

Congregational Nurse and Health Ministry Newsletter



March 2011

Inside This Issue

Pg.	
2	Walk to Jerusalem
2	Walking a Labyrinth
2	Thanks & Congratulations
2	Save these Dates
3	Partnership in Health and Wholeness Certification
3	March Meeting Report
4	Volunteer Opportunities
4	Educational Opportunities Both for Nurses & Congregations



Message from the Interim Director...

We are in the midst of Lent, a word meaning lengthening of days. It is a time of reflection and meditation, a time to look at the life and ministry of Jesus, to examine our own lives, and how they can best reflect His love. He calls us to follow his own "Way" of radical love and inclusiveness: love for and acceptance of all of God's creation...all people, the earth, and what we often tend to forget, ourselves. This call undergirds all we do as nurses, in promoting care for our bodies, God's gift to us. "I praise you for I am fearfully and wonderfully made", sings the psalmist in Psalm 139. How well do we respect and care for this precious gift? How can we best help each member of our congregation respect and care for their own bodies? During this period of reflection, assess your congregation. Look at your congregation's demographics and their size and shape (literally!). Develop a problem list and bring it to the next Nurse Network meeting. We are blessed with an abundance of resources at our fingertips and among our membership. Together, we can develop a plan of action to address many of the health needs within our congregations. In the meantime, enjoy this beautiful time of "rebirthing" of the earth around us, and please hold those whose earth has shattered in your hearts and prayers.

Blessings, Judy

April 12 Nurse Network Meeting



Cathy Wilson, LCSW, NSW and
Karen Byrd Beard, RN, MSN, GNP-C
will present *Geriatric Assessment 101:*

What To Look For When Visiting Older Adults

They will discuss the basics of assessing depression, anxiety, functional status and caregiver stress in older adults. Information will also be presented on signs that may indicate the need for more help, where to find services if help is needed, and spiritual needs of the elderly. Cathy Wilson has been a geriatric social worker for more than 30 years and has a wide range of experience in different types of geriatric care settings. Karen Byrd Beard is a nurse practitioner with a MSN in gerontology. They work together in the Geriatric Outreach (GO) program at Wake Forest Baptist Medical Center.



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Service Project for April **Senior Services**

**The biggest need is for large adult pull-up diapers.
They will happily accept as many as we can provide.**



Walk to Jerusalem...

...**663** people from **12** congregations are continuing their pilgrimage to Jerusalem. We extend a warm welcome to the walkers from *Dulin United Methodist Church, Mocksville, NC* who joined us on Ash Wednesday. Their pastor, Marilyn Weiler, is coordinating their walk. Collectively, we have walked **33,233** miles. Many thanks to *Gwen Stewart* for continuing to inspire all of us as she serves as overall coordinator for our walk.

Walking a Labyrinth



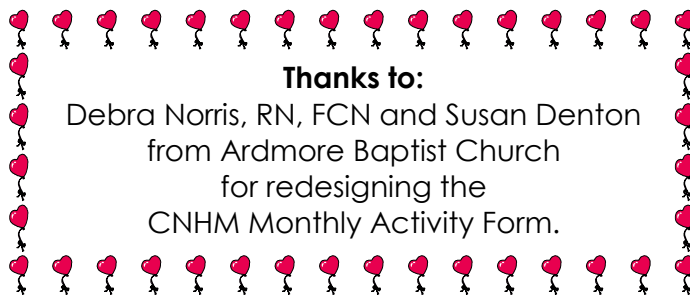
A labyrinth is an ancient tool for meditation, predating Christianity. It is different from a maze, which is designed to confuse. A labyrinth has one path which leads to the center and the same path back out. Gothic cathedrals of medieval times made popular use of the labyrinth as a tool for personal pilgrimages. One of the most well-known labyrinths is located in the Chartres, France cathedral. Locally, Sunnyside Ministries has an outdoor labyrinth at 319 Haled Street in Winston-Salem and St. Paul's Episcopal Church has an indoor permanent labyrinth. During Easter week, Ardmore Baptist Church will have a temporary labyrinth, on loan from Hospice and Palliative CareCenter, in their fellowship hall. You are welcome to walk it any day that week between 9am and 5pm. You are also invited to a special service centered on the labyrinth, led by Rev. Beverly Isley-Landreth, a Veriditas Certified Labyrinth Facilitator, on Palm Sunday evening at 6:00 pm at Ardmore Baptist Church.

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:

April 12th May 10th June 13



Thanks to:

Debra Norris, RN, FCN and Susan Denton from Ardmore Baptist Church for redesigning the CNHM Monthly Activity Form.

Congratulations to: Mary O'Daniel

Mary received the Congregational Nurse and Health Ministry Volunteer of the Year Award for 2010 at the volunteer luncheon on March 1.



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.

Partnership in Health and Wholeness Certification

The NC Council of Churches has a certification program for congregations who have health ministries. Congregations can qualify for Bronze, Silver and Gold levels, depending on the kinds of health information and programming they provide. Look at the PHW Certification site (<http://www.healthandwholeness.org/phw-certification>) to see which level your congregation currently meets and consider applying for recognition. The best time to apply is on or just after Oct. 1, 2011 because the certification lasts the rest of the year and through the next one. Now is a good time to start collecting information for your application which can be completed online.

