

Congregational Nurse and Health Ministry Newsletter



June/July 2010

Inside This Issue

- 2 Finding the Way
by Debra Norris
- 2 The Grieving Family-August
NN meeting
- 3 In Sympathy
- 3 Special Recognition...
- 3 June Meeting Report
- 4 Volunteer Opportunity at
Prodigals
- 4 VA Nursing Home Donations
- 4 December Retreat
- 4 24th Annual Westberg Parish
Nurse Symposium
- 5 Opportunities/Info You Can
Use
- 5 Community Service Project
for August
- 5 Save These Dates

**Basic Prep Course October 19-23
Ardmore Baptist Church**

Message from the Director...

Another of life lessons- **learning to receive**. I think it is safe to say that most nurses, especially females are a very independent sort. We are more comfortable in the giving and 'taking care of' mode than we are in receiving help or care from others.

As some of you know - I had some recent surgery. Rosemary Niles became the Coordinator of my care. She organized meals (and delivery), and cards, and all other types of little kindnesses during my post-op period. For me - it was very humbling to sit back and ACCEPT this type of help and love. Why certainly - I would be able to take care of myself, right? She and others reassured me that they wanted to do *this* **for** me.

So I had to change my own point of view and accept help from others. I had to say that **not** accepting would be denying someone the opportunity to do something nice for another. Now isn't that what we are all about as nurses but more importantly as people of God?

I want to extend my sincerest thanks to all of you who sent cards, food, positive energy and prayers to me. I'm back to work and good as new and look forward to continuing to serve you and our wonderful community.



Blessings, Laura



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Ardmore Baptist Church will be the site for the first **CNHM Faith Community Nurse Basic Prep Course** to be held from **October 19-23, 2010**. Laura Rapp attended the IPNRC Faculty Training course in St. Louis, MO last August 2009. She will be facilitating the course with several outside speakers. Thirty-three contact hours will be awarded. Limited space is available and interest has reached across the state of NC and VA.

Finding the Way

by Debra Norris, Ardmore Baptist Church



Imagine being devoutly religious, highly educated, and wealthy enough not to work. You don't have to worry about the cost of anything. You are pursuing religious studies at the highest level. You have a wife, two lovely little girls, and life is great. Suddenly, your father disowns you and completely cuts off the money – your only source of income. You have only what is in the bank. Soon, you are behind on your rent and the landlord is going to evict you in one week if you don't catch up. Your electricity will soon be cut off. You don't have a job. You live in a foreign country and have no one to turn to for help. You can't explain to your wife why all of this is happening. You have no Christian friends to turn to since well-intentioned Christians may have inadvertently gotten you into this mess. You don't have a church to which you belong and to which you could turn for physical, emotional, and spiritual support. You are totally isolated – except for your relationship with Jesus.

This is the situation in which my new friend, "George", found himself. He is from a prominent Muslim family and was studying to be an imam (similar to pastor). One of his assignments was to study the Bible in order to refute it. But as he read, he became convinced that Jesus is "the way, the truth, and the life". He decided to follow Christ. He attended a church for two years, learning and growing in his new faith. His wife has seen the difference in him, and likes it, but doesn't know what has caused it. He has given her a Bible in their language and told her it has to do with some of the teachings in it. He is praying that the Holy Spirit will reveal the truth to her, just as it was revealed to him.

Somehow, word got back to his father and he was disowned. If he returns to his own country and his father confronts him and asks for the truth, he will probably be put to death.

George found our church's Web site, and called the office, looking for someone who might have worked with Muslims. Just so happens that I spent nine years as a missionary doing just that. I was able to connect him with two former missionaries who work closely with Muslim background believers. One lives in Raleigh, the other in California. They believe he can play a big role in bringing others to Christ. With a little help his rent is caught up and the electricity bill is paid. He found a job and it has led to training for an even better one. He no longer feels isolated, but has a network of Christian friends who can share and pray with him. Now he is focusing on the next task ... "How do I tell my wife I am going to go to a Christian seminary?" I can't wait to see how the rest of this story unfolds in God's hands.



Hospice & Palliative
CARECENTER

The Grieving Family

Grief changes people. Grief can affect relationships, school performance, and have long lasting effects if it goes unresolved. Many people underestimate how grief affects children. Please join us as Rachelle Burrell, MSW, LCSW from Hospice and Palliative Care shares her experience with us to introduce the topic of grief and its effects on family systems including family roles, children's grief, and the helper's role when working with families. One contact hour will be awarded.

Tuesday, August 10, 2010
6:00 – 8:00PM
The Shepherd's Center
1700 Ebert Street
Winston-Salem



The CNHM Nurse Network extends our condolences to Barbara Carter (Kernersville Moravian) on the recent loss of her mother-in-law. Barbara, our prayers are with you and your family in this time of loss.

Special Recognition.....

I need to recognize a couple of nurses who have kept some vital ministries alive over the last couple of months.



Anne Harrison (Knollwood Baptist) and Judy Casey have volunteered their time at the Shalom Project Food Pantry on Tuesday mornings doing a BP Clinic. Referrals are being made to free clinics in the area for those at risk.

