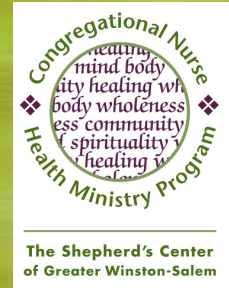


Congregational Nurse and Health Ministry Newsletter



February 2011

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Message from the Interim Director...

I have been spending the last month turning the office at the Shepherd's Center that Laura used into my own. In looking through some of Laura's "treasures", I found posters assembled by the nurses who took the Faith Community Nurse Basic Prep Course last October. On one of them is a big red heart, in honor of American Heart Month, that says: "Prayer makes the heart grow bigger, until it contains God". ---Mother Theresa.

Henri Nouwen says this about prayer: "To pray means to open your hands before God. It means slowly relaxing the tension which squeezes your hands together and accepting your existence with an increasing readiness, not as a possession to defend, but as a gift to receive. Above all, therefore, prayer is a way of life which allows you to find a stillness in the midst of the world where you open your hands to God's promises, and find hope for yourself, your neighbor, and your world." (from *With Open Hands*)

May you find that stillness in the *Blessings, Judy* midst of all you do for others.



March meeting information:

The next Nurse Network meeting will be *March 8, 2011* from 6:00 – 8:00 pm at the Shepherd's Center.



Denise Hockaday, Regional Director of Programs,

National Kidney Foundation, Inc. will give a program called Love Your Kidneys...Know the Score. This is a community education program, so in addition to reviewing basic information about the kidneys and kidney disease, you will be able to evaluate the program for use within your own congregation.

Our speaker, Denise, has requested that we bring food items to donate to the Fish and Five Loaves Food Pantry run by the Ministry of Rest in Winston-Salem. This food pantry is currently located on Peters Creek Parkway near the Budget Inn and feeds 22-30 families a week.



Last Thanksgiving, they sponsored a community meal that fed 350 people, and plan to feed 400 – 500 this Thanksgiving. Marilyn Stafford, the director of the food pantry, asked that you think like a mother as you purchase your donations, and include non-perishables such as canned vegetables, pasta, milk boxes, oatmeal, juices...things you would want to feed your family.



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Walk to Jerusalem...

...reports 604 people from twelve congregations in Forsyth County have walked 11,720 miles toward Jerusalem. As we walk together on our pilgrimage to Jerusalem, our journey will take us through the North African countries of Morocco, Algeria, Libya, Tunisia and Egypt. Let's pray for a peaceful resolution to the political turmoil currently present in many of these countries.

Remember to send your numbers Gwen Stewart at B44599@aol.com or Judy Iannuzzi at Jiannuzzi@shepherdscenter.org

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February meeting report

Nineteen nurses attended the Nurse Network meeting on February 8, 2011. At the beginning of the meeting, Cecil Holland, RN, MSN, PhD, Assistant Dean for Admission, Student Affairs and Program Effectiveness, WSSU School of Nursing and the chairman of the Congregational Nurse and Health Ministry Council, presented Laura Rapp with a letter of appreciation from the council. Dick Webster, President of the Shepherd's Center Board of Directors, presented Laura with a certificate of appreciation from the board, and Sam Matthews, the Shepherd's Center Executive Director, presented her with a gift from the staff.



Our speaker, **Dee Leahman**, Director, Community Partnership for End of Life Care and Community Education at the Hospice and Palliative Care Center, spoke on **Ethics at End of Life**. He brought a copy of the **MOST** form which is signed by a patient's physician and by the patient and/or family member. This form provides clear directives to medical personnel regarding the patient's wishes for end of life care. He also shared information on how to have conversations with loved ones about their wishes, emphasizing that it is better to have these conversations early in the disease process rather than in a crisis situation.



Food collected for the Shalom Project Food Pantry was delivered to Eileen Ayuso at Green Street on Thursday, February 10, 2011. She was most appreciative of the 10 bags of groceries (pasta, oatmeal, rice, beans, milk, pasta sauce and much more). The message valentines which one donor thoughtfully included will be used at the Kid's Café at Green Street. Receipts for these donations are available at the Shepherd's Center. Please stop by and pick one up or ask for it at the next meeting.

Judy Iannuzzi, Ardmore Baptist Church, gave the February devotional, reading a poem "When I am Among the Trees" by Mary Oliver from her book *Thirst*. If you are interested in leading one of the monthly devotionals, please contact Judy at Jiannuzzi@shepherdscenter.org.

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THE SHEPHERD'S CENTER IS NOW ON FACEBOOK
Take a look at this link — <http://www.facebook.com/pages/The-Shepherds-Center-of-Winston-Salem-NC/142160352471869?ref=ts&v=wall> or go to our website — www.shepherdscenter.org— and click on the link for Facebook. You will see some pictures of the CNHM Program and highlights of the year.

