

Congregational Nurse and Health Ministry Newsletter



September 2010

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Basic Prep Course October 19-23
Ardmore Baptist Church



Message from the Director...

Every once in a while I get a little smug and think - wow, things are going pretty good right now. Have you ever felt this way? Then 'whack' something unexpected comes up to remind me that life isn't perfect. Life can change in a split second. People lose their jobs, a marriage ends, an illness occurs, a baby is born before it is due Where is one to get the faith and inspiration to go on day after day with so much uncertainty?

I am fortunate enough to be part of a women's Bible study group this fall. We are using the book Courageous Women: A Study of the Heroines of Biblical History by Staci Mitch. The Table of Contents was enticing enough for me to enroll. Imagine discussing Eve: Mother of the Living or Sarah, Rebekah, and Rachel: Wives of the Patriarchs, or Abigail, Michal, and Bathsheba: Women of the Kings.

I'm with 15 women in class who share my faith and pray and support each other every Monday evening. We have the inspiring words of the Bible and the experience of the lives of women from ancient times to draw strength from. So guess what? Life is pretty good right now and if I get hit with something unexpected - well I know where to draw my strength from and who I can call upon to pray for and support me.

Blessings, Laura



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CNHM Program has touched well over 5,000 lives through August 31st

FCN Basic Prep Course



The Congregational Nurse and Health Ministry Program is hosting its first Basic Prep for Faith Community Nurse Course from October 19-23 at Ardmore Baptist Church. A maximum of twenty nurses will be participating in this course. We would ask that you **keep all of the nurses and presenters in your prayers** during this time.

All are **invited to attend** the Closing Ceremony and Pinning on Saturday, October 23 at 4:15 in the chapel at Ardmore Baptist Church, 501 Miller Street.

September Nurse Network Meeting- our largest attendance to date!

September Devotion

The Nurse Network is working its way through the book The Story of Ruth: Twelve Moments in Every Woman's Life by Joan Chittister. **Polly Davis, RN** from **Agape Faith Church in Clemmons** presented Chapter Two which focused on **Change**.

Because of the death of Ruth's husband and her two sons, both Ruth and Naomi were traveling on a long journey from Moab to Ruth's homeland in Bethlehem. This journey had resulted in major changes in their lives.

The following are excerpts from the book:

"Change and loss, it must be realized are two different things. **Loss takes** something away from life. **Change adds** something to it. Loss is a black well while change is a fork in the road."

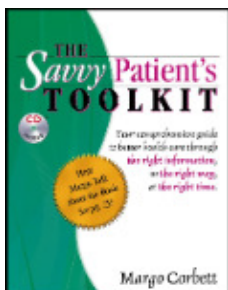
"**Change is God's invitation** to further growth and development. It may be **resisted or embraced**. A moment of change leaves a woman in a special way at the mercy of her circumstances. Then she leaves herself open to works of God in her soul."

"**Change** cracks us open to God in whole new ways. We do things we have never done before. We begin to see things we have never seen before. We think new thoughts and dream new dreams. All the old barriers and absolutes fall."

"We begin if we do not cling to the past, to do what could never be done in other circumstances. Those old circumstances no longer bind us to the past. We begin to walk away from one life toward another. We walk away from one self to another and from one world to another. WE WILL BLOOM AGAIN!!! "

Here is what I (Polly) learned from preparing this devotion. We are in a changing time in our nation. The changes occurring in the nation have affected each one of us and our families. Because we did not initiate the changes we feel like we do not have much control over our lives. I know this for certain - that the God I serve is CHANGELESS and He will always be there for me to offer comfort and guidance as I go through life's changes.

September Presentation



Coaching Patients and Caregivers was the presentation delivered by Margo Corbett, BA at the September 14th NN meeting. Ms. Corbett spoke of the changes in health care over the years that have led her to develop a system for keeping personal health records and learning how to communicate with health care providers. Using her own and family experiences was the impetus for exploring how the healthcare system became so fragmented and how each of us should become advocates for ourselves and others to obtain the best care that we can by becoming active participants in that care.

Ms. Corbett defines a *savvy patient* as "someone who is well informed with practical knowledge about his/her health and everything to do with it". She is available to speak to groups of any size on a wide range of healthcare topics. She may be contacted through her website www.savvypatientschool.com

The NN continues to be so generous with donations for any of our **Community Service Projects**. This month we brought in school supplies for the **WSSU Grandparenting Program**. Book bags, notebooks, pencils, rules, paper, and crayons were among the trunk load of donations that were given to Carol Henry who runs that program at WSSU.

October Meeting

Meeting the Spiritual Needs of Patients with Prayer at the Bedside

Whether nurses should pray with patients has been a matter of longstanding controversy. Prayer may benefit both the nurse and the patient; both may find comfort in prayer. Beth Hubbardt, RN, MSN, CRRN; Donald Kautz, RN, PhD, CNRN, CRRN-A; and Denise Corey, RN, BSN, CRRN will be presenting their work regarding nurses and prayer at the bedside. Their common interest in spirituality and nursing led to a survey of nurses who work in a local medical center on a Rehabilitation Unit.