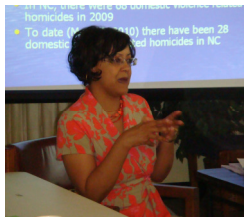
Lori Carter (First Baptist), Elvenia Johnson (Mount Zion), and Nicole Berry have volunteered the Third Thursday of the month at WSTA. July 15th, a total of 85 BPs were taken at WSTA, the highest being 182/122. People are lined up before we can even get our supplies set up. Referrals are made to area free clinics and hospitals.



WSTA

Both the Shalom Project and WSTA appreciate the work that we are doing on behalf of their populations.

June Meeting Report



DeWanna Hamlin
Family Services

Laura Rapp opened the meeting with a Devotion using the St. Teresa of Avila prayer - "*Christ has no body now on earth but yours*". She also used readings from Matthew 9:35 and 10:1, 5, 6-8 to exemplify the mission of the disciples to go out and cure the sick and spread the good news. It was decided by the group to start using The Story of Ruth: Twelve Moments in Every Woman's Life, by Joan Chittister for our meeting devotions over the coming year. (check out www.shepherdscenter.org

March 2010 CNHM newsletter for the book review submitted by Helen Keck, Clemmons Moravian).

DeWanna Hamlin, BA, Coordinator, Prevention Education, Safe Relationships Division, Family Services, Inc. spoke to the Nurse Network about Domestic Violence. Feedback was extremely positive and several nurses want Ms. Hamlin to return to provide a more in depth session on other aspects of family violence. Her statistics were startling - 1 in 4 women will experience domestic violence in her lifetime, women aged 20-24 are at highest risk, and in NC there were 68 domestic violence related homicides in 2009.

The economic impact of domestic violence is a startling \$4.1 billion annually in medical/mental health services. Victims lost 8 million days of paid work and approximately \$150 million is spent annually on injuries.

Ms. Hamlin provided several handouts that will be useful for nurses to use within their congregations such as the Power and Control Wheel, Five Things to Say to a Victim of Domestic Abuse, and the Cycle of Violence. She is available to speak at area congregations by contacting her at Family Services, Inc. (336) 722-8173.





*Prodigals Communities
Recovery Ministries for
Drug-Free Living*

Volunteer Opportunity at Prodigals

Peggy Lemon, RN and Linda Bradham, RN have spent the last year setting up a health ministry within the Prodigals Community *Recovering Ministries for Drug-Free Living* at 1024 Waughtown Street in Winston-Salem. They have written policies and established sustainable systems to track medications, conduct simple assessments and provide health education to the residents of Prodigals.

Prodigals is a residential program that helps people live responsible and drug-free lives.

If you would like to donate 2 hours a week occasionally in the late afternoon to be available 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.



VA Nursing Home- delivered donations

Vonnie Pryor (American Red Cross) and Laura Rapp (Our Lady of Mercy) made the drive to the NC State Veterans Nursing Home in Salisbury to deliver the generous donations from the Nurse Network May meeting. Vonnie served as an Army nurse during the Vietnam War and Laura is a former Navy nurse. The Activities Coordinator received the personal care items, sunglasses, ball caps, puzzles and giant checker boards and assured us that they will be much appreciated by the veterans who reside there.



NC State Veterans Home & Vonnie Pryor



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.



Thriving in a Changing World

24th Annual Westberg Parish Nurse Symposium
September 17-19, 2010
St. Charles, MO

Consider attending this conference in September. Conference registration is \$400 (includes meals), hotel is \$129/night. Airfare would be subject to current rates and airports used. For more info or to print the brochure go to the IPNRC website at www.parishnurses.org. Partial funding available for nurses interested in attending.



Opportunities/Info You Can Use:

The **CNHM Program** will provide **scholarships** to any nurse in Forsyth County who is interested in attending a **Faith Community Nurse Basic Prep Course**. The **CNHM Basic Prep Course** will be held **October 19th-23rd at Ardmore Baptist Church in Winston-Salem.**

The **CNHM Program** will provide \$200 towards the Registration Fee for the Westberg Symposium to nurses in Forsyth County. Contact Laura Rapp if you plan to attend.

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.

Powerful Tools for Caregivers-Caring for an older relative or friend with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke can be stressful physically, emotionally and financially. **Powerful Tools for Caregivers** is an educational program designed to provide caregivers with the tools needed to take care of themselves. Next Class: Mondays, Aug. 30th - Oct. 4th, 10:00 AM - 12 Noon at the Maple Springs United Methodist Church. Contact Linda Lewis at the Shepherds Center for more details.

Community Service Project for August

For our August Community Service project we will be collecting items for the children that Hospice works with who are experiencing loss and grief.

Please see the suggested items listed below:

Sculpey clay, paper (color, white, and construction paper), markers, crayons, Sharpies, bubbles, glue, glitter, coloring books, and reading books.



Save These Dates!

CN Network Meeting- August	August 10
CN Network Meeting- September	Sept. 14
Westberg Symposium St. Charles, MO	Sept. 17-19
CN Network Meeting- October	Oct. 12
Faith Community Nurse Basic Prep Course	Oct. 19-23
HMA Kanuga NC	Nov. 8-9
December Retreat	Dec. 4th