CNHM Monthly Activity Reports

As Congregational Nurses, we focus on people and their needs... physical, emotional and spiritual. We also, out of necessity, collect data about the lives we touch, in order to assess the effectiveness of our ministries and to plan the best ways to meet the health needs of our congregations. Currently, the nurses who report to the CNHM use a data sheet developed by Laura Rapp with input from several congregational nurses. If you need a copy of this sheet, one can be emailed to you. If you have suggestions for a different format that would make it easier to use, send your ideas to me at Jiannuzzi@shepherdscenter.org. Your monthly data is important to us so please keep sending it. If you are not yet a reporting congregation, please consider becoming one.



Service Project for March

Fish and Five Loaves Food Pantry

...think like a mother as you purchase your donations...include non-perishables such as canned vegetables, pasta, milk boxes, oatmeal, juices... things you would want to feed your family.

Community Service Projects for 2011

If you have an idea for an agency or project to adopt in 2011- please contact Judy Iannuzzi.

Opportunity from Friends of the NC Council of Churches

Congregational Mental Health Literacy Project

March 29, 2011
First Presbyterian Church
Fellowship Hall
Winston-Salem, NC
11:30 - 1:30

Each attendee will receive a meal; resources for use during May (mental health month), or at another appropriate time, which include preaching, teaching, pastoral care, and spiritual practices guides; and a presentation on the church's ministry of mental health and wellness. There is no cost to participants. Sponsored by CareNet of North Carolina and The Duke Endowment.

Register one week in advance by e-mailing Bryan Hatcher at bhatcher@wfubmc.edu.

Save These Dates for 2011!

Nurse Network Meetings are held every 2nd Tuesday of the month from 6:00-8:00 pm at the Shepherd's Center.

Meeting dates for the next three months are:

March 8th April 12th May 10th

Thanks to the following nurses:



Mary O'Daniel and **Anne Harrison** for faithfully staffing the *Shalom Food Pantry* blood pressure screening table each Tuesday morning from 9 – 11 am.

Trudy Woche and **Patty Stockner**, new volunteers, who have committed to collecting statistics from the *Shalom Health Clinic* each week. Trudy has even redesigned our data collection form to make the work easier and more accurate.

Volunteer opportunities:

- **WSTA BP Screening**, third Thursdays from 1-3
- **"Spring for Haiti"** May 21, 2011, 11am – 2pm at Lloyd Presbyterian Church. Laura Spangler, pastor of Lloyd Presbyterian called to see if the congregational nurses would do blood pressure screening during their event.
- **Project Homeless Connect**, April 20, 2011 at LJVM Coliseum Annex. 9am – 4 pm, BP Screening. Can work in two hour shifts.

For more information about any of these opportunities, or to volunteer, contact Judy Iannuzzi at Jiannuzzi@shepherdscenter.org.

Educational opportunities for nurses:

Congregational Nursing Foundations Course offered by Moses Cone

Saturday, March 12, 2011 and Friday through Sunday, April 1-3, 2011

For more information, contact Lilia Moore (Lelia.moore@mosescone.com)

Educational opportunities for you or members of your congregation:

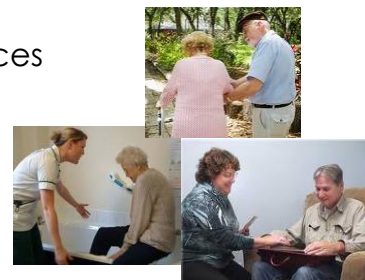
Caregiver Lunch and Learn Series

Thursday, March 10, 2011, 11 am – 1:30 pm at Senior Services

At 11:15 there will be a session on Helpful Hints From an Occupational Therapist

At 12:45 there will be a session on Helpful Hints From a Speech Therapist.

RSVP by March 7 to (336) 608-3542



Living Will and Health Care Power of Attorney

Hospice & Palliative CareCenter

101 Hospice Lane, Winston -Salem,

Williams Education and Counseling Center Building

March 16 (Wednesday) at 1:00 pm

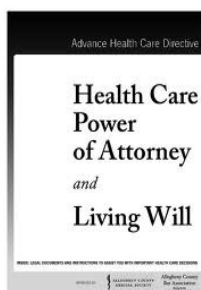
March 24 (Thursday) at 5:30 pm

Mt. Zion Baptist Church

950 File St. Winston-Salem NC

March 8 (Tuesday) at 10:30 am

RSVP for any of these sessions to **(336) 768-6157, x1622**



Christ has no body now on earth but yours;
yours are the only hands with which he can do his work,
yours are the only feet with which he can go about the world,
yours are the only eyes through which his compassion
can shine forth upon a troubled world.

Christ has no body now on earth but yours.

St. Teresa of Avila