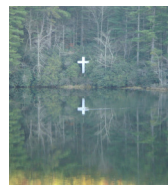
Community Service Project for October

The **Saturday Night Fellowship Program** is a joint ministry of The Shepherd's Center and more than a dozen congregations. Participants come from thirteen different housing facilities, mainly in the downtown area. The December gathering is the most festive and is a time when each guest will receive a gift bag. The CNHM Nurse Network is being asked to provide **instant food items** such as **hot chocolate, oatmeal, and soups**. 100 items are needed so that all the participants are able to receive something in their gift bag.



Walk to Bethlehem

One congregation was inadvertently left out of the August newsletter. My sincere apologies to First Baptist Church Highland Avenue which will be reporting under United Metropolitan Missionary Baptist Church.



Lake at Kanuga

Carolinas Health Ministries Partnership Fall Conference
is presenting **Wellbeing of Your Faith Community**
November 8 & 9, 2010
at **Kanuga Retreat Center in Hendersonville, NC.**

The conference will provide 7 contact hours for nurses. The Health Ministry Association is the professional association for all Faith Community Nurses.

The Shepherd's Center will provide partial scholarships to cover the cost of Registration. Deadline for Registration is Oct. 25th. Contact Laura Rapp if interested.



The Kanuga Labyrinth is modeled after the stone labyrinth embedded in the floor of Chartres Cathedral, France, since 1201 AD.

THANK YOU'S

Thank you to all the **Congregational Nurses** who have submitted their favorite **Scripture readings** to be shared with the nurses at the **Basic Prep Course**.

Thank you to **Amelia Ross** and her group of the American Association of Critical-Care Nurses (**AACN**) **Old Salem Chapter** who have volunteered to cover the **Third Thursday at WSTA** for the remainder of 2010. Ms. Ross is the current chapter President.

Save These Dates!

| | |
|--|-------------------|
| CN Network Meeting– October | Oct. 12 |
| Faith Community Nurse Basic Prep Course | Oct. 19-23 |
| HMA Kanuga Retreat Ctr, Hendersonville, NC | Nov. 8-9 |
| December Retreat | Dec. 4th |



New Volunteer Opportunities

There is a need for a **nurse** to conduct a **medical record review** for the Free Clinic at Green Street UMC. This Thursday or Friday morning ministry takes about 2 hours a week and requires attention to detail, the ability to decipher physician handwriting, the love of being a detective, and completion of medical referrals.

The statistics that are gathered from this medical record review have been used to write grants to support the clinic and show the growth that has occurred over the last several years. Anyone interested should contact Laura Rapp to arrange an orientation.

Volunteer with **THE SHALOM PROJECT** and help close the achievement gap for Winston-Salem students! **THE SHALOM PROJECT Afterschool/Kids Cafe** program is in great need of volunteers to provide students with one-on-one reading and homework help. The program runs Monday-Thursday, from 3:00 - 6:00pm and volunteers are most needed from 3:00-4:30pm. For more information, please contact Sarah Maxey at 722-8379 ext. 102 or theshalomproject@gmail.com.



Theme for December Retreat:

Spiritual Self Care: Renewal and Refreshment

Alyson J. Breisch, RN, MSN, FCN will present a whole day Retreat for the Nurse Network and other interested nurses and healthcare professionals. Aly worked for the Duke University Divinity School for ten years and has recently started her own business. The December session will focus on **Sabbath Keeping, Gratitude, and Grace**, among other topics. **December 4th** will prove to be a special day so hold that place open on your calendar.



Opportunities/Info You Can Use:

Third Thursdays at WSTA- The CNHM program is holding BP Screenings at the downtown Bus Station. **Third Thursdays** is held from 1-3PM on the 3rd Thursday of each month. Contact Lori Carter if you would like to participate in this vital health ministry to screen the general public within the inner city of W-S. Lcarter96@triad.rr.com

Tuesday Mornings at Green Street- do you have 3 hours to volunteer occasionally to do BP screenings during Food Pantry/Clothing Closet hours at Green Street United Methodist Church? This worthwhile project requires 2 nurses from 8:45- 11:30am who want to experience a faith based health ministry at its best. Contact Laura Rapp if interested.

Volunteer Opportunity at Prodigals

Prodigals Community *Recovering Ministries for Drug-Free Living* at 1024 Waughtown Street in Winston-Salem is in need of volunteer nurses to conduct simple assessments and provide health education to their residents. Prodigals is a residential program that helps people live responsible and drug-free lives. If you would like to donate an occasional 2 hours a week in the late afternoon to provide assessments and opportunities for residents to discuss health related issues, please contact Laura Rapp. Residents are in recovery but may also have concurrent health conditions.

October 1st Domestic Violence Awareness Month "Day of Unity". Wear purple as a symbol of unity and to honor someone who has lost their life to domestic violence homicide.