



ELIM FAITH COMMUNITY NURSE CONNECTION

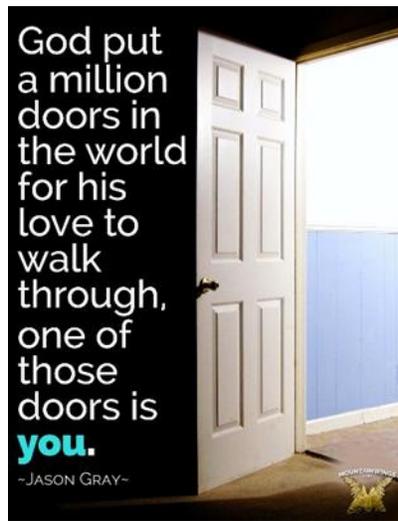
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"Helping you to help others"

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The Art of Listening

By Gem Fadling of Unhurried Living ministries

Have you ever been with someone, and as they listened to you, you felt as though you were the only person in the room? The person listening had no sense of needing to be somewhere else. They had no sense of needing to interrupt you. They simply listened. How did that feel?

On the other hand, have you ever been chatting with someone and you could tell they were only half there? The look in their eyes told you that they were thinking about something else? They had a sense of urgency inside that they were supposed to be getting something else done. How did that feel?

One of the greatest gifts we can give another is our undivided presence, our ability to listen without distraction. We will become memorable in people's lives if we begin to listen in this way...because not many people do it. Here are a few ways you can practice being present and listening to another person:

Begin to quiet your mind as you listen. We all have our own distractions, but begin to practice setting aside your own inner whirlwind for a bit. Let the life of the person in front of you come to center stage. Quiet your own mind and tune in to what they are saying. Be at rest in their presence.

Let God's love for the person enter into your heart. Remind yourself that this person is loved by God, exactly as they are. Let His reality become yours. As you listen, let your heart fill with love for them. Whatever they share, you know that God is already there. God is accomplishing His work in their life (even if they don't know it). You can become a conduit for God's love by opening yourself to Him as you listen.

Resist the temptation to problem solve. It is easy for us to move directly into problem solving or advice-giving mode. Watch out for a tendency to do this. Most people truly just need to be heard. As they are talking things out, they often stumble upon their own solution. Even if they don't, your humble, listening ear is still a gift they may not find anywhere else. Don't rob them of the beauty of simply sharing their life.

Think about what God might have on His heart for the person. This is an art form we can learn – listening to God and listening to the person at the same time. As you listen, remain open to the heart of God. How might God feel toward this person? What might God desire for their life?

Respond with invitations and questions. When you respond, try to do so in a way that showed you really heard them. Let your response be filtered through, "What would God desire for them?" For example, you could replace, "You know what you should do..." with "What is God inviting you to in this situation?" Then give them space to thoughtfully respond.

Obviously, there are different levels of conversations that we have with many people throughout our day. You can adapt these ideas so that they work with any level of conversation with friends, family and co-workers.

Even a casual conversation with the cashier at the grocery store can be an opportunity to practice being present, being engaging, listening well and offering up a silent prayer for them.

The practice of listening can teach us to slow down inside, to focus our thoughts, to be humble and defer to others as they share. Listening can help us learn that we do not always have to be “on” or fix other people. The Lord Himself has people in their own processes.

The Sovereign Lord has given me a well-instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being instructed. The Sovereign Lord has opened my ears (Isaiah 50:4-5a)

Faith Community Nursing News to Share:

Mary Martin, FCN Coordinator at Oxlip Evangelical Free Church, is planning a ministry support trip to the Ukraine Sept. 25-Oct. 5. She and Pam D’Andre, (a FCN and Reach Global missionary in Kiev) will be teaching a seminar on the Foundations of Faith Community Nursing. They will be joined by two German colleagues they met last year at the first European FCN conference. Remember Mary in prayer as she travels to work with Pam. **See the attached letter from Mary.**

Marcia Flom, former Elim FCN Coordinator, and her husband, Denny, are working with the Salvation Army in Victoria, Texas in the aftermath of Hurricane Harvey.

Mark your calendars now!