Congratulations to *Elvenia Johnson* and her church, *Mount Zion Baptist*, who recently received recognition from the NC Council of Churches for reaching the Silver Level Certification.

March 2011 Nurse Network Meeting Report

Denise Hockaday, Regional Director of the National Kidney Foundation was the guest speaker for the March 2011 meeting. Dr. Patty Adams, a nephrologist from WFBMC, also came to answer any medical questions we might have as we viewed the program. Fifteen nurses were present to see the presentation "Love Your Kidneys---Know the Score" which was developed to help lay people understand kidney function and kidney disease. It covers basic anatomy and physiology of the kidneys and encourages the viewer to know the following numbers: their GFR (glomerular filtration rate), their blood pressure and their urine sugar level. It reviews risk factors for kidney disease and discusses the five stages of kidney disease. Denise is willing to share the power point presentation with anyone who wishes to give this talk to their congregation, or will come herself if she can find room in her schedule.



Denise also talked about the Kidney Early Evaluation Program (KEEP), a free health screening for individuals at increased risk of developing kidney disease. Those who should attend are people 18 years or older with one or more of the following: diabetes, high blood pressure or a parent or sibling with diabetes, high blood pressure or kidney disease. The tests done at the screening include BP and weight, blood glucose, hemoglobin check, urine dipstick test for protein, serum creatinine, GFR, lipid panel, HbA1c, calcium test, phosphorus test, PTH test. If you are interested in setting up a KEEP screening for your congregation and surrounding community, contact Denise at 1-877-858-3898 or denise.hockaday@kidney.org. To see if there is already a screening set up for your area, go to www.keeponline.org.

Rosemary Niles, RN, FCN from St. Paul's Episcopal Church gave the devotional. She gave each person a piece of fabric to place on the part of our body most in need of healing. Then she had us close our eyes and visualize God's love and power directed toward that area through a series of guided meditation questions. It was a powerful and moving experience.



The Fish and Five Loaves Food Pantry director, Marilyn Stafford, was thrilled to receive nine bags and one large box of groceries donated by March attendees. Our donation included boxed milk, oatmeal, macaroni and cheese, beans, orange juice mix, apple sauce, and much more. Many thanks to all who donated to this ministry, one part of the Ministry of Rest, Inc.

Volunteer opportunities:

- **WSTA BP Screening**, third Thursdays from 1-3
- **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 either of these opportunities, or to volunteer, contact Judy Iannuzzi at Jiannuzzi@shepherdscenter.org.

Educational opportunities for nurses:

Mental Health Literacy Project, March 29, 2011 at First Presbyterian Church, Winston-Salem, NC 11:30 – 1:30. Each attendee will receive a meal and resources for use during May (mental health month), or at another appropriate time. There is no cost. Sponsored by CareNet of North Carolina and the Duke Endowment. Register one week in advance by emailing Bryan Hatcher at bhatcher@wfubmc.edu.

Grief, Trauma and Spirituality, April 5, 2011 at New Beginnings Moravian Church, 203 Seagle Street, Huntersville, NC. 6:00 pm – 9:00 pm. Pre-registration is required by March 25 at <http://www.surveymonkey.com/s/XTPQ9Y5>.

Powerful Tools for Caregivers Class Leader Training, April 5 - 6, 2011, Lenoir Public Library, Lenoir, NC. Contact Debbie Cox at 828-757-1290 or deb_cox@ncsu.edu.

Spirituality and End-of-Life Care, April 20, 2011, 1:30 – 4:30 pm at Hospice and Palliative CareCenter. This program will discuss differences between spirituality and religion, and will also address spirituality during illness, death and grief; spiritual assessment and empowerment, and life review. Continuing Education credits are available for a wide range of professions. You may register for these online after the event. There is a fee for CE credits. Otherwise, the program is free. To register, email marilyn.barneycastle@hospicecarecenter.org.

Educational opportunities for you or members of your congregation:

Caregiver Lunch and Learn, Thursday, July 21, 2011 at Senior Services, 2895 Shorefair Drive. 11 am – 1:30 pm. Lunch is provided. Respite care is available. For more information, call 761-2111.

Powerful Tools for Caregivers, six part series, Thursdays, June 2 – July 7, 4:00—6:00 PM at Hospice and Palliative CareCenter or Fridays, Sept. 23-Oct 28, 10:00 am—Oct. 28 at Salemtowne Retirement Community. Rosemary Niles, RN, FCN will be one of the facilitators. To register, contact Linda Lewis, Lewis@shepherdscenter.org, or 748-0217.

An evidence-based program that has been embraced by FCN's in the pacific northwest is "Powerful Tools for Caregivers". In the six 2 ½ hour classes, caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare and service providers; communicate more effectively in challenging situations; recognize the "messages in their emotions" and how to deal with difficult feelings; and make tough caregiving decisions –e.g., when a family member can no longer live alone, drive safely, or manage his or her finances. Caregivers also receive a 300 page book, *the Caregiver Helpbook*, developed specifically for the class. (this paragraph taken from *Parish Nurse Perspectives*, Winter 2011).