words ‘treason, the gallows, the headsman’s axe,’ and the issue remained in doubt. [On that day] 56 men, a little band so unique we have never seen their like since, had pledged their lives, their fortunes and their sacred honor. Some gave their lives in the war that followed, most gave their fortunes, and all preserved their sacred honor... In recent years, however, I’ve come to think of that day as more than just the birthday of a nation. It also commemorates the only true philosophical revolution in all history. Oh, there have been revolutions before and since ours. But those revolutions simply exchanged one set of rules for another. Ours was a revolution that changed the very concept of government. Let the Fourth of July always be a reminder that here in this land, for the first time, it was decided that man is born with certain God-given rights; that government is only a convenience created and managed by the people, with no powers of its own except those voluntarily granted to it by the people. We sometimes forget that great truth, and we never should.” —Ronald Reagan

Faith Community Nurse News:

- **Elim FCN Advisory Board update:**

Cynthia Dainsberg, RN, FCN at Calvary EFC in Walker, is the newest member of the Elim FCN Advisory Board. She has been certified as a FCN since 1997. She is a published writer and blogger. A recent article was published under her name in the **EFCA Today Spring 2017-** “Creating a Health Ministry Team”. Cynthia joins current Board members:

- Dee Huanca, RN, FCN, BS, MS-First Free, Minneapolis, EFCA
- Mary Martin, RN, BSN, FCN Oxlip EFC, Isanti, MN
- Kimberley R. Meyer RN, BSN, MSN, EdD Associate Professor of Nursing, Bethel University
- Pastor Dan Osborn, Watertown EFC
- Shelly Rock, RN, BA, FCN Rockpoint EFC, Lake Elmo; Coordinator - St. Croix Valley Parish Nurse Program
- Jim Struve, MD, MS Trinity Lutheran Minnehaha Falls (LCMC)
- Mary Van Der Werf, RN, FCN Brooklyn Park EFC

Arvilla Felton retired the end of March after serving on the Advisory Board for several years. Her service on the Board was much appreciated!

- **Turn your story, a health promotion article, presentation or poster into a PUBLICATION!** *Perspectives* is a quarterly newsletter of the Westberg Institute for Faith Community Nurses and those interested in this professional specialty nursing practice. See the attached for further information about submitting for publication. August 1 deadline.
- Annette Jesh, BSN, RN, PHN, Faith Community Nurse, Parish Health Ministries Program; CentraCare St. Cloud Hospital shares the following:

Save the Date! We will have Deborah Ziebarth, MSN ED, RN, PhD(c) Manager of Research and Special Projects, International Parish Nurse Resource Center, present "A Transitional Care Model Using Faith Community Nurses" on September 12, 2017 at Heritage Hall in St. Joseph MN. 9:30, registration, program 10 am-3:30 pm. Flyer coming soon.

Mark your calendars now!

- **August 11 Twin Cities Golf Classic**
 - Golfers of all ages and abilities are invited to join in the fun of the *2017 Twin Cities Golf Classic!* **The tournament is hosted by Elim Care, Camp Shamineau, and the NCD.**
 - **When:** Friday, **August 11.** Check in begins at **7:00 a.m.** and play begins with a shotgun start at 8:00 a.m.
 - **Where:** [The Links](#) at Northfork in Ramsey, MN.
 - **Cost:** The registration fee is \$100 and includes a light breakfast, 18 holes of golf, cart, prizes, contests, and lunch. Registration and further details will be coming.
 - **Proceeds will go to Elim Care senior ministries at Elim Shores in Eden Prairie, Redeemer Health Care and Rehab in Minneapolis, New Harmony Care Center in St. Paul, Cornerstone Assisted Living in Plymouth, the youth ministries of Camp Shamineau, and the overall missions of the NCD.**
 - **Don't forget! If your church has three paid golfers, your pastor golfs for free!** To take advantage of the "pastors play for free when you pay for 3" offer, please contact us at 952-259-4500.
- **August 27-29, 2017, [Sabbath Rest Retreat](#),** Timber Bay Retreat Center
- **September 11-12, 2017 Encore Fall Retreat,** , Camp Shamineau
- **October 3-4, 2017 Fall Teaching Conference,** (NOTE: Tues-Wed) Camp Shamineau. Speaker: Doug Huffman, Talbot School of Theology
- **November 8 2017 – Elim FCN Fall Workshop**
- **2018 District Conference, April 9-10,** Constance EFC, Andover, MN

Faith Community Nurse RESOURCES

Launched in April of 2016, the **Faith Community Nursing Knowledge Sharing Platform** is intended to be a virtual space where FCNs can connect to each other, collaborate, and share resources. Use this link to request an invitation to join:

<https://westberginstitute.org/fcn-knowledge-sharing-platform/>

The purpose of the **Metropolitan Caregiver Services Collaborative** is for caregiver service providers in the Minneapolis and St. Paul metropolitan area to come together to share knowledge, promote caregiver services, and strengthen public policies for family caregivers.