Metro Area events

- **September 27- Elim FCN Network Gathering at Elim Care Office in Eden Prairie (invite attached)**
- **October 3-4, 2017 NCD EFCA Fall Teaching Conference, Camp Shamineau. Speaker:**
Doug Huffman, Talbot School of Theology

- October 3, 2017, NCF invites you to Tasks, Tests, & Trials: How Can Nurses Find *Real* Hope?
6:30pm – 8:30 for a soup supper and presentation. PLACE: Stadium Village Church: 501 Oak Street SE, Minneapolis, MN 55441
- October 13-14: ELPNA Fall Renewal at Luther Seminary (flyer attached)
- **November 8, 2017 Elim Care FCN Fall Workshop at New Hope Church. Registration information is attached and also available on our Elim FCN website. Online registration and payment available. <http://www.elimcare.org/services/faith-community-nursing/#tab-1-5-upcoming-events>**
- **2018 North Central District Conference, April 9-10, Constance EFC, Andover, MN**

Other Midwest events

- **18th Annual Health Ministry Conference: Save the Date-** The 2017 conference *The Loneliness Epidemic: Connecting Health and Faith* sponsored by the Sanford Faith Community Nursing Center in Sioux Falls will be **Friday, November 3rd** from 8:30 am—3:30 pm. Keynote presenter is Dr. Carla Persisinotto of the University of California, San Francisco. Dr. Perissinotto will be delivering three keynote addresses at the conference focusing on the science of loneliness; the impact of social isolation on health; loneliness across the lifespan, and innovative local and faith community solutions. For questions call (605) 333-1382.

National Events

- The annual **International Westberg Symposium for Faith Community Nursing** will be held April 9-11, 2018 in Memphis, TN.
- **Nurses Christian Fellowship** International Caribbean and North America Region is excited to announce their **2018 regional conference, *Infusing Hope in Nursing: A Christian Perspective, July 19-22, 2018*** at Azusa Pacific University, Azusa, California. This conference for nurses, students, and educators will be reasonably priced with discounts for NCF/USA members. Watch for upcoming information!

Faith Community Nurse RESOURCES

- ✚ **Ask Me 3®** is an educational program that encourages patients and families to ask three specific questions of their providers to better understand their health conditions and what they need to do to stay healthy.

1. **What is my main problem?**
2. **What do I need to do?**
3. **Why is it important for me to do this?**

Designed by health literacy experts, **Ask Me 3** is intended to help patients become more active members of their health care team, and provide a critical platform to improve communications between patients, families, and health care professionals. Learn more about Ask Me 3® <http://www.npsf.org/?page=askme3>

✚ **National Health Observances**

For a list of upcoming National Health Observances, click <https://healthfinder.gov/nho/Default.aspx> this site allows you to identify observances by month and has links to toolkits associated with the various observances.

- **National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer.**

- ✚ **Nosebleeds are common.** Most often they are a nuisance and not a true medical problem. But they can be both. (from the Mayo Clinic site)

Nosebleed care

- **Sit upright and lean forward.** By remaining upright, you reduce blood pressure in the veins of your nose. This discourages further bleeding. Sitting forward will help you avoid swallowing blood, which can irritate your stomach.
- **Pinch your nose.** Use your thumb and index finger to pinch your nostrils shut. Breathe through your mouth. Continue to pinch for 10 to 15 minutes. Pinching sends pressure to the bleeding point on the nasal septum and often stops the flow of blood.

If the bleeding continues after 10 to 15 minutes, repeat holding pressure for another 10 to 15 minutes. Avoid peeking at your nose. If the bleeding still continues, seek emergency care.

- **To prevent re-bleeding,** don't pick or blow your nose and don't bend down for several hours after the bleeding episode. During this time remember to keep your head higher than the level of your heart. You can also gently apply some petroleum jelly to the inside of your nose using a cotton swab or your finger.

- **If re-bleeding occurs**, blow out forcefully to clear your nose of blood clots and spray both sides of your nose with a decongestant nasal spray containing oxymetazoline (Afrin, Mucinex Moisture Smart, others). Pinch your nose again as described above and call your doctor.

When to seek emergency care

- The bleeding lasts for more than 20 minutes
- You feel faint or lightheaded
- The nosebleed follows an accident, a fall or an injury to your head, including a punch in the face that may have broken your nose

When to contact your doctor

- **You experience frequent nosebleeds.** You may need a blood vessel cauterized. Cautery is a technique in which the blood vessel is burned with electric current, silver nitrate or a laser. Your doctor may pack your nose with special gauze or an inflatable latex balloon to put pressure on the blood vessel and stop the bleeding.
- **You're experiencing nasal bleeding and taking blood thinners**, such as aspirin or warfarin (Coumadin, Jantoven). Your doctor may advise adjusting your medication dosage.

Using supplemental oxygen administered with a nasal tube (cannula) may increase your risk of nosebleeds. Apply a water-based lubricant to your nostrils and increase the humidity in your home to help relieve nasal bleeding.

✚ Your IT support staff might appreciate this – from an actual tech support call:
*A woman customer called the Canon help desk with a problem with her printer.
Tech support: Are you running it under windows?
Customer: 'No, my desk is next to the door, but that is a good point.
The man sitting in the cubicle next to me is under a window, and his printer is working fine.'*

Lord, we thank you for changing seasons and for being part of your creation that is full of rhythm and cycles. We pray for eyes to see and ears to hear the lessons you give to us in these periods of transition. Amen.

Helping you to help others,

Joanne

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