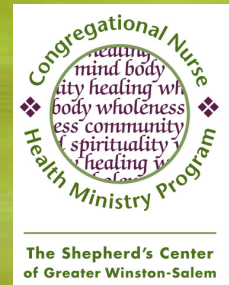


Congregational Nurse and Health Ministry Newsletter

August 2011



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For August please meet **Elvenia Johnson** who has been a Parish Nurse/Faith Community Nurse for about 12 years.

“We are one in the spirit; we are one in the Lord”



For Elvenia Johnson, being a Parish Nurse is a spiritual calling that promotes health through balancing of the mind, body and soul. It has been proven that there is a close relationship between your physical health and your spiritual well-being. Health and healing takes place when there is balance. She has always been interested in Community Health and being able to combine the spiritual piece was a plus for her. No better place than her church.

Elvenia has been a Parish Nurse/Faith Community Nurse since 1999. She attended the basic prep course in South Carolina and recently attended a second class in Winston-Salem. Prior to becoming a Parish Nurse, she was employed as a Public Health Nurse at Forsyth County Health Department where she retired. Elvenia has been a nurse for 44 years. She graduated from Kate Bitting Hospital School of Nursing and later returned to WSSU to received her BSN degree.

Her favorite scripture verse is, “In all thy ways acknowledge him and he will direct your path”. She believes in serving others and by serving others you are serving God. Besides being chair of The Health Ministry, Elvenia is a deaconess and the 1st Vice President of the Senior Missionary Circle.

The Mt. Zion Baptist Church Health Ministry began approximately five years ago. It is an extension and continuation of a previous Parish Nurse/Health Cabinet Program. Members of the Health Ministry agreed not to re-invent the wheel but revised the existing material from the Parish Nurse Program. In addition, the members also decided to gradually implement health care programs within the church based on the specific needs of the congregation.

A steering committee was initially formed and this committee later became The Mt. Zion Health Ministry. Dr. Serenus Churn, pastor, appointed Elvenia Johnson as Chair of the Ministry. The Health Ministry operates under the direction of the pastor, and consists of lay and medical persons.

Some of the activities and services offered by the health ministry to promote health and wellness include the following: health tips in the bulletin, monthly health displays, seminars, office hours, referrals, assessment of the congregation, and community outreach with local agencies. The health ministry continues to grow, and it is the committee’s desire to make a difference in the lives of the church members and community; “ we know that we can do all things through Christ who strengthens us.”



Elvenia with Pastor, Dr. Serenus Churn

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THE SHEPHERD’S CENTER IS NOW ON FACEBOOK

<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.



of Greater Winston-Salem

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Message from the Director...

I hope you have had time this summer for some personal renewal. The cherry trees and birch trees in my yard have started dropping reminders that a season change is coming. Fall offers us the beauty of multicolored leaves, clear night skies and crisp temperatures. It also brings an increase in activities and stress levels. Children are starting a new school year, their families are adjusting to new schedules and workloads, and we are all dealing with the increased traffic that marks each school day. What to do? My new personal motto, developed over a summer filled with the long clinical nursing days necessary to renew my RN license, and happily validated by Lucy Van Pelt in a recent Peanuts comic strip has served me well: "It is what it is", to which I have added, "Count your blessings". The first part, the assessment that we learned a while back in nursing school, reminds me to stop and take a clear-eyed, realistic look at each situation. The second reminds me that God is in every situation if we just have eyes to see. A helpful way to see "what it is" and what it could be within your faith community is to look at the certification levels developed by the NC Council of Churches. Does your faith community make it easy, or difficult, for individuals and families to make healthy life choices and to show respect for our beautiful earth? "It is what it is; count your blessings."

Blessings, Judy

Nurse Network August meeting report

On August 9, twenty nurses met at Hospice and Palliative CareCenter to hear Rosemary Niles, RN, BSN, FCN speak on "Who, What, When, Where and Why of Hospice?". Rosemary has worked at Hospice for four years and is currently Regional Director of Community Outreach. She explained the difference between Hospice Care (usually six months or less to live) and Palliative Care (can be initiated as soon as a diagnosis of a chronic disease is made). She pointed out that anyone can call Hospice to initiate a referral: the patient, a family member or the doctor. Once a patient has been evaluated and accepted for care, Medicare, Medicaid and private insurance companies are billed for the services provided. A hospice team can include a doctor, nurse, social worker and counselor. After viewing an inspirational DVD featuring a Hospice patient who has COPD and one giving a virtual tour of the inpatient facilities, the nurses were taken on an actual tour of the new palliative care clinic.



Those who attended enjoyed the beautifully landscaped and peaceful campus as well as the meeting facilities in the well-appointed educational building. The patient welfare supply area was very appreciative of all the paper towels, toilet paper, Kleenex and dish detergent donated by the meeting participants.

Faith Community Nurse Survey

In order to improve our services to the Nurse Network, the Congregational Nurse and Health Ministry has developed a short survey. If you have not already received the survey link via email, please take a few minutes to go to the link below and answer the questions. The information gathered will be very helpful as we plan programs and services to support area faith community nurses over the next several years. Although the survey is directed mainly to nurses who have taken the basic prep course locally, it would be very helpful if ALL nurses in the network would complete the questionnaire. There is space to note whether you have taken a course or if you plan to take one in the future. You may need to press and hold your Ctrl key to activate the hyperlink. Thank you so much!