<http://caregivercollaborative.org/assessments/>

Founded in the late 1970s, **Family Caregiver Alliance** is the first community-based nonprofit organization in the country to address the needs of families and friends providing long-term care for loved ones at home.

<https://www.caregiver.org/about-fca>

Minnesota Disability Ministry Connection

Their meeting schedule for the coming year is attached. Join them on Facebook for a year round opportunity to share ideas, questions, resources. The link is:

https://www.facebook.com/groups/MDMConnection/?ref=br_rs

Blood Pressure: Know Your Numbers (Medline Plus)

- Normal blood pressure is less than 120 mmHg for systolic pressure and a diastolic level of less than 80mmHg.
- Pre-hypertension is a systolic of 120 to 139 mmHg or a diastolic of 80 to 89 mmHg.
- High blood pressure is a systolic of 140 mmHg or higher or a diastolic of 90 mmHg or higher.

Herbal supplements and prescription medications (by Mayo Clinic Staff at Mayo Clinic Heart Healthy Living)

Up to one-half of adults who take prescription medications also take dietary supplements, including herbal supplements. That number increases with age. Yet many herbal supplements **may interact with medications for cardiovascular disease** — which are widely prescribed for

older adults. Indeed, 8 of the 10 most widely used supplements have the potential to interact with the blood-thinning medication warfarin (Coumadin, Jantoven, others). Here are just a few of the herbal supplements that can affect warfarin:

- Danshen
- Dong quai
- Evening primrose oil
- Garlic
- Ginkgo
- Ginseng
- St. John's wort

Heart Infections Spike as Injection-Drug Abuse Climbs: CDC

The typical endocarditis patient is white, young and from a rural area, a report by Margaret Farley Steele says. (HealthDay News) -- There's another alarming consequence to America's heroin and prescription painkiller epidemic: an increase in a serious heart infection called endocarditis, U.S. health officials report. Young, white injection drug users in rural areas are increasingly being hospitalized with both drug dependence and endocarditis, the U.S. Centers for Disease Control and Prevention said.

Healthy Recipes from Mayo Clinic

Rice Noodles with Spring Vegetables

Dietitian's tip:

Reduced-sodium soy sauce has one-fourth less sodium than regular soy sauce, while low-sodium soy sauce has about half the sodium.

Serves 6

Ingredients

- 1 package (8 ounces) rice noodles
- 1 tablespoon peanut oil
- 1 tablespoon sesame oil
- 1 tablespoon grated fresh ginger
- 2 garlic cloves, finely chopped
- 2 tablespoons low-sodium soy sauce

- 1 cup small broccoli florets
- 1 cup fresh bean sprouts
- 8 cherry tomatoes, halved
- 1 cup chopped fresh spinach
- 2 scallions, chopped
- Crushed red chili flakes (optional)

Directions

Fill a large pot 3/4 full with water and bring to boil. Add the noodles and cook until tender, 5 to 6 minutes, or according to the package directions. Drain and rinse the noodles thoroughly with cold water. Set aside.

In a large stockpot or frying pan, heat the oils over medium heat. Add ginger and garlic and stir-fry until fragrant. Stir in the soy sauce and broccoli and continue to cook over medium heat for about 3 minutes. Add remaining vegetables and cooked noodles and toss until warmed through.

Divide the noodles among warmed individual plates and top with crushed red chili flakes, if desired. Serve immediately.

HomeTouch®

—***Timothy Merrill***

“I walked by a construction site the other day where workers, both men and women, were toiling under the noontday sun. I saw lying on the ground in a pile of scrap to the side, an iron bar. It was dirty and a little rusty, and had chips along the side and the ends were roughly cut. The pile into which it had been cast contained other waste items as well, such as rope ends, loose gravel, pieces of wood, insulation, tin scraps, nuts and bolts, and paper. It was the sight of the iron bar, however, that reminded me of something I’d read about iron. I went back to my office and found it so that I could share it with you. Here it is:

‘A bar of iron costs \$5. But when it is made into horseshoes, that same bar is worth \$12. However, a manufacturer could take the bar and turn it into needles, making its worth \$3,500. What if the iron was transformed into balance springs for Rolex watches? Its worth would then be more than \$300,000!’

It is an interesting thought, isn’t it? The point is not that we should take the iron of our lives and turn ourselves into “balance springs” for Rolex watches, something very costly and valuable. No, the world needs needles, springs, horseshoes, I-beams, discs for disc brakes, train wheels, barrel straps and so on. The point is that we present ourselves to God with the raw material God has given us and ask God to use us according to God’s purpose. Our value is not determined by others. Our value is determined by ourselves and by God. And in God’s eyes, our lives are so valuable that Jesus was willing to lay down his life for us.

HomeTouchMinistry.com.

THOUGHT: No one can make you feel inferior without your consent. —Eleanor Roosevelt

Helping you to help others,

Joanne