<http://www.surveymonkey.com/s/NZTRBRN>

Save These Dates:

Nurse network meetings (6:00-8:00 pm)

September 13 October 11 November 8

Faith Community Nurse Basic Prep Course

October 18 – 22, 2011

(at Ardmore Baptist Church)

Retreat

December 3rd — 9AM till 1:30 PM

St. Paul's Episcopal Church



Mt. Zion Baptist Church's Community Garden

From NC Council of Churches: Partners in Health and Wholeness

North Carolina Play Daze

Our friends at Be Active North Carolina are challenging churches and other community groups to join the fight against childhood obesity by creating organized events where people can get out and play. North Carolina Play Daze is the official name of this statewide campaign to promote physical activity, and your church can show your support by hosting local play events on Sept. 23, 24 and 25. Some ideas include: holding a potato sack race; making and flying kites, having a water balloon toss, or playing Duck, Duck, Goose. The activities you choose are less important than simply having fun and sending the important message that North Carolina's faith community cares about the health of our children!

For more information or to register, please visit www.beactivekids.com.

Partners in Health and Wholeness Certification

Congregations have the opportunity to achieve three different tiers of health certification and to receive recognition from the council. By participating, congregations demonstrate that our bodies are God's temple and that, as people of faith, we strive to live an abundant life of health and wholeness by increasing our physical activity, eating more fruits and vegetables, reducing the impact of smoking on ourselves and our neighbors, and engaging in other health activities that have the potential to add years---abundant years---to our lives. To apply, simply review the list of activities required for each level of certification---Bronze, Silver and Gold---and fill out the online form which corresponds to your congregation's highest level of achievement. Submissions made prior to Oct. 1 are valid for the current certification year only, while submissions made on or after that date remain valid through Dec. 31 of the following year. Go to the following web site to apply: www.healthandwholeness.org/phw-certification.

Local churches already certified are:

Bronze

Holy Trinity Lutheran
Knollwood Baptist
Peace Haven Baptist
Trinity Presbyterian

Silver

Mt. Zion Baptist
United Metropolitan Missionary Baptist

Gold

Green Street United Methodist

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Our mission is to foster health/wellness within our church and the community through the interrelationships of The Mind, Body and Soul.

Our Scriptural Focus

"Know you not that ye are the temple of God, and that the spirit of God dwells in you."

1 Corinthians 3:16

Our Professional Creed

"As you ought not to attempt to cure the eyes without the body, ought you neither to attempt to cure the body without the soul. For the part will never be well unless the whole is well."

Plato



One of Elvenia's Health Displays

*Educational opportunities for nurses:***Faith Community Nurse Basic Prep Course**

October 18 – 22, 8:30 am – 5:00 pm each day. Sponsored by the Congregational Nurse and Health Ministry Program. All classes will meet at Ardmore Baptist Church. The course is designed for registered nurses interested in or currently working as a faith community nurse in a paid or unpaid model. For more information or to register, contact Judy Iannuzzi 748-0217 or Jiannuzzi@shepherdscenter.org. Cost: \$550.00. Partial scholarships are available to nurses from Forsyth County.

2011 Stroke Symposium: the Journey to Excellence

Saturday, August 27, 2011 7:30am – 4:00 pm, Forsyth Medical Center Conference Center. For questions about registration, call Kathy Gaydos at 336-718-5987. For questions about the symposium, call Gwen Ainsworth at 336-718-7597. Cost: \$50.00.

Healing Touch Certificate Program, Level 1: Nurturing Energy Therapy

October 29-30, 2011, 8:30 am – 6:00 pm, Sticht Center Auditorium at Wake Forest Baptist Health. To register, contact Ashley Fleetwood, 336-777-0680, HToftheCarolinas@aol.com The cost: \$350.00.

*Educational opportunities for church members:***Church Connections: Reaching Alzheimer's Disease Through Faith**

Thursday, September 15, 2011, 4:30 pm, Faith Fellowship Church, 5212 US 601, Yadkinville, NC. Hear author Lisa Gwyther, MSW from Duke University's Alzheimer's Family Support Program discuss her new book: *You Are One of Us: Successful Clergy/Church Connections to Alzheimer's Families*. You will receive a free copy of her book. A light dinner will be served. For more information and to register, call Holli Ward at 336-608-3542 or email at hward@nwpcog.org.

Get your congregation moving: walking programs

One of the easiest ways to get your congregation thinking about their health and wellness, and actually experiencing the benefits of exercise, is to start a walking program. Consider using one of the following:

Walk to Bethlehem

This faith-based, 12 week walking program comes with scripture readings, geography lessons, individual tracking booklets and a tracking spreadsheet for the walk coordinator to keep up with participant miles. The start date for the walk this year is September 26, so participants can arrive in Bethlehem by Christmas.

Hearts for God© Journey One: A Heart of Flesh

This six week program is designed for those who seek to make incremental and beneficial changes in their health lifestyles. The study combines scripture, theological examination, health information and exercise guidelines with prayer and reflection. It is well suited for an evening or daytime Bible study at church or in study group members' homes. The group meets for 1 ½ to 2 hours a week and participants do the daily readings and their own exercise routine during the week.

If your congregation is interested in participating in either program, contact Judy Iannuzzi at 748-0217 or Jiannuzzi@shepherdscenter.org

September Nurse Network meeting

Leigh Satalino, Director of Mission Outreach for the local Susan G. Komen for the Cure organization will update us on the status of breast health and breast cancer in the Komen NC Triad Affiliate's service area based on the findings of the latest Community Profile. Information will also be provided on the application requirements for the community grants program. Join us on September 13, 6-8 pm at the Shepherd's Center for this informative program.

Community Service Project for September:

Cancer Services: This organization, a Susan G. Komen for the Cure grantee, always needs personal and household items for the people they serve: tissues, toilet paper, paper towels, trash bags. They are currently in special need of food and gas cards. Please consider bringing one or more of these items to the meeting. Thank